



**MAX | PATH** | The Apex max path helps you build muscle mass the safe way. A custom guided program based on years of research and development.

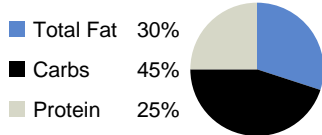
MEMBER NAME

Keith Gmirkin

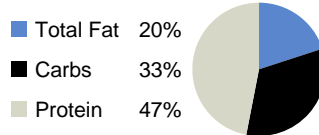
DATE

03/08/2006

APEX 3,924 cal Nutrition Plan



Daily Nutrition Goals



Menu Selection for Wednesday

Meal 1 Breakfast		Protein	Carbs	Fat	Calories
3.0	Cups Oatmeal, Cooked with Water	18 g	76 g	7 g	435 cal
12.0	Ounces Egg White	36 g	4 g	0 g	170 cal
2.0	Items Egg	12 g	1 g	10 g	149 cal
<b>Total</b>		<b>66 g</b>	<b>81 g</b>	<b>17 g</b>	<b>754 cal</b>
Meal 2 Snack		Protein	Carbs	Fat	Calories
50.0	Grams CALPRO 85 Whey Protein Concentrate	42 g	4 g	3 g	195 cal
0.5	Serving Carbo Gain	0 g	24 g	0 g	95 cal
<b>Total</b>		<b>42 g</b>	<b>28 g</b>	<b>3 g</b>	<b>290 cal</b>
Meal 3 Lunch		Protein	Carbs	Fat	Calories
3.0	Cups Mixed Baby Greens Salad with Arugula, Butterhead, Endive, Radicchio	2 g	4 g	0 g	22 cal
6.5	Ounces Yam (Name), Cooked	3 g	51 g	0 g	212 cal
3.0	Tsps Flaxseed Oil	0 g	0 g	13 g	115 cal
6.0	Ounces Chicken Breast, Meat Only, Roasted	53 g	0 g	6 g	281 cal
<b>Total</b>		<b>58 g</b>	<b>55 g</b>	<b>19 g</b>	<b>630 cal</b>
Meal 4 Snack		Protein	Carbs	Fat	Calories
50.0	Grams CALPRO 85 Whey Protein Concentrate	42 g	4 g	3 g	195 cal
0.5	Serving Carbo Gain	0 g	24 g	0 g	95 cal
<b>Total</b>		<b>42 g</b>	<b>28 g</b>	<b>3 g</b>	<b>290 cal</b>
Meal 5 Dinner		Protein	Carbs	Fat	Calories
3.0	Cups Mixed Baby Greens Salad with Arugula, Butterhead, Endive, Radicchio	2 g	4 g	0 g	22 cal
6.0	Ounces Yam (Name), Cooked	3 g	47 g	0 g	196 cal
6.0	Ounces Chicken Breast, Meat Only, Roasted	53 g	0 g	6 g	281 cal
<b>Total</b>		<b>58 g</b>	<b>51 g</b>	<b>6 g</b>	<b>499 cal</b>
Meal 6 Snack		Protein	Carbs	Fat	Calories
1.5	Servings Opt Nutrition Whey	35 g	3 g	2 g	240 cal
1.0	Cup Broccoli	3 g	5 g	0 g	25 cal
6.0	Ounces Beef Top Sirloin, Separable Lean, 0in. Fat, Broiled	52 g	0 g	12 g	325 cal
<b>Total</b>		<b>90 g</b>	<b>8 g</b>	<b>14 g</b>	<b>590 cal</b>
Total for this Menu		Protein	Carbs	Fat	Calories
		<b>356 g</b>	<b>251 g</b>	<b>62 g</b>	<b>3053 cal</b>