

Ticker Fuel



POWERED BY TICKER

Paired with PNOE metabolic analysis, Ticker is now offering a FUEL (*Food Utilized on an Elemental Level*) program! We will determine your RMR and your Ticker Training zones with the PNOE, then take into account your specific metabolic and dietary needs and prescribe a diet plan that will support your goals. You will receive a weekly diet plan mapped out with meals, snacks, and complete grocery list.

Day 1 - Phase I

Sample Client
Coach: Max Finkbeiner

Caloric intake: 2,511
 Active calories: 500
 Resting calories: 2,011
 Target deficit: 0

Fitness goal: Metabolic healing
 Long term goal: Metabolic healing
 Current weight: 160 pounds
 Target weight: 160 pounds

2511 Calories • 93g Carbs (34g Fiber) • 148g Fat • 207g Protein

BREAKFAST 487 Cal • 3g Carbs (0g Fiber) • 37g Fat • 38g Protein

 **Cheddar, Bacon, and Egg Breakfast Scramble**
 1 serving • 587 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
 1 strip Bacon (24g)
 1 Jumbo Egg (109g)
 1 1/2 Heavy whipping cream
 28 g Cheddar cheese

 **Bacon**
 2 strips • 100 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 strips:
 2 strip Bacon (24g)

LUNCH 888 Cal • 20g Carbs (13g Fiber) • 48g Fat • 50g Protein

 **Paleo Avocado Tuna Salad**
 1 serving • 514 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
 1 fruit, without skin and seed
 Avocado (138g)
 1 slice (1/8 lemon) Lemons (7g)
 10 g Onions
 142 g Tuna
 1 dash Salt (0.1g)
 1 dash Pepper (0.1g)

 **Almonds**
 20 grams • 174 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 20 grams:
 20 Almonds (174g)

DINNER 872 Cal • 38g Carbs (13g Fiber) • 28g Fat • 132g Protein

 **Baked Chicken Breasts**
 2 serving • 693 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
 2 breast, bone and skin removed
 Chicken breast (472g)
 14-g Olive oil
 3-g Salt
 5.3-g Pepper
 0.8-g Garlic powder
 0.6-g Onion powder
 0.7-g Chili powder

 **Zucchini Spears**
 2 serving • 92 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
 1-g Salt
 1/2 large Zucchini (138g)

 **Carrots**
 250 grams • 88 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 101.5/6 grams:
 250 g Baby carrots

SNACK 264 Cal • 12g Carbs (7g Fiber) • 18g Fat • 4g Protein

 **Lemon Parmesan Salad**
 1 salad • 189 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 salad:
 141 g Lettuce
 14 g Olive oil
 1.3 g Lemon juice
 1 dash Salt (0.1g)
 1 dash Pepper (0.1g)
 2.8 g Garlic
 5 g Parmesan cheese

 **Apple**
 1 apple • 95 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 apple:
 1 medium (1 3/4) day Apples (102g)

























PACE YOURSELF.

Visit tickertrained.com to learn more.



Grocery List

VEGETABLES			SPICES AND HERBS		
	Onions Raw	1/4 medium (2-1/2" dia) (28 g)		Pepper Spices, black	1/4 tsp (1.6 g)
	Baby carrots Baby, raw	1 1/4 cup (300 g)		Salt Table	1/3 tsp (6 g)
	Zucchini Summer squash, includes skin, raw	2 3/4 medium (539 g)		Garlic powder Spices	1/4 tsp (2.42 g)
	Lettuce Romaine or cos, raw	3 cup shredded (143 g)		Onion powder Spices	1/4 tsp (1.73 g)
FRUITS AND FRUIT JUICES				Chili powder Spices	1/4 tsp (1.88 g)
	Avocados California, raw	1 fruit, without skin and seed (136 g)	NUT AND SEED PRODUCTS		
	Lemons Raw, without peel	1/4 fruit (2-3/8" dia) (21 g)		Almonds Nuts, raw	1/4 cup, whole (36 g)
	Apples With skin	1 medium (3" dia) (182 g)	FATS AND OILS		
	Lemon juice Raw	1/4 tsp (3.75 g)		Olive oil Taste or cooking	2 tsp (12 g)
DAIRY PRODUCTS			SAMPLE		
	Egg Whole, fresh eggs	4 large (200 g)			
	Cheddar cheese	1 oz (28 g)			
	Heavy whipping cream Fluid	1/4 cup, fluid (yields 2 cups whipped) (60 g)			
	Parmesan cheese Grated	1/8 oz (17.1 g)			
POULTRY PRODUCTS					
	Chicken breast Broilers or fryers, meat only, raw	2 breast, bone and skin removed (472 g)			
PORK PRODUCTS					
	Bacon Raw, cured pork	2 1/8 oz (64 g)			
SEAFOOD					
	Tuna Fish, light, canned in oil, drained solids	5 oz (142 g)			

