

**Sport Performance Stack Systems**  
**151 Union Chapel Rd**  
**Northport, AL 35473**  
**Phone #: 800-367-9599**



**STACK/MEAL PLAN FOR:** .....<CK 'HC'; 9HF-DD98 'STACK 1  
**For Day(s):** **TRAINING DAYS AND NON TRAINING DAYS**

**TRAINING DAY**

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1.5	1 cup	BRAN CHEX, (wheat bran, corn)	7.57	58.58	2.06	234.47
1	scoop	Max Creatine	0.00	11.00	0.00	44.00
1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
10	Drop	MUSCO-MXT	0.00	0.00	0.00	1.00
8	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
Totals:			20.17	112.33	2.66	520.46
<b>AM Snack</b>						
1	each	Bagel, Lenders	10.00	40.00	1.50	210.00
2	table spoon	Peanut butter - creamy. Peter Pan	8.60	5.70	16.40	190.00
2	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals:			18.60	45.70	17.90	400.00
<b>Lunch</b>						
8	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
2	1 oz	Fish, tuna, light, canned in water, drained solids	14.46	0.00	0.46	65.77
1	1 cup	Fruit cocktail, canned, water pack, solids & liquids	1.00	20.17	0.12	75.84
0.25	table spoon	Relish - pickle	0.03	1.33	0.03	5.00
1	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
2	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
2	slice	Whole Wheat Bread, Prepared, Toasted	7.73	47.38	4.96	256.20
Totals:			24.10	76.54	11.30	484.91
<b>PM Snack</b>						
1	each	Apple - medium with peel	0.30	21.10	0.00	81.00
2	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.80	34.60	0.00	171.00
<b>Dinner</b>						
1	1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
5	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
2	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
2	table spoon	KIKKOMAN Lite Teriyaki Marinade & Sauce	1.00	6.00	0.00	30.00
1	scoop	Max Creatine	0.00	11.00	0.00	44.00
10	Drop	MUSCO-MXT	0.00	0.00	0.00	1.00
1	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.76	216.45
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:			45.53	83.12	4.38	558.97
<b>Evening Snack</b>						
3	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
2	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals:			2.01	8.01	3.00	69.00
<b>Actual Totals for:</b>			<b>118.22</b>	<b>360.30</b>	<b>39.23</b>	<b>2204.35</b>
<b>Actual % of Total Calories:</b>			<b>20.86</b>	<b>63.57</b>	<b>15.57</b>	

## NON TRAINING DAY

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1	each	Banana - med 8"	1.20	26.70	0.60	105.00
1	1 slice	Bread, raisin, toasted, enriched	2.06	13.66	1.15	71.28
1	scoop	Max Creatine	0.00	11.00	0.00	44.00
0.25	cup	Milk - skim, no fat	2.10	2.98	0.10	21.50
10	Drop	MUSCO-MXT	0.00	0.00	0.00	1.00
0.75	cup	Oatmeal -Quick, measured uncooked	9.90	41.85	4.50	222.75
1	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
8	ounce(s)	WESTSOY Lite Plain Soy Milk	4.00	16.00	2.00	100.00
Totals:			19.26	112.18	11.35	592.20
<b>AM Snack</b>						
0.5	1 cup	Grapes, american type (slip skin), raw	0.29	7.89	0.16	30.82
1	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
2	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals:			4.28	35.42	4.38	184.72
<b>Lunch</b>						
1	1 oz	Babyfood, pretzels	3.06	23.30	0.57	112.55
3	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	16.50	0.00	1.50	75.00
0.5	1 cup, shredded or chopped	Lettuce, iceberg, raw	0.25	0.82	0.04	3.85
4	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.79	1.56	0.62	13.20
3	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.53	2.35	0.12	10.80
1	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
2	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals:			23.13	42.03	4.85	295.40
<b>PM Snack</b>						
0.25	1 cup (not packed)	Raisins, seedless	1.11	28.70	0.17	108.39
2	ounce(s)	SOLNUTS Soybeans	26.80	15.60	13.60	292.00
2	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals:			27.91	44.30	13.77	400.39
<b>Dinner</b>						
1	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
2	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
1	scoop	Max Creatine	0.00	11.00	0.00	44.00
10	Drop	MUSCO-MXT	0.00	0.00	0.00	1.00
0.25	table spoon	Olive oil - pure	0.00	0.00	3.50	32.50
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	cup	Spaghetti - thin, cooked, Ronzoni	7.00	42.00	1.00	210.00
0.25	1 cup	Tomatoes, sun-dried	1.90	7.53	0.40	34.83
0.5	cup	Zucchini, Frozen, Boiled, Drained	1.30	4.01	0.15	19.15
Totals:			33.12	76.04	12.36	557.18
<b>Evening Snack</b>						
1	each	Orange - medium	1.20	15.40	0.20	62.00
2	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			8.70	28.90	0.20	152.00
<b>Actual Totals for:</b>			<b>116.41</b>	<b>338.87</b>	<b>46.90</b>	<b>2181.88</b>
<b>Actual % of Total Calories:</b>			<b>20.76</b>	<b>60.42</b>	<b>18.82</b>	

### Important Notes

- \* If you have a medical condition, please consult with your doctor before following this meal plan.
- \* According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.
- \* Any suggested nutritional supplements are not intended to replace the nutritional equivalence of real food items and are not

necessarily recommended by any designing Registered Dietitian, software publisher and/or any related parties.

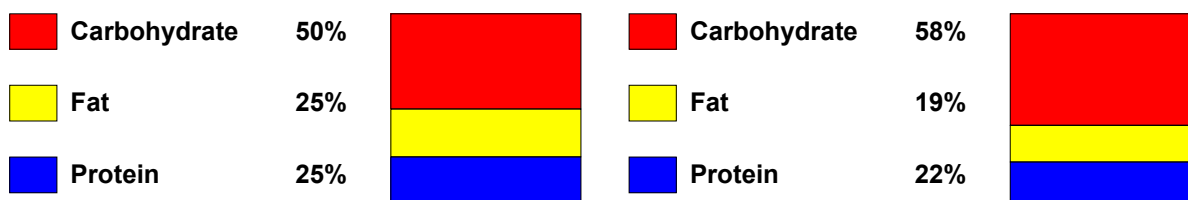


Nutrient Summary Profile: HOW TO GET RIPPED STACK 1

Nutrient Summary Profile  
 <CK 'HC'; 9HF=DD98 'GH57 ? '%

Goal (2357 calories/day)

Stack (2396 average calories/day)



	Goal	0%	50%	100%	Actual
Calories	2357				2396
Total Fat	65 g				51 g
Saturated Fat	17 g				15 g
Mono Fat	24 g				NA
Poly Fat	19 g				NA
Cholesterol	300 mg				136 mg
Sodium	2400 mg				4299 mg
Carbohydrates	295 g				353 g
Dietary Fiber	38 g				27 g
Protein	147 g				136 g
Vitamin A	900 IU				11947 IU
Thiamin	1 mg				3 mg
Riboflavin	1 mg				3 mg
Niacin	16 mg				52 mg
Vitamin B6	1 mg				4 mg
Vitamin B12	2 mcg				10 mcg
Vitamin C	90 mg				141 mg
Folate	400 mcg				NA
Calcium	1000 mg				1041 mg
Iron	8 mg				52 mg
Magnesium	420 mg				349 mg
Phosphorus	700 mg				NA
Potassium	2000 mg				5261 mg
Zinc	11 mg				8 mg
Folic Acid	400 mcg				141 mcg

**Sport Performance Stack Systemst**  
**151 Union Chapel Rd**  
**Northport, AL 35473**  
**Phone #: 800-367-9599**



**Stack Plan For:** .....<CK `HC`; 9HF-DD98`GH5 7 ?`%  
**For the Date Range:**                   **1 Month Cycle, Take 5 Days/Week**

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Before Workout</b>						
1	scoop	Max Creatine	0.00	11.00	0.00	44.00
10	Drop	MUSCO-MXT	0.00	0.00	0.00	1.00
Totals:			0.00	11.00	0.00	45.00
<b>After Workout</b>						
1	scoop	Max Creatine	0.00	11.00	0.00	44.00
10	Drop	MUSCO-MXT	0.00	0.00	0.00	1.00
Totals:			0.00	11.00	0.00	45.00
<b>Actual Totals for:</b>			<b>0.00</b>	<b>22.00</b>	<b>0.00</b>	<b>90.00</b>
<b>Actual % of Total Calories:</b>			<b>0.00</b>	<b>100.00</b>	<b>0.00</b>	

**Important Notes**

- \* If you have a medical condition, please consult with your doctor before following this supplement plan.
- \* According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.
- \* Any suggested nutritional supplements are not intended to replace the nutritional equivalence of real food items and are not necessarily recommended by any designing Registered Dietitian, software publisher and/or any related parties.

Sport Performance Stack Systems  
151 Union Chapel Rd  
Northport, AL 35473  
Phone #: 800-367-9599



Supplement List For: ' < CK ' HC ' ; 9 H F - DD 9 8 ' GH 5 7 ? ' %  
For the Date Range: 1 Month Cycle, 5 Days/Week

**Individual Supplements**

Food	Quantity	Measure
Supplements/Vitamins		
Max Creatine	2	scoop
MUSCO-MXT	20	Drop

HOW TO GET RIPPED STACK 1  
Musco MXT 4 week supply  
Max Creatine 700 grams supply

