



Menu Plan and Eating Instructions

Below is a sample **Performance & Muscle Building Menu and eating instructions** for a 180 LBS athlete.

Arrange your meals around your activities

Although the meals appear in a breakfast, lunch and dinner fashion (meal numbers have no relevance to eating positions), you must arrange the meals around your training session(s). Space your meals no more than 3-4 hours apart. Other than your pre-event meal and pre- and post- snacks, you may eat the remaining meals in any order that fits your lifestyle or venue.

Early morning training

If you train soon after rising and have no time for complete digestion of a large meal, make sure you consume your pre-training meal (or something very similar) as your final meal of the day, as late as possible, and consume only the pre-workout snack before your early morning workout.

Pre and post training feedings

The pre/post feedings or snacks are usually shown in a liquid form, but you may substitute based on preference, venue and/or convenience, any of the appropriate dotFIT™ foods. In other words, you may choose a bar as the pre-workout portion and a shake post-workout or vice-versa.

Continued on page 2.

| Performance Menu – 3500 Calories | | | | |
|---|-------------------------|---------------------------|-------------------|-------------|
| Meal 1 – Morning Snack Eat this meal as soon as you wake up. | Pro (g) | Carb (g) | Fat (g) | Calories |
| 1 dotFIT Breakfast Bar | 15 | 29 | 5 | 220 |
| 1 cup (8 oz) Orange Juice | 2 | 26 | - | 110 |
| Total: | 17 | 55 | 5 | 330 |
| Percent of Calories: | 20% | 66% | 14% | |
| Meal 2 – Pre Training Meal Eat this meal 2 ½ to 3 hours before workouts or competition. | Pro (g) | Carb (g) | Fat (g) | Calories |
| 1 (3.7 oz) Honey Whole Wheat Bagel | 11 | 64 | 1 | 300 |
| 2 tbsp Smooth Peanut Butter | 8 | 6 | 16 | 188 |
| 1 medium Banana | 1 | 27 | 0.4 | 105 |
| 1.5 cup (12 oz) Skim Milk | 13 | 19 | 0.9 | 136 |
| 1 each dotFIT ActiveMV Multivitamin | - | - | - | - |
| Total: | 33 | 116 | 18 | 729 |
| Percent of Calories: | 18% | 61% | 21% | |
| Meal 3 – Pre Training Snack (dotFIT Shake, Any Recipe) Eat this snack 10 to 40 minutes before workouts to maximize energy stores. | Pro (g) | Carb (g) | Fat (g) | Calories |
| 2 scoops dotFIT Pre/Post & Meal Replacement Formula, Vanilla | 20 | 35 | 3 | 240 |
| 1 cup Frozen Mixed Berries | - | 17 | - | 70 |
| Crushed Ice | - | - | - | - |
| Total: | 20 | 52 | 3 | 310 |
| Percent of Calories: | 25% | 66% | 9% | |
| Meal 4 – Post Training Snack (dotFIT Shake, Any Recipe) Eat or drink this snack immediately after workouts to refill energy stores and enhance recovery. | Pro (g) | Carb (g) | Fat (g) | Calories |
| 2 scoops dotFIT Pre/Post & Meal Replacement Formula, Chocolate | 20 | 35 | 3 | 240 |
| 1.5 (12 oz) Skim Milk | 13 | 19 | 0.9 | 136 |
| Total: | 33 | 54 | 4 | 376 |
| Percent of Calories: | 35% | 56% | 9% | |
| Meal 4 – Post-training Meal Eat this meal within 1.5-hours after workouts | Pro (g) | Carb (g) | Fat (g) | Calories |
| 1 Subway Footlong Turkey Sandwich | 37 | 92 | 9 | 560 |
| 1 bottle (20 oz) Gatorade | - | 35 | - | 130 |
| 1 dotFIT SuperiorAntioxidant | - | - | - | - |
| Total: | 37 | 127 | 9 | 683 |
| Percent of Calories: | 24% | 62% | 14% | |
| Meal 5 – Starch/Grain with Meat, Veggies & Fruit Eat this typical dinner within 3-4 hours of previous meal | Pro (g) | Carb (g) | Fat (g) | Calories |
| 6 ounces New York Steak, Lean, Broiled | 50 | - | 11 | 310 |
| 1 large (10.5 Oz) Baked Potato | 8 | 64 | 0.4 | 290 |
| 1 tbsp Whipped Butter | - | - | 8 | 67 |
| 2 tbsp Light Sour Cream | 1 | 2 | 3 | 38 |
| 1 cup Green Beans, Boiled, Drained | 2 | 10 | 0.4 | 44 |
| 1 cup Diced Melon | 1 | 13 | 0.3 | 53 |
| 1 each dotFIT ActiveMV Multivitamin | - | - | - | - |
| Total | 62 | 89 | 23 | 802 |
| Percent of Calories | 30% | 44% | 26% | |
| Meal 6 – Late Snack Eat any time before bedtime | Pro (g) | Carb (g) | Fat (g) | Calories |
| 1 cup Low Fat Frozen Yogurt | 8 | 46 | 6 | 280 |
| Total | 8 | 46 | 6 | 280 |
| Percent of Calories | 14% | 83% | 3% | |
| Menu Totals: | 211 | 537 | 68 | 3510 |
| Percentage of Total Calories: | 23% | 60% | 17% | |
| Other Nutrients: | 7% Saturated Fat | 304 mg Cholesterol | 34 g Fiber | |

