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Any Fish (Tuna, Salmon, etc.)  
 Any Seafood (Shrimp, Scallops etc.)  
 Chicken Breast  
 Turkey Breast  
 Any Meat 90% or Leaner  
 Egg Whites

Broccoli  
 Spinach  
 Tomatoes  
 Green Peppers  
 Asparagus  
**1 Cup = 1 Small Handful**

Asparagus  
 Cauliflower  
 Brussels Sprouts  
 Green Beans  
 Zucchini

Any Nuts  
 Avocado  
 Olive Oil  
 Canola Oil  
 Avocado Oil  
 Any Natural Nut Butters

**PROTEIN**

**VEGGIES**

**HEALTHY FATS**

15g whey in water		
15g	1 cup	5g
15g	1 cup	10g
15g	1 cup	10g
15g	1 cup	10g
15g casein in water		15g

15g	1 cup	10g
15g whey in water		
15g	1 cup	5g
15g	1 cup	10g
15g	1 cup	10g
15g casein in water		15g

15g	1 cup	10g
15g	1 cup	10g
15g whey in water		
15g	1 cup	5g
15g	1 cup	10g
15g casein in water		15g

15g	1 cup	10g
15g	1 cup	10g
15g	1 cup	10g
15g whey in water		
15g	1 cup	5g



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For a more in depth look at the topics discussed in this series, The RP Diet 2.0 is available for purchase at .... I have been doing Renaissance Periodization (RP) method of ... first stage of the fat loss where they restrict some calories from your daily diet.. <http://qbv.cloudz.pw/download?file=the+renaissance+diet+pdf> ... renaissance periodization ebook freerenaissance periodization diet pdf.. This IIFYM and Renaissance Diet calculator will determine daily macronutrient ... They use a program called Renaissance Periodisation where your ... with these macro proportions, download MyFitnessPal and start recording.. Renaissance Periodization is a diet and training consultation company. ... Visit us at [www.renaissanceperiodization.com](http://www.renaissanceperiodization.com), email at [renperiod@gmail.com](mailto:renperiod@gmail.com). .....

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