**Sample Meal Plans**

6 am workout

 5:45 1 scoop BLN RECOVERY

 6:00 -7:00 Workout

 7:00 1-2 scoops BLN RECOVERY

 8:00 3 egg whites, 1 whole egg scramble with dark, leafy greens, ½ Cup oatmeal with Flaxseeds

 9:00 1 Scoop BLN COMPLETE with banana or Oats

 12:00 Salad (made with shredded Cruciferous vegetables and Dark greens), 1 packet of Tuna with Flaxseed oil dressing

 3:00 1-2 scoops BLN COMPLETE blended with frozen berries and almond milk

 6:00 3-6 oz. Lean meat or Fish with Vegetables and BLN Omega-3

 9:00 1-2 scoops BLN COMPLETE mixed like a pudding with a few berries

9 am Workout

7:30 3 egg whites, 1 whole egg vegetable omelet

 8:45 1 scoop BLN RECOVERY

 9:00 -10:00 Workout

10:00 1-2 scoops BLN RECOVERY

 11:00 Tuna salad sandwich on multi grain bun with side of fruit

 12:00 1 Scoop BLN COMPLETE with banana

 3:00 1-2 scoops BLN COMPLETE blended with Frozen berries and almond milk

 6:00 3-6 oz. Lean meat or Fish with Vegetables and BLN Omega-3

 9:00 1-2 scoops BLN COMPLETE mixed like a pudding with a few berries

Noon Workout

7:30 3 egg whites, 1 whole egg vegetable omelet

 10:00 1 Scoop BLN COMPLETE with apple

 11:45 1 scoop BLN RECOVERY

 12:00 - 1:00 Workout

 1:00 1-2 scoops BLN RECOVERY

 2:00 Grilled chicken on multi grain rice and asparagus

 3:00 1-2 scoops BLN COMPLETE blended with oats and berries

 6:00 3-6 oz. Lean meat or Fish with Vegetables and BLN Omega-3

 9:00 1-2 scoops BLN COMPLETE mixed like a pudding with a few berries

5 PM Workout

 7:00 3 egg whites, 1 whole egg vegetable omelet and BLN Omega-3

 10:00 1-2 scoops BLN COMPLETE blended with frozen berries and almond milk

 12:30 Salad (made with shredded Cruciferous vegetables and Dark greens), 1 packet of Tuna with Flaxseed oil dressing

 3:00 1-2 scoops BLN COMPLETE with an apple

 4:45 1 scoop BLN RECOVERY

 5:00 - 6:00 Workout

6:00 1-2 scoops BLN RECOVERY

 7:00 3-6 oz. Lean meat or Fish with Sweet Potato and Vegetables

 8:00 1 Scoop BLN COMPLETE mixed with 1/4 oats like a pudding

**Sample Meal Plans using Intermittent Fasting**

6 am workout

\*Eating window from 6 am – 2 PM

 6:00 1 scoop BLN RECOVERY

 6:00 -7:00 Workout

 7:00 1-2 scoops BLN RECOVERY

 8:00 3 egg whites, 1 whole egg scramble with dark, leafy greens, ½ Cup oatmeal with Flaxseeds

 9:00 1-2 Scoops BLN COMPLETE with banana or Oats, omega 3 capsules

 11:30 Salad (made with shredded Cruciferous vegetables and Dark greens), 1-2 packets of Tuna with Flaxseed oil dressing and berries

 2:00 1-2 scoops BLN COMPLETE blended with frozen berries and almond milk

9 am Workout

\*Eating window from 9:00 am – 5PM

 9:00 1 scoop BLN RECOVERY

 9:00 -10:00 Workout

10:00 1-2 scoops BLN RECOVERY

 11:00 Tuna salad sandwich on multi grain bun with side of fruit

 12:00 1-2 Scoops BLN COMPLETE with banana

2:30 6 oz. Lean meat or Fish with Vegetables and BLN Omega-3

 5:00 1-2 scoops BLN COMPLETE blended with Frozen berries and almond milk

Noon Workout

\*Eating window from 10 am – 6 PM

10:00 3 egg whites, 1 whole egg vegetable omelet

 12:00 1 scoop BLN RECOVERY

 12:00 - 1:00 Workout

 1:00 1-2 scoops BLN RECOVERY

 2:00 Grilled chicken on multi grain rice and asparagus  and Omega 3 capsules

 3:00 1-2 scoops BLN COMPLETE blended with oats and berries

 6:00 3-6 oz. Lean meat or Fish with Vegetables and BLN Omega-3

5 PM Workout

\*Eating window from 1 PM – 8 PM

1:00 Salad (made with shredded Cruciferous vegetables and Dark greens), 1 packet of Tuna with Flaxseed oil dressing

 3:00 1-2 scoops BLN COMPLETE with Berries

 4:45 1 scoop BLN RECOVERY

 5:00 - 6:00 Workout

6:00 1-2 scoops BLN RECOVERY

 7:00 3-6 oz. Lean meat or Fish with Sweet Potato and Vegetables

 8:00 1 Scoop BLN COMPLETE mixed with 1/4 oats like a pudding

**Your eating window does not have to be 8 hours. You could start with a 12 hour eating window and work your way down to an 8 hour window.**

**How to incorporate Carb rotating into your schedule:**

**Low Days**

Turn any of the days above into a low day by eliminating all High energy carbs (Rice, oats, potatoes, Recovery, etc) and fruits and replacing them with servings of vegetables. This second step is crucial. Everything you take out, must be replaced by a serving of vegetables.

**Medium Days**

Turn any of the above days into a medium day by eliminating all High energy carbs (rice, oats, potatoes, bananas) but leaving in your Recovery and berries. Be sure to replace anything you take out with more vegetables.

**High Days**

Turn any of the above days into high days by adding in more high energy carbs (rice, oats, potatoes). Eat High Energy carbs with at least every other meal these days. This is also the day where you could add a cheat meal.

* *A good strategy to start with is:*

*3 low days*

*3 medium days*

*1 high day*

*From there, you can always slowly turn medium days into low days.*