

ARP Meal Plan

The caloric intake of this meal plan is based on a 200 lb. person. To determine your caloric intake, divide your desired body weight by 200, then use that number and multiply each prescribed number of grams to determine your specific caloric intake of each nutrient.

Upon Rising	30g fruit serving (or 1 TBS Honey)
3 hours later (breakfast)	67g protein, 37g fat
3 hours later (lunch)	59g protein, 52g carbohydrate, 30g fat
3 hours later (between lunch and dinner)	37g carbohydrates in from vegetables—basically a large salad with lots of greens for minerals: spinach, arugula, kale, alf-alfa, broccoli, cauliflower, etc.
3 hours later (dinner)	52g protein, 30g carbohydrate, 15g fat
1hr before bed (non-athlete) OR right before bed (athlete)	37g protein only

For a 200 lb. person, this diet breaks down to:

Protein	860 calories	39.2%
Fat	738 calories	33.6%
Carbs	596 calories	27.2%

For a total of 2194 calories

Guidelines:

- **You must eat ALL scheduled meals and appropriate calories! To miss meals and calories will lead to muscle soreness or fatigue from treatment.**
- **High animal fat protein (eggs, meat, chicken, fish) should be consumed before the third meal.**
- **A high quality multi-vitamin as well as mineral supplement should be taken.**
- **Protein should come in the form of fish, chicken, eggs, red meat, turkey, wild game, protein supplement.**

- Carbohydrate should be in the form of brown or wild rice, sweet potatoes, pasta, vegetables and fruits.
- Fats will come from meats, eggs, dairy such as milk, cheese, Greek yogurt, nuts and seeds, oils such as olive oil, macadamia nut oil or coconut oil, and specific fruits and vegetables such as avocado. Remember to cross check foods to know if they have carbohydrate as well—for example, Greek yogurt has roughly 17 g of protein per serving but also 17 g carbohydrates along with the fat content. So Greek yogurt would be a viable choice to add to lunch and dinner but not to breakfast.
- You can obtain food nutrient breakdowns by typing “nutritional database” in your Internet search engine then looking up specific foods and serving size. I currently use www.nutritiondata.com and use the “Analyze Recipe” Nutritional Management Tool to calculate nutritional values of meals.
- Water intake should be minimum of half your body weight in oz. per day plus 1 liter of water for every hour of exercise (including ARP session)
- Vegetables should be a variety and focus on leafy greens such as Spinach, Kale, Arugula, Broccoli, Asparagus, etc. for mineral content.

Sample Diet: 185lb. person: $185/200 = .925$

Upon Rising: 30g fruit x .925 = 27.75g (round up to 28g)

--1 banana (28g CHO for 8” banana) with drop of honey (17.3g CHO for 1 tbs) on each bite

Breakfast: 67g protein, 37g fat x .925 = 62g protein, 34g fat

--5 eggs (6.28g protein, 4.76 g fat for 1 lg egg/31.4g protein, 23.78g fat for 5 large eggs) and shredded cheese (1oz = .25 cup 7g protein, 5.5 g fat, 1g CHO) with 15g protein supplement in milk (1 cup = 8g protein, 2g fat 1%/8g whole, 12g CHO) for breakfast

Lunch: 59g protein, 52g carbohydrate, 30g fat = 55g protein, 48g CHO, 28g fat

--Sirloin steak (8 oz = 48g protein, 16 g fat) or Chicken Breast (8oz = 40g protein, 8g fat) chicken tenders (4g protein/1 g = 32g, 5g fat/1g = 40g, 5g CHO/1g = 40g) with 2 cups cooked rice (brown 1 cup = 5g protein, 50g CHO, 1 g fat) and 2 cups steamed vegetables for lunch.

--Large salad in between lunch and dinner (spinach 1 cup = 1g protein, 2g CHO) 1 medium tomato (5g CHO), 1 cup broccoli (4g CHO),

Dinner: 52g protein, 30g carbohydrate, 15g fat = 48g protein, 28g CHO, 14g fat--7 oz salmon (49g protein, 14g fat) with medium sweet potato (24g CHO) drizzled with olive oil (1 tsp = 5g fat) and cinnamon with 2 cups steamed vegetables for dinner.

37g Protein = 34 gm protein shake before bed.