

The JYT High Performance Nutrition Plan

Daily Meal Plan

Focus: Maintain 1-2lbs week

Breakfast	Serving Sizes
Whole Eggs	2-4 Eggs
Carb	1/2-1 Serving
Fruit	1 Serving

Lunch	Serving Sizes
Lean Protein	4-6oz
Carb	1 serving
Vegetable	1-2 serving

Dinner	Serving Sizes
Lean Protein	4-6oz
Carb	1 serving
Vegetable	1-2 serving

Workout Shake	Serving Sizes
Whey Protein	25g
Dextrose Powder	2 tbsp or 20g
Salt Tablet	1 or 452mg
Orange Juice	4-8oz
Water	8-20oz

Snacks (1-3 times/day)	Serving Sizes
Fruit	1 Serving

Hydration

Water: Drink 1/2 BW in Oz or keep urine pale yellow to clear

Top Food Sources & Serving Sizes

Lean Protein	Carbohydrates	Fruit	Vegetables
Whole Eggs	Rice	Orange	Spinach
Chicken	Sweet Potato	Banana	Carrots
Ground Beef 90/10	Baked Potato	Apple	Cucumbers
Steak 90% or leaner	Pretzels	Pear	Peppers
Ground Turkey	Wheat/Rye/Sourdough Bread	Berries	Zucchini
Tuna	Oatmeal	Grapes	Celery
Salmon	Cereal (non surgary)	Pineapple	Lettuce
Serving Sizes	Serving Sizes	Serving Sizes	Serving Sizes
*Palm size of meat=3oz *Use a food scale *Measure after cooked	*1 serving=1 cup rice/1 regular size potato/2 handfuls of pretzels/2 slices of bread/1 cup oatmeal/1 cup cereal	*1 piece or 1 cup of fruit	*1 cup of one item or mixed

Lifestyle Change Schedule	Notes
First 3 weeks *Eat the same *Add in 1 Meal/Snack consistently	*Eat 4-6 times/day *Eat every 2-4 hours *Use Iodine Salts for your food *Eat foods you digest well *Measure food amounts
* Every 3 weeks , continue to add in 1 Meal/Snack consistently *Repeat until you build a full Meal Plan	*Check bodyweight 3-7x/week *Cook with Olive Oil/Coconut Oil/Real Butter *You can drink coffee/limit cream and add stevia or sweetener *2% or less milk for weight loss/Whole Milk for weight gain *Adjust amounts accordingly *Follow this plan at least 90% of the time for optimal results!
Calorie Intake	
Your BW (LBS) multiply by 12-15 to estimate daily calories	