

## Sample Female BB Pre-Contest Meal Plan

**PLEASE NOTE:** All SAMPLE Meal and Workout Plans provided are general examples and are not fit for all athletes. For a custom made, personalized program (Includes: Diet, training, & supplementation), please visit the consultations page or email [Sagi@SagiKalev.com](mailto:Sagi@SagiKalev.com)

Meal One-

6 egg whites  
1/3 cup cream of brown rice

Meal Two-

4 oz. chicken  
1/2 cup broccoli

Meal Three-

5 oz. tilapia  
5 oz. sweet potato

Meal Four-

4 oz. chicken  
1/2 cup white rice

Meal Five-

6 oz. orange roughy  
1 large salad with cucumbers

Meal Six-

8 egg whites or 25 grams whey isolate protein