

# Hardbody Fitness Meal Guide

	Option 1	Option 2	Option 3
<b>Meal #1</b> (1,2)	1/4 cup Oatmeal with 1 egg <b>or</b> 2 egg whites	Special K - 1 serving with Almond Milk - 1 serving	<b>ADVOCARE</b> Breakfast Bar
<b>Meal #2</b> (1,2,4,6)	Whey Protein Shake 1/4 cup Strawberries <b>or</b> 1 medium Banana	Rice Cake with 1 tbsp Natural Peanut <b>or</b> Almond Butter	<b>ADVOCARE</b> Meal Replacement Shake
<b>Meal #3</b> (1,3)	Turkey Sausage-1 serving with Oriental Vegetable Mix	1/4 Rotisserie Chicken with a Side Salad	Tuna Salad with Sliced Cucumbers
<b>Meal #4</b> (1,6)	1/4 cup Peanuts <b>or</b> Almonds	Protein Bar	<b>ADVOCARE</b> Muscle Gain <b>or</b> <b>ADVOGREEN</b> Snack Shake
<b>Meal #5</b> (1,3,5,6)	Baked Fish with Green Beans	Ground Turkey Pattie with California Veggie Mix	Chicken Breast with Green Leaf Salad

## **ADVOCARE** Supplements

**Energy:** Spark, Rehydrate, Catalyst

**PreWorkout:** Mass Impact, Muscle Strength

**Recovery:** Pro-20, Post-Workout Recovery, Nighttime Recovery

**Metabolism Booster:** MNS C,E or 3

## **Avoid**

Milk and Cheese Products

Bread

Processed Foods

Alcoholic Beverages