

Example one-day meal plan for a 2501-2700 calorie range

| | Non-Starchy Vegetables | Starch/Fruit | Proteins | Fats/Oils |
|---------------------|--|--|---|--|
| 600AM | | | | SpecOps™ KETO JOE SHAKE (1) |
| 900AM | SPINACH ONIONS | 1 SLICE WHOLE WHEAT TOAST (1) | 2 EGGS SCRAMBLED (2) | 1TBS CHEDDAR CHEESE (1) |
| 1200 | SPINACH TOMATOES ONIONS | | GRILLED CHICKEN 4 OUNCES (1) | 2TBS BALSAMIC, RED WINE AND OLIVE OIL DRESSING (2) AND A 2TBS OF SHREDDED PARMESEAN (2) |
| 300PM | CELERY GREEN PEPPERS | ½ CUP HUMMUS (.5) ½CUP CARROTS (.5) | | |
| 500PM | | | FuelRation™ BAR (1) | |
| 700PM | STEAMED BROCCOLI | | STEAK 4 OUNCES (1) | 2TBS OF BUTTER (2) |
| DAILY TOTALS | UNLIMITED | 2 | 5 | 8 |



FIRE TEAM WHISKEY
MILITARY FITNESS PROTOCOL