

KONQUERED



BALANCE

7:30 AM Breakfast

Protein (choose 2)

Carb

Fruit

32 oz water

10:00 AM Morning Snack

Healthy fat (1.5 serv. Nuts)

16 oz water

12:30 PM Lunch

Protein (choose 1)

Carb

Vegetable (choose 2)

Fiber (beans)

24 oz water

3:00 PM Afternoon Snack

Salad Greens (Unlimited)

Low Fat Dressing (4g fat or less)

16 oz water

5:00 PM Preworkout Snack

Protein

Carb

32 oz water

Workout session

7:30 PM Dinner

Protein (choose 1)

Carb (choose 1)

Vegetable (choose 2)

20 oz water

8:00 PM Dessert (Optional)

Sugar Free Jello

Total Day Macro Goal Range

Macro Goals: 30g Protein  
50-80g carbs  
less than 15g fat

Macro Goals: less than 20g fat

Macro Goals: 40-50g Protein  
55-80g carbs  
less than 15g fat

Macro Goals: Under 10g carb  
less than 5g fat

Macro Goals: 20g protein  
25-40g carbs

Macro Goals: 40-60g Protein  
50-80g carbs  
less than 30g fat

240-280g carb Under 70g fat 150-170g pro



