



Nutrition PLAN

NAME: Migfredys Valladares GOAL: Muscle gain - Fat loss WEIGHT: 105 lbs.

			PROTEINS	FATS	CARBS	CALORIES
DAY 1 LOW CARB DAY	MEAL 1	21 gr (.75 oz) Oat Flakes (with water)	2.37	1.615	14.14	77.35
		1 whole egg & 3 egg whites	18.05	6.54	2.21	126.82
	MEAL 2	75 gr (2.65 oz) Boiled Potatoes	1.2	0	11.55	62.7
		103 gr (3.65 oz) Chicken Fillet	22.34	3.36	0	112.88
		Take 1 capsule of "Make Her Lean" by 1upNutrition - use discount code Xavi20				
	MEAL 3	50 gr (1.75 oz) Broccoli				
		106 gr (3.7 oz) Orange Roughy	23.75	1.25	0	103.75
		Take 1 capsule of "Make Her Lean" by 1upNutrition - use discount code Xavi20				
	MEAL 4	12.5 gr (.45 oz) Raw Hazelnuts	3.5	15.65	2.65	166.5
		15 gr (.5 oz) Whey Protein Shake	12	.5	1.5	56.5
	MEAL 5	90 gr (3.15 oz) Fish Fillet	24	3.15	0	118.05
		Salad (tomatoes, cucumbers, cabbage, kale sprouts)				
MEAL 6	90 gr (3.15 oz) Turkey Fillet	19.5	3.4	0	92.25	
	50 gr (1.75 oz) Broccoli					
				TOTAL CALORIES	989.69	

			PROTEINS	FATS	CARBS	CALORIES
DAY 2 MEDIUM CARB DAY	MEAL 1	Freshly Squeezed Grapefruit Juice	.5	.15	7.35	33.75
		1 whole egg & 3 egg whites	18.05	6.54	2.21	126.82
		45 gr (1.6 oz) Rye Bread	2.21	.37	18.38	84.97
	MEAL 2	75 gr (2.8 oz) Chicken Fillet	16.2	2.9	0	93.5
		75 gr (2.8 oz) Boiled Potatoes	1.2	0	11.55	62.7
		Take 1 capsule of "Make Her Lean" by 1upNutrition - use discount code Xavi20				
	MEAL 3	1 rice cake (low sodium)	1	.5	14	63.5
		15 gr (.5 oz) Whey Protein	12	.5	1.5	56.5
		100 gr (3.5 oz) Strawberries	1.8	.5	6.5	35
	MEAL 4	50 gr (1.75 oz) Broccoli				
		103 gr (3.65 oz) Chicken Fillet	22.34	3.36	0	112.88
		Take 1 capsule of "Make Her Lean" by 1upNutrition - use discount code Xavi20				
	MEAL 5	100 gr (3.5 oz) Tuna Fish Fillet	23.6	1.3	0	112
		Green Salad (lettuce and kale sprouts)				
	MEAL 6	90 gr (3.15 oz) Turkey Fillet	19.5	3.4	0	92.25
		50 gr (1.75 oz) Asparagus				
					TOTAL CALORIES	956.55

			PROTEINS	FATS	CARBS	CALORIES
DAY 3 HIGH CARB DAY	MEAL 1	50 gr (1.75 oz) Blackberries	.35	0	7	28
		1 whole egg & 3 egg whites	18.05	6.54	2.21	126.82
		100 gr (3.5 oz) Rye Bread	4.8	.8	40.2	196.2
	MEAL 2	103 gr (3.65 oz) Salmon	20.55	11.245	0	160.92
		225 gr (7.95 oz) Boiled Potatoes	3.6	0	34.65	188.1
		Take 1 capsule of "Make Her Lean" by 1upNutrition - use discount code Xavi20				
	MEAL 3	106 gr (3.7 oz) Orange Roughy	23.75	1.25		103.75
		Salad (Spinach or Lettuce)				
		50 gr Brown Rice	4	1.5	38	181
	MEAL 4	25 gr (.9 oz) Raw Hazelnuts	3.5	15.65	2.65	166.5
		15 gr (.5 oz) Whey Protein	12	.5	1.5	56.5
		52.5 gr (1.875 oz) Oat Flakes	5.915	4.04	35.37	193.4
	MEAL 5	75 gr (2.65 oz) Tuna Fish Fillet	17.7	1	0	84
		Green Salad (tomatoes, cucumbers, cabbage)				
		225 gr (7.95 oz) Boiled Potatoes	3.6	0	34.65	188.1
	MEAL 6	90 gr (3.15 oz) Turkey Fillet	19.5	3.4	0	92.25
		50 gr (1.75 oz) Asparagus				
					TOTAL CALORIES	1930.75



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			PROTEINS	FATS	CARBS	CALORIES
DAY 4 LOW CARB DAY	MEAL 1	21 gr (.75 oz) Oat Flakes (with water)	2.37	1.615	14.14	77.35
		1 whole egg & 3 egg whites	18.05	6.54	2.21	126.82
	MEAL 2	75 gr (2.65 oz) Boiled Potatoes	1.2	0	11.55	62.7
		103 gr (3.65 oz) Chicken Fillet	22.34	3.36	0	112.88
		Take 1 capsule of "Make Her Lean" by 1upNutrition - use discount code Xavi20				
	MEAL 3	50 gr (1.75 oz) Broccoli				
		106 gr (3.7 oz) Orange Roughy	23.75	1.25	0	103.75
		Take 1 capsule of "Make Her Lean" by 1upNutrition - use discount code Xavi20				
	MEAL 4	12.5 gr (.45 oz) Raw Hazelnuts	3.5	15.65	2.65	166.5
		15 gr (.5 oz) Whey Protein Shake	12	.5	1.5	56.5
	MEAL 5	90 gr (3.15 oz) Fish Fillet	24	3.15	0	118.05
		Salad (tomatoes, cucumbers, cabbage, kale sprouts)				
	MEAL 6	90 gr (3.15 oz) Turkey Fillet	19.5	3.4	0	92.25
		50 gr (1.75 oz) Broccoli				
					TOTAL CALORIES	989.69

			PROTEINS	FATS	CARBS	CALORIES
DAY 5 LOW CARB DAY	MEAL 1	21 gr (.75 oz) Oat Flakes (with water)	2.37	1.615	14.14	77.35
		1 whole egg & 3 egg whites	18.05	6.54	2.21	126.82
	MEAL 2	75 gr (2.65 oz) Boiled Potatoes	1.2	0	11.55	62.7
		103 gr (3.65 oz) Chicken Fillet	22.34	3.36	0	112.88
		Take 1 capsule of "Make Her Lean" by 1upNutrition - use discount code Xavi20				
	MEAL 3	50 gr (1.75 oz) Broccoli				
		106 gr (3.7 oz) Orange Roughy	23.75	1.25	0	103.75
		Take 1 capsule of "Make Her Lean" by 1upNutrition - use discount code Xavi20				
	MEAL 4	12.5 gr (.45 oz) Raw Hazelnuts	3.5	15.65	2.65	166.5
		15 gr (.5 oz) Whey Protein Shake	12	.5	1.5	56.5
	MEAL 5	90 gr (3.15 oz) Fish Fillet	24	3.15	0	118.05
		Salad (tomatoes, cucumbers, cabbage, kale sprouts)				
	MEAL 6	90 gr (3.15 oz) Turkey Fillet	19.5	3.4	0	92.25
		50 gr (1.75 oz) Broccoli				
					TOTAL CALORIES	989.69

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DAY 6 HIGH CARB DAY	MEAL 1	50 gr (1.75 oz) Blackberries	.35	0	7	28
		1 whole egg & 3 egg whites	18.05	6.54	2.21	126.82
		100 gr (3.5 oz) Rye Bread	4.8	.8	40.2	196.2
	MEAL 2	103 gr (3.65 oz) Salmon	20.55	11.245	0	160.92
		225 gr (7.95 oz) Boiled Potatoes	3.6	0	34.65	188.1
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	MEAL 3	106 gr (3.7 oz) Orange Roughy	23.75	1.25		103.75
		Salad (Spinach or Lettuce)				
		50 gr Brown Rice	4	1.5	38	181
	MEAL 4	25 gr (.9 oz) Raw Hazelnuts	3.5	15.65	2.65	166.5
		15 gr (.5 oz) Whey Protein	12	.5	1.5	56.5
		52.5 gr (1.875 oz) Oat Flakes	5.915	4.04	35.37	193.4
	MEAL 5	75 gr (2.65 oz) Tuna Fish Fillet	17.7	1	0	84
		Green Salad (tomatoes, cucumbers, cabbage)				
		225 gr (7.95 oz) Boiled Potatoes	3.6	0	34.65	188.1
	MEAL 6	90 gr (3.15 oz) Turkey Fillet	19.5	3.4	0	92.25
		50 gr (1.75 oz) Asparagus				
					TOTAL CALORIES	1930.75



Nutrition PLAN

			PROTEINS	FATS	CARBS	CALORIES
DAY 7 MEDIUM CARB DAY	MEAL 1	Freshly Squeezed Grapefruit Juice	.5	.15	7.35	33.75
		1 whole egg & 3 egg whites	18.05	6.54	2.21	126.82
		45 gr (1.6 oz) Rye Bread	2.21	.37	18.38	84.97
	MEAL 2	75 gr (2.8 oz) Chicken Fillet	16.2	2.9	0	93.5
		75 gr (2.8 oz) Boiled Potatoes	1.2	0	11.55	62.7
		Take 1 capsule of "Make Her Lean" by 1upNutrition - use discount code Xavi20				
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	MEAL 5	100 gr (3.5 oz) Tuna Fish Fillet	23.6	1.3	0	112
		Green Salad (lettuce and kale sprouts)				
	MEAL 6	90 gr (3.15 oz) Turkey Fillet	19.5	3.4	0	92.25
		50 gr (1.75 oz) Asparagus				
					TOTAL CALORIES	956.55

TIPS

Explanation of what Carb Cycling does:

Playing with your Carb intake will confuse your Hypothalamus. When your hypothalamus is confused, it doesn't know what else to do, so it accelerates your metabolism, thus making you burn fat faster. The downside of this is that your hypothalamus also controls your cravings, so when it is being confused, your urges to eat unhealthy also become harder to control.

Cooking Tips:

- The chicken/turkey must be roasted or boiled without any fat
- The rice has to be boiled
- The freshly squeezed grapefruit juice should be made of 2 grapefruits
- Strawberries and Blackberries are interchangeable. Both can be replaced by a green apple
- Rye Bread can be substituted with whole wheat bread
- Meals have to be 2.5 - 3 hours apart
- Measure the food before cooking
- Potatoes should be regular, but every now and then you can have sweet potatoes
- If you decide to grill your chicken/turkey, use coconut oil or coconut oil spray



RECOMMENDED SUPPLEMENT PLAN

- Whey Protein: 15 gr (.5 oz) (when buying whey look for one with low sodium and low carb the best to me is vpxsports.com "ZERO CARB SRO" and you can use "DANIF20" for 20% off discount)
- Raspberry Ketones
- CLA/L-Carnitine by 1upnutrition.com (use code Xavi20 for 20% off)
- MAKE HER LEAN AND HER DAILY CLEANSE by 1upnutrition.com (use Xavi20 for a 20% discount)
- Pro Pumped by 1upnutrition (use Xavi10 for a 20% discount)
- Tonify Fat Burning/Skin Tightening Cream on www.teamablab.com (Use xavitonify10 code of \$10 off)
- BCAA's by 1upnutrition.com: 1 scoop before fasted cardio and 1 scoop Post-workout

- Vitamin Pak: One pack after having breakfast
- Green Tea: 1 cup about 20 minutes before training
- Casein: 15gr before bed

INSTRUCTIONS

You can have a cheat meal (eat whatever you want) or a few cheat meals once a week. You must have that on a training day and try to do it in the earlier part of the day. Try to schedule it for a high carb day (Saturday).

Try to drink between 3 and 5 liters (.8 - 1.3 gallons) of water daily. Do not drink a lot at once, rather more often in smaller portions.