

BYLER ELITE STRENGTH TRAINING

Client Name: _____ Client Goal: _____

| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Weight | | | | | | | |
| Meals | | | | | | | |
| Meal 1 | P C V F A | P C V F A | P C V F A | P C V F A | P C V F A | P C V F A | P C V F A |
| Meal 2 | P C V F A | P C V F A | P C V F A | P C V F A | P C V F A | P C V F A | P C V F A |
| Meal 3 | P C V F A | P C V F A | P C V F A | P C V F A | P C V F A | P C V F A | P C V F A |
| Meal 4 | P C V F A | P C V F A | P C V F A | P C V F A | P C V F A | P C V F A | P C V F A |

Daily food requirements (Daily Calories = ~1230-1685 : (1) 5 total palms of protein (30-40 grams = 600 – 800 daily calories from protein) (2) 4 total fists of vegetables (3) 3 total cupped handfuls of fruit or smart carbohydrates (30-40 grams per serving = 360 – 480 daily calories from smart carbs) (4) 3 total thumbs of fat (10-15 grams per serving = 270-405 daily calories from fat) (5) <4 Alcoholic Drinks per week (track meals with alcohol and list # of drinks)