

JOE MANGANIELLO

DIET AND NUTRITION



By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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JOE MANGANIELLO

DIET AND NUTRITION

MONDAY

10 a.m.

- 2 packets of oatmeal with hot water
- Protein shake

12:30 p.m.

- 2 roasted chicken breasts
- 1/2 cup of corn
- 1 sweet potato

2 p.m.

- Protein shake mixed with a banana and creatine

4:30 p.m.

- 4-6 oz steak
- 1/2 cup of carrots or asparagus
- Large salad with vinaigrette dressing

9 p.m.

- 1 chicken breast
- 1/2 cup of green beans

TUESDAY

9 a.m.

- Pure Protein Bar
- Muscle Milk Light

12 p.m.

- Detour Bar

2:30 p.m.

- Tri Tip
- Tilapia Fillet
- Baked Cauliflower
- Green Beans
- Salad with (Balsamic dressing)

4 p.m.

- Almonds

7 p.m.

- KOO KOO ROO
- 2 original (roasted) boneless chicken breasts
- side of corn
- side of mushrooms

10 p.m.

- Isopure 40g protein drink

WEDNESDAY

9 a.m.

- 2 packs of plain oatmeal with water
- 50g whey protein with water

10:30 a.m.

- almonds

12 p.m.

- egg white omelette
- peppers, ham, turkey, bacon, feta cheese

3 p.m. - 6 p.m.

- SNACKS on set
- apple, buffalo jerky, sugar free chocolate almonds

7 p.m.

- 2 pork chops
- broccoli
- squash
- mushrooms

10 p.m.

- 50g whey protein with water

THURSDAY

9 a.m.

- 50g whey protein with water
- 1 pure protein bar

11 a.m.

- KOO KOO ROO
- 2 original (roasted) boneless chicken breasts
- side of corn
- side of broccoli

1 p.m.

- 2 plates of chipped ham
- 4 sausages with marinara sauce

2:30 p.m.

- tri tip beef

5 p.m.

- SNACKS on set
- 3 apples
- 50g whey protein with water

10 p.m.

- Mahi Mahi fillet
- spinach
- house salad (balsamic dressing)

FRIDAY

8am

- 50g whey protein with water
- almonds

9 a.m.

- egg whites
- bacon
- papaya

10 a.m. - 2 p.m.

- SNACKS on set
- bacon, apple, pineapple

2 p.m.

- 2 chicken breasts
- 2 slices of tri tip beef
- cauliflower
- broccoli

5 p.m.

- salad
- chicken, bacon, corn, carrots, feta (balsamic dressing)

5:30 p.m. - 10 p.m.

- SNACKS on set
- handful of sugar free chocolate almonds, asian pear, peanuts, jerky, corn nuts

11:30 p.m.

- Salmon steak

- salad with mango, walnuts, (balsamic dressing)
- green beans

SATURDAY

8am

- 50g whey protein

8:30 a.m.

- 4 eggs and bacon
- an apple

2 p.m.

- WEEKLY CHEAT MEAL: UMAMI BURGER
- 2 "Truffle Burgers" with cheese and buns
- half order of "cheese tots"
- half order of onion rings

4:30 p.m.

- package of "Sour Patch Kids" at the movie theatre

8 p.m.

- SUSHI ROKU
- mackerel sashimi, toro sashimi, clam sashimi
- green salad with ginger dressing

10 p.m.

- 2 apples

SUNDAY

9 a.m.

- 50g whey protein with water

9:30 a.m.

- 4 eggs and bacon

12 p.m.

- 2 chicken breasts
- salad with balsamic dressing
- almonds

2:15 p.m.

- 2 Atkins bars + 1 think thin bar (on set)

4:30 p.m.

- 2 buffalo burgers (no bun)
- salad

9 p.m.

- Mahi Mahi
- spinach