

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) 4-5 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)