

WHAT IT TAKES TO EAT LIKE DWAYNE "THE ROCK" JOHNSON

VIA ROCKING FOR 30 DAYS.COM

AN APPETITE



7:00AM
MEAL 1
10oz COD
2 WHOLE EGGS
2CUPS OATMEAL



9:00AM
MEAL 2
8oz COD
12oz SWEET POTATO
1CUP VEGETABLES



11:30AM
MEAL 3
8oz CHICKEN
2CUPS WHITE RICE
1CUP VEGETABLES



2:30PM
MEAL 4
8oz COD
2CUPS WHITE RICE
1CUP VEGETABLES
+1TBSP FISH OIL



5:00PM
MEAL 5
8oz SIRLOIN STEAK
12oz BAKED POTATO
SPINACH SALAD



7:00PM
MEAL 6
10oz COD
2CUPS WHITE RICE
SALAD



9:00PM
MEAL 6
10 EGG-WHITE OMELETTE
1CUP VEGETABLES
+1TBSP FISH OIL



10:00PM
BEDTIME
PROTEIN SHAKE
(30G CASEIN)

THE METABOLISM

MEAL	CALORIES	CARBS	FAT	PROTEIN
MEAL 1	610	38	15	77
MEAL 2	594	84	3	56
MEAL 3	1069	125	28	72
MEAL 4	909	121	18	62
MEAL 5	769	69	25	70
MEAL 6	816	115	4	73
MEAL 7	155	11	1	26
SHAKE	128	0	0	30
TOTALS	5050	563g	94g	466g

A BIG BUDGET *

ITEM	SIZE	DAILY COST
ATLANTIC COD	36oz	\$18.00
OATMEAL (PLAIN)	2CUPS	\$0.33
EGGS	12EGGS	\$2.00
SWEET POTATOES	12oz	\$0.36
VEGETABLES (FROZEN)	3CUPS	\$3.23
CHICKEN BREAST	8oz	\$2.00
WHITE RICE, LONG-GRAIN	6CUPS	\$0.98
SIRLOIN STEAK	8oz	\$4.44
IDAHO POTATOES	12oz	\$0.72
SALAD	4oz BAG	\$4.89
PROTEIN POWDER	4oz	\$4.72
FISH OIL	2TBSP	\$0.40

*BASED ON PRICES IN NEW YORK CITY

TOTAL COST	DAILY	\$42.07
	WEEKLY	\$294.52
	30 DAYS	\$1262.24
	ANNUAL	\$15,357.30

A REGULAR GUY DECIDED TO EAT AND TRAIN LIKE THE ROCK FOR A MONTH.

LEARN ALL ABOUT IT AT

ROCKING FOR 30 DAYS.COM