

## Sample Diet Plan

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Meal 1: 6 AM - Protein shake (1 Scoop Optimum 1/2 scoop maltodextrin)

Meal 2: 9AM - 1/2 Cup oatmeal with raisins.

Meal 3: 12PM - 6" Italian BMT from Subway

3:30PM - Pre workout shake (1 Scoop Optimum with Water)

5:00PM - Post workout shake (1.5 Scoops Optimum 1/2 Scoop Maltodextrin)

Meal 4: 6PM - Chicken Cesar Salad (2 Grilled Chicken Breasts, Low Fat Dressing)

Meal 5: 9PM - 2 Cups 1% milk

As you can see its not difficult at all. It just takes a little bit of planning.

I am trying to eat every 3 hours. Small meals are easier to digest and you don't feel bloated and tired after, like you do a big meal.

Now enough reading, grab a piece of paper and start putting together your meal plan for tomorrow.

Want shredded abs? Find out everything you need to know; from workout to nutrition.