



# FULL

## WEEK MEAL PLAN



DYLAN MCKENNA



**Welcome** to my full week of meals. In this PDF, you will learn a bit more about what I consume on a daily basis and how I feel at the end of each day. From here, you may see what works best for you and incorporate some of my ideas (at your own discretion).

If at any point in time, you want to have custom meal plans AND workouts daily...  
**join the Power Effect Membership here for just \$1.**  
Enjoy!



**DAY 1**

**MEAL 1**

- 2 Whole Eggs
- 5 oz Egg Whites
- 1 Cup Spinach
- 40g Oats (Weigh Dry)



**DAY 1**

**MEAL 2 (Pre Workout Meal)**

- 6 oz 93/7 Lean Ground Turkey
- 160g White Rice
- Intra(Mix in 1.5 Liter Bottle)
- 1 Scoop BCAA's 5G CREATINE



**DAY 1**

**MEAL 3 (Post Workout Meal)**

- 1.5 Scoops Iso Whey
- 3 Rice Cakes



**DAY 1**

**MEAL 4**

- 6 oz 93/7 Lean Ground Beef
- 120g White Rice
- 3 oz Asparagus or Broccoli



**DAY 1**

**MEAL 5**

- 6 oz Chicken Breast
- 190g White Rice
- 1 oz Cashews
- 3 oz Asparagus or Broccoli



**DAY 1**

**MEAL 6**

- 2 Scoop Casein
- 16g Peanut Butter
- Diet 3 - low carb day .



# DAILY REPORT

I am currently carb cycling... the reason for that is to keep my metabolism high. That's also why im eating 6 times a day! Although I feel like it's a small difference eating that many meals... I still want to do my best!

Calories on this day are my lower carb day. I felt great today because I get to eat so many times throughout the day. While cutting I like to keep the food quality high! No crap food, so that my performance in the gym is still high while cutting down.

**DAY 2**

**MEAL 1**

- 2 Whole Eggs
- 5 oz Egg Whites
- 1 Cup Spinach
- 40g Oats (Weigh Dry)



**DAY 2**

**MEAL 2 (Pre Workout Meal)**

- 6 oz 93/7 Lean Ground Turkey
- 160g White Rice
- Intra(Mix in 1.5 Liter Bottle)
- 1 Scoop BCAA's 5G CREATINE



**DAY 2**

**MEAL 3 (Post Workout Meal)**

- 1.5 Scoops Iso Whey
- 3 Rice Cakes



**DAY 2**

**MEAL 4**

- 6 oz 93/7 Lean Ground Beef
- 120g White Rice
- 3 oz Asparagus or Broccoli



**DAY 2**

**MEAL 5**

- 6 oz Chicken Breast
- 190g White Rice
- 1 oz Cashews
- 3 oz Asparagus or Broccoli



**DAY 2**

**MEAL 6**

- 2 Scoop Casein
- 16g Peanut Butter



# DAILY REPORT

Today I felt good, waking up at a good time and staying hydrated throughout the day is always a great idea while dieting. If you don't stay hydrated your body will feel more run down. I personally drink a gallon to a gallon and a half of water a day. I recommend for anyone under 200 pounds to take in a gallon.

I also supplement with metamucil fiber throughout the day to make sure my appetite stays in check! Give this a try. Increase your fiber intake daily if you have an issue with getting hungry while trying to cut bodyweight. It reduces appetite, and gives you more energy throughout the day.



**DAY 3**

**MEAL 1**

- 3 Whole Eggs
- 4 oz Egg Whites
- 1 Cup Spinach
- 2 Slices Turkey Bacon



**DAY 3**

**MEAL 2 (Pre Workout Meal)**

- 6 oz 93/7 Lean Ground Turkey
- 120g White Rice
- Intra (Mix in 1.5 Liter Bottle)
- 1 Scoop BCAA's 5G CREATINE



**DAY 3**

**MEAL 3 (Post Workout Meal)**

- 1.5 Scoops Iso Whey
- 3 Rice Cakes



**DAY 3**

**MEAL 4**

- 6 oz Salmon
- 3 oz Asparagus or Broccoli



**DAY 3**

**MEAL 5**

- 6 oz Chicken Breast
- 1 oz Cashews
- 3 oz Asparagus or Broccoli



**DAY 3**

**MEAL 6**

- 2 Scoop Casein
- 16g Peanut Butter



# DAILY REPORT

This is the same food as the day before... my body is working well with the foods, so I don't want to switch them around too much.

On a regular dieting phase switching foods up is totally fine! Having some more tasty options can make the diet much easier. When I am checking in with a coach I need my body to be reacting to the foods everyday so the check ins are always linear.

One thing I love about having a coach for prep is their experience be my 2nd set of eyes. With that being said, if you're going to prep, I suggest having a coach. If not, you can do it on your own no worries.

# BONUS

I WILL LIST BELOW SOME GREAT FOODS FOR CUTTING, AND YOU CAN EAT THESE FOODS WITHIN YOUR MACRO LIMITS!

## CUTTING FOODS

- Egg Whites
- Oatmeal
- Rice Cakes
- Fruits ( Strawberries, Raspberries, Apples, Blackberries, Blueberries, Bananas, Oranges, Watermelon etc)
- Fish
- Lean Ground Turkey (93/7 or leaner), Lean Ground Chicken (93/7 or leaner), Chicken Breast
- Veggies (Broccoli, Assorted Veggies, Corn, Asparagus, Brussel sprouts, Green beans, Carrots, Spinach
- Lettuce (aka a salad, use veggies of your choice) ( Walden farms products, Balsamic vinaigrette)
- Zero calorie sparkling ice drinks, seltzer water, zero calorie monster drinks
- Protein bars that are low calorie preferably high in Fiber also
- White rice/brown rice/jasmine rice
- No fat cheese
- Halo top ice cream
- Ham/turkey
- Nuts

## SAUCES/SEASONINGS

- Franks buffalo sauce/franks red hot
- Pink Himalayan sea salt
- Walden farms syrup/walden farms carmel spread
- Sirachi sauce
- Soy sauce
- Mustard
- Any zero calorie spices/ sauces are okay!



**DAY 4**

**MEAL 1**

- 3 Whole Eggs
- 4 oz Egg Whites
- 1 Cup Spinach
- 2 Slices Turkey Bacon



**DAY 4**

**MEAL 2 (Pre Workout Meal)**

- 6 oz 93/7 Lean Ground Turkey
- 120g White Rice
- Intra(Mix in 1.5 Liter Bottle)
- 1 Scoop BCAA's 5G CREATINE



**DAY 4**

**MEAL 3 (Post Workout Meal)**

- 1.5 Scoops Iso Whey
- 3 Rice Cakes



**DAY 4**

**MEAL 4**

- 6 oz Salmon
- 3 oz Asparagus or Broccoli



**DAY 4**

**MEAL 5**

- 6 oz Chicken Breast
- 1 oz Cashews
- 3 oz Asparagus or Broccoli



**DAY 4**

**MEAL 6**

- 2 Scoop Casein
- 16g Peanut Butter



# DAILY REPORT

Today was my first day of the week that I am low carb. We throw these days in to really ramp up the fat loss process. Carb cycling is the process of manipulating your carbs from low to high. This has lots of benefits, the first being a sped up metabolism. The faster your metabolism is firing the quicker weight can shed off your body.

The second benefit of carb cycling is it allows your body to consume fewer calories on your lower carb days. I felt great today on the low carbs, especially because I implemented caffeine at key times of the day (in the morning & pre-workout in the evening). I also made sure to stay very hydrated which helped with my hunger and fatigue!

**DAY 5**

**MEAL 1**

- 3 Whole Eggs
- 4 oz Egg Whites
- 1 Cup Spinach
- 2 Slices Turkey Bacon



**DAY 5**

**MEAL 2 (Pre Workout Meal)**

- 6 oz 93/7 Lean Ground Turkey
- 120g White Rice
- Intra(Mix in 1.5 Liter Bottle)
- 1 Scoop BCAA's 5G CREATINE



**DAY 5**

**MEAL 3 (Post Workout Meal)**

- 1.5 Scoops Iso Whey
- 3 Rice Cakes



**DAY 5**

**MEAL 4**

- 6 oz Salmon
- 3 oz Asparagus or Broccoli



**DAY 5**

**MEAL 5**

- 6 oz Chicken Breast
- 1 oz Cashews
- 3 oz Asparagus or Broccoli



**DAY 5**

**MEAL 6**

- 2 Scoop Casein
- 16g Peanut Butter



# DAILY REPORT

Today was my second low calorie day of the week, and energy levels were great. I focused on using my metamucil fiber supplement throughout the day when I got hungry. Fiber will give you energy, and fill you up while on a cut!

Also today I wanted to speak about variety. I believe when cutting it is totally fine to track macros, and eat different foods daily. However, it is good to keep similar foods in your diet. If you know how your body responds to certain foods and you feel great, then continue to eat those same foods! For example, if your pre-workout meal is always white rice or even oatmeal, then you don't need to change it up too much, stick to what makes you feel good.

Remember, cutting is a tracking game. Switching everything up all the time can leave you guessing as to why you don't feel great certain days.



**DAY 6****MEAL 1**

- 3 Whole Eggs
- 4 oz Egg Whites
- 1 Cup Spinach
- 2 Slices Turkey Bacon

**DAY 6****MEAL 2 (Pre Workout Meal)**

- 6 oz 93/7 Lean Ground Turkey
- 120g White Rice
- Intra(Mix in 1.5 Liter Bottle)
- 1 Scoop BCAA's 5G CREATINE

**DAY 6****MEAL 3 (Post Workout Meal)**

- 1.5 Scoops Iso Whey
- 3 Rice Cakes

**DAY 6****MEAL 4**

- Burger
- 200 Grams Fries from Red Robin

**DAY 6****MEAL 5**

- 6 oz Chicken Breast
- 1 oz Cashews
- 3 oz Asparagus or Broccoli

**DAY 6****MEAL 6**

- 2 Scoop Casein
- 16g Peanut Butter



# DAILY REPORT

Today was my refeed day. I added in a burger and fries to get some more calories in my body. I was starting to get flatter, and fat is flying off. To keep my metabolism high, the cheat meal was added in. Tomorrow I will wake up leaner, and fuller than yesterday due to the cheat meal. The extra sodium will also help with that fullness.

**DAY 7**

**MEAL 1**

- 3 Whole Eggs
- 4 oz Egg Whites
- 1 Cup Spinach
- 2 Slices Turkey Bacon



**DAY 7**

**MEAL 2 (Pre Workout Meal)**

- 6 oz 93/7 Lean Ground Turkey
- 120g White Rice
- Intra(Mix in 1.5 Liter Bottle)
- 1 Scoop BCAA's 5G CREATINE



**DAY 7**

**MEAL 3 (Post Workout Meal)**

- 1.5 Scoops Iso Whey
- 3 Rice Cakes



**DAY 7**

**MEAL 4**

- 6 oz Salmon
- 3 oz Asparagus or Broccoli



**DAY 7**

**MEAL 5**

- 6 oz Chicken Breast
- 1 oz Cashews
- 3 oz Asparagus or Broccoli



**DAY 7**

**MEAL 6**

- 2 Scoop Casein
- 16g Peanut Butter



## DAILY REPORT

Today I had an amazing workout from yesterday's cheat meal. There is a place even on a contest prep for cheat meals! In my opinion, they're beneficial... especially for me!

Today was back on low carbs to get the calories back down after the calorie load yesterday. Really all it takes to get lean, and shredded up is a caloric surplus. Don't drop your calories too fast... try to keep them as high as you can as long as you can.

This is a marathon, not a sprint. Play the long game! This will help you maintain muscle mass, and strength during your cut.



There you go! That is my 7 days of meals. These meals and macros work for ME. I capitalize me because your metabolism and weight is different than mine. If you want to have meal plans that are designed for your body type, goals, and structure - then

**JOIN THE POWER EFFECT MEMBERSHIP.**

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