



Champions Certifications Go Large Eating Model (estimated calories: 2790-3500)

6:30 a.m.	4 egg whites with 1 bowl of oatmeal, grits, or multigrain cereal. 1 cup of orange juice.
8:00 a.m.	1 cup skim milk. 1 large banana. 8-10oz. water (minimum) and a Next Level Multivitamin.
9:00 a.m.	2 palm-sized fruits: cantaloupe, grapes, apple, pear, orange, or banana. Peanut butter (1 tbsp), honey (1 tbsp), and cheese (American) on 3 slices of whole wheat bread. 8-10oz. water
11:30 a.m.	Large Chicken breast salad with pasta or whole wheat crackers. (2-3 palm-sized portions of raw or steamed vegetables). Beef, Turkey, Tuna, Salmon, or Venison as lean meat substitutes. Next Level Multivitamin. 1 cup skim milk. 8-10 oz. water
2:30 p.m.	Next Level Protein Shake or Smoothie. ½ Cup walnuts or cashews
5:30 p.m.	Chicken Breast (or lean meat substitute from above), 1 large potato, or sweet potato. 2-3palm sized portions of raw or steamed vegetables and 1 fruit. 8-10oz. water
7:30 p.m.	Next Level Protein Shake or Smoothie. (If protein only: 1 palm-sized fruit: cantaloupe, grapes, apple, pear, orange, or banana.) Peanut butter (1 tbsp), honey (1 tbsp), and cheese (American) on 3 slices of whole wheat bread. 8-10oz. water

Drink lots of water and absolutely no fried foods for 12 weeks. A minimum of 8-10 oz. water should be consumed with each meal.