

So Chris,

# WHAT'S IN THE BAG?

## FUEL YOUR MISSION



	6 AM	6:30 AM	7 AM	7:30 AM	8 AM	10 AM Pre-Workout	12 PM Post-Workout	Daily Sub Total
Linked Product	Alani Protein Shake Mix Pack	CHOMPS Original Beef Stick 32 g	Legendary Protein Pastry	Oikos Triple Zero Yogurt	Fairlife Chocolate Protein Shake	Alani Munchies Protein Shake	Fairlife Chocolate Protein Shake	
Protein	30 g	10 g	20 g	15 g	30 g	30 g	30 g	<b>165 g</b>
Carbs	7 g	0 g	22 g	7 g	4 g	7 g	4 g	<b>51 g</b>
Fat	3 g	7 g	8 g	0 g	2.5 g	3 g	2.5 g	<b>26 g</b>
Calories	160	100	180	90	150	160	150	<b>990</b>



The goal of pre-packing for the day is to reach **high-protein targets**, with a high protein : low calorie ratio. Keeping your **total calories low** during the day leaves you with more calories to work with for a heartier and more satisfying dinner with family, and even the occasional indulgent dessert. But there's one more key strategy behind this structure - timing: **front-loading all of the nutrition** before noon, then fasting until dinner. Why? Because it simplifies discipline, stabilizes energy, and trains the body to run on structure, not impulse. It's not about punishment—it's about control. Fewer decisions. Fewer cravings. More momentum. Continue to the next page for some swap options.

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Always consult with your physician or a registered healthcare provider before making significant dietary changes—especially if you're managing conditions like diabetes, hypertension, or any chronic health issues. What works for one disciplined individual may need to be adapted for another. Your body, your mission—proceed with informed intent.

That said, this plan reflects what works for Chris's demanding, mobile lifestyle. He's on the go all day with no access to refrigeration, which limits some choices. If you have more flexibility—access to a kitchen, fridge, or Whole Foods—lean into that. Less processed, more nutrient-dense options are always preferred when feasible.

With that in mind, here are a few smart swap options to help tailor the plan to your reality. Try to swap in/out items but keep your total calorie intake stable. This works for Chris to maintain at a minimum of 1 - 1.5 g of protein per lb of body weight. If you're looking for more guidance, refer to our macro guide and calculator. ([Sign-up now for early access.](#))



Linked Product	2 <u>Hard Boiled Eggs</u>	<u>Skim Milk Mozzarella String Cheese</u>	<u>Starkist Tuna Fish Pouches</u>	<u>Built Bars Puff Mixed Pack</u>	<u>Barebells Protein Bars Variety Pack</u>	<u>Spylt High Protein Caffeinated Shake</u>	<u>Legendary Protein Chips</u>
Protein	6 g	7 g	17 g	17 g	20 g	20 g	22 g
Carbs	0g	0 g	0 g	14 g	20 g	1g	5 g
Fat	4 g	3 g	0.5 g	2.5	7 g	0 g	7 g
Calories	60	60	70	140	200	90	170