

CALORIES	2380	CLIENT	TMT				GROCERY LIST				
PROTEIN	238	Dexter Long	TOM MURPHY TRAINING	EGGS	3.00	BROCCOLI	2.00	ALMONDS	50.00	OATMEAL	0.50
HI CARB	179	WEIGHT: 183		EGG WHITE		GREEN BEANS	3	Avocados	0.00		
MED CARB	149	BF%:		TURKEY	16.00	ASPARAGUS	2				
LO CARB	119	Program Designer		WHEY	2.00						
FAT	93	Thomas Murphy		BISON	6						
mL WATER	1904		CSCS	Certified LEVEL 1 COACH							
	3091										

MON/TUE/THUR/FRI/SAT	MEAL 1	MEAL 2	PRE	POST	MEAL 5	MEAL 6
LO CARB	238 Eggs-Whole 3 EGG 119 106 Broccoli 1 C	TURKEY 8 OZ Almonds 50 C	TURKEY 8 OZ C	BSN Syntha 6 2 C *Powdered Greens 1 C	Bison 3 OZ Avocados 1 GREEN BEANS 2 C	Bison 3 OZ Asparagus 2 C
MED CARB	238 Eggs-Whole 3 EGG 149 93 Oatmeal 1 C Spinach 2 C	Chicken 6 OZ *Quinoa 1 C Zucchini 2 C	Chicken 6 OZ Walnuts 25 Spinach 2 C	BSN Syntha 6 2 C *Powdered Greens	Wild Caught Salmon 3 OZ Asparagus 2 C	Bison 3 OZ Almonds 25 Broccoli 2 C
HI CARB	238 Egg Whites 2 C 179 Sprouted Grain Brea 1 C 89 Spinach	*Cottage Cheese 1 C *Flax Seed	Chicken 6 OZ Sweet Potato 1 C *Broccoli	BSN Syntha 6 2 C *Whole Oatmeal 1 C	Tipapia Brown Rice 1 C *Cabbage 2 C	Egg Whites Potatoes 1 C onion Peppers 2 C