



PHASE 2 MEAL PLANS

It's that time again! Included in this document you'll find your meal plans for phase 2, so before you start looking at the spreadsheets please read all instructions in this document and your membership area forms so you have a thorough understanding of how to read them.

Same as last time but please review! For your meal plans:

We will be distributing 4 meal plans for each phase with the exact macros we would like you to eat each day. This packet contains all the meal plans for phase 2 so please make sure to **READ THE ENTIRE THING** to make sure you do not miss anything important. If you haven't already, I highly recommend getting a food scale as it's an integral part of achieving maximal results with this program. I want to make sure you are getting the correct amount of food for what we are trying to accomplish with each phase to get you the best results possible and your diet can absolutely make or break this.

I went ahead and calculated the macros for you on these plans so you can choose the proper meal plan for yourself based on your height. You'll notice we have them listed all labeled accordingly. **NOTE-** do **NOT** choose a meal plan for shorter women thinking it will get you better results... It will do the exact opposite. We have calculated very precise plans to make sure we help you burn the most fat while sparing lean muscle and getting that lean and toned look. Cutting food and calories will be detrimental to your goals.

For those of you who are interested in knowing your macros, I have included that as well underneath each corresponding meal plan as well.

Make sure to eat your pre and post workout meal before and after your workouts, but you can mix up the timing of your other meals if desired.

If you have any questions, make sure to post them in the FB group or email me at allie@bikinibossfitness.com.

XO,
Allie

5'2" and under

	Protein: Meat (ounces) / grams per meal	Carbs (grams per meal)	Veggies (ounces per meal)	Liquid Fat (grams per meal)	Protein Shake	Fruit	Notes
Post Workout Meal	Protein Shake (25g)	25g (quick digesting carb)			1		Aim to drink 1 gallon of water per day
Pre Workout Meal	2.75 oz (18g)	0g	3 oz	7g (1/2 TBSP)		1 cup	Suggested fat source: coconut oil or MCT oil
Meal 1	2.75 oz (18g)	20g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or MCT oil
Meal 2	2.75 oz (18g)	20g	3 oz	7g (1/2 TBSP)			Suggested fat source: fish oil
Meal 3	2.75 oz (18g)	20g	3 oz	16g (2 TBSP nut butter)			Suggested fat source: Nut Butter
Meal 4	2.75 oz (18g)	20g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or extra virgin olive oil

Total Daily Macros: **Protein:** 115g **Carbs:** 130g **Fat:** 44g

Note: You can substitute liquid fat for any of the approved fat sources outlined in the Various Program Instructions (VPI) while maintaining the same macronutrient quantity, but this is what we recommend for ease, simplification, and based on years of training & testing.

5'3"-5'6"

	Protein: Meat (ounces) / grams per meal	Carbs (grams per meal)	Veggies (ounces per meal)	Liquid Fat (grams per meal)	Protein Shake	Fruit	Notes
Post Workout Meal	Protein Shake (25g)	25g (quick digesting carb)			1		Aim to drink 1 gallon of water per day
Pre Workout Meal	3 oz (20g)	0g	3 oz	7g (1/2 TBSP)		1 cup	Suggested fat source: coconut oil or MCT oil
Meal 1	3 oz (20g)	25g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or MCT oil
Meal 2	3 oz (20g)	25g	3 oz	7g (1/2 TBSP)			Suggested fat source: fish oil
Meal 3	3 oz (20g)	25g	3 oz	16g (2 TBSP nut butter)			Suggested fat source: Nut Butter
Meal 4	3 oz (20g)	25g	3 oz	14g (1 TBSP)			Suggested fat source: extra virgin olive oil

Total Daily Macros: Protein: 125g **Carbs:** 150g **Fat:** 51g

Note: You can substitute liquid fat for any of the approved fat sources outlined in the Various Program Instructions (VPI) while maintaining the same macronutrient quantity, but this is what we recommend for ease, simplification, and based on years of training & testing.

5'7"-5'10"

	Protein: Meat (ounces) / grams per meal	Carbs (grams per meal)	Veggies (ounces per meal)	Liquid Fat (grams per meal)	Protein Shake	Fruit	Notes
Post Workout Meal	Protein Shake (25g)	25g (quick digesting carb)			1		Aim to drink 1 gallon of water per day
Pre Workout Meal	3.25 oz (21g)	0g	3 oz	7g (1/2 TBSP)		1 cup	Suggested fat source: coconut oil or MCT oil
Meal 1	3.25 oz (21g)	30g	3 oz	7g (1/2 TBSP)			Suggested fat source: coconut oil or MCT oil
Meal 2	3.25 oz (21g)	30g	3 oz	14g (1 TBSP)			Suggested fat source: fish oil
Meal 3	3.25 oz (21g)	30g	3 oz	16g (2 TBSP nut butter)			Suggested fat source: Nut Butter
Meal 4	3.25 oz (21g)	30g	3 oz	14g (1 TBSP)			Suggested fat source: extra virgin olive oil

Total Daily Macros: Protein: 130g **Carbs:** 180g **Fat:** 58g

Note: You can substitute liquid fat for any of the approved fat sources outlined in the Various Program Instructions (VPI) while maintaining the same macronutrient quantity, but this is what we recommend for ease, simplification, and based on years of training & testing.

5'11" and up

	Protein: Meat (ounces) / grams per meal	Carbs (grams per meal)	Veggies (ounces per meal)	Liquid Fat (grams per meal)	Protein Shake	Fruit	Notes
Post Workout Meal	Protein Shake (25g)	25g (quick digesting carb)			1		Aim to drink 1 gallon of water per day
Pre Workout Meal	3.5 oz (23g)	0g	3 oz	7g (1/2 TBSP)		1 cup	Suggested fat source: coconut oil or MCT oil
Meal 1	3.5 oz (23g)	35g	3 oz	14g (1 TBSP)			Suggested fat source: coconut oil or MCT oil
Meal 2	3.5 oz (23g)	35g	3 oz	14g (1 TBSP)			Suggested fat source: fish oil
Meal 3	3.5 oz (23g)	35g	3 oz	16g (2 TBSP nut butter)			Suggested fat source: Nut Butter
Meal 4	3.5 oz (23g)	35g	3 oz	14g (1 TBSP)			Suggested fat source: extra virgin olive oil

Total Daily Macros: **Protein:** 140g **Carbs:** 190g **Fat:** 65g

Note: You can substitute liquid fat for any of the approved fat sources outlined in the Various Program Instructions (VPI) while maintaining the same macronutrient quantity, but this is what we recommend for ease, simplification, and based on years of training & testing.