

NUTRITION PLAN

BRIDAL BEAST



FIRE TEAM WHISKEY
MILITARY FITNESS PROTOCOL

EAT LIKE YOU LOVE YOURSELF! First you need to calculate your daily caloric MINIMUM:

If you need to lose weight: Your weight in lbs x 12 =

If you would like to maintain your weight: Your weight in lbs X 15 = -----

If you would like to gain weight: Your weight in lbs X 18 = -----

DO NOT FALL BELOW YOUR CALORIC MINIMUM OR GO OVER BY MORE THAN 200 CALORIES EACH DAY.

Track your food and drink and limit your TOTAL carbohydrate intake each day to BELOW 100 grams.

Track every food and drink you have. And follow the following rules:

Only consume REAL, WHOLE FOODS. No foods from packages..

Do not consume anything with sugar or manufactured oils (or prepared in manufactured oils).

Do not eat any grains. No rice, bread, wheat, cereal, oatmeal, pasta, quinoa, flour, wheat flour, pastries, cakes, anything made with grains

