



Apex Fitness <apexfitnessok@gmail.com>

Taylor Revised Diet 08/26/2026

1 message

Apex Fitness <apexfitnessok@gmail.com>
To: taylorfoster45@icloud.com

Wed, Aug 26, 2026 at 2:03 PM

Taylor,

Below is your Diet. Also included is your cardio program to start. Attached is my warm up routines that I would like you to follow.

Cardio: Aim for 10K steps every day.

Monday: Chest and Back + 20 minutes post workout cardio (elliptical, HR at 120-130)

Tuesday: Traps and Shoulder + 20 minutes post workout cardio (recumbent bike, HR at 120-130)

Wednesday: Hammys + 20 minutes post workout cardio (recumbent bike, HR at 120-130)

Thursday: Arms + 20 minutes post workout cardio (elliptical, HR at 120-130)

Friday: Traps / Shoulders + 20 minutes post workout cardio (elliptical, HR at 120-130)

Saturday: Quads + 20 minutes post workout cardio (recumbent bike, HR at 120-130)

Sunday: OFF (30 minute outside walk)

No LIQUID CALORIES

Seasoning on meats is fine.

Mustard, hot sauce are unlimited.

Try to get 5-6 liters of water in a day.

Supplements I recommend:

First Thing in the morning, warm water, w/ a lemon Squeezed and w/ tbsp of Apple Cider Vinegar (with Mother) and 5mg Glutamine

5g of Creatine*PLEASE TRY TO DO THIS ASAP*****

2,000 iu VitD3 a day

2,000 mg Vit C a day

Fish or Krill oil get close to 1000mg each DEA and EPA

Methyl Multi Vitamin

Digestive Enzyme (I use Garden of Life Omega-Zyme Ultra)

Any Kind of Probiotics (again I use Garden of Life)

Based on your targets:

- **Calories:** ~1,900
- **Protein:** ~196g
- **Carbs:** 165g
- **Fat:** 45g

This is a lean bodybuilding diet geared toward maintaining muscle while staying relatively lean.

Meal 1: Overnight Oats

Ingredients

- 50g Old Fashioned Oats
- 1 scoop (30g) Whey Isolate
- 170g Non-Fat Greek Yogurt

- 70g Blueberries
- 8g Chia Seeds
- ½ cup Unsweetened Almond Milk
- Cinnamon to taste

Instructions

1. Add oats, whey protein, chia seeds, and cinnamon to a mason jar or container.
2. Stir in Greek yogurt and almond milk until fully combined.
3. Fold in blueberries.
4. Cover and refrigerate overnight (at least 6 hours).
5. Eat cold the next morning or warm slightly in the microwave.

Meal 2: Chicken & Rice

Ingredients

- 6 oz grilled chicken breast
- 200g cooked jasmine rice
- 1 cup broccoli

Meal 3: Pre-Workout

Turkey & Sweet Potato

- 6 oz 99% lean ground turkey
- 180g baked sweet potato
- 1 tbsp natural peanut butter
- Green vegetables

Meal 4: Post-Workout

Shake + Rice Cakes

- 1 Fairlife Core Power (42g)
- 2 rice cakes (any flavor)
- 1 medium banana

Meal 5: Dinner

Lean Beef & Vegetables

- 5 oz 96% lean ground beef
- 2 cups of any Green
- 1 tsp olive oil
- 1 lemon

Corey Curtis

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Personal Training & Nutrition Advice

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