

ASHLEY KALTWASSER 3X MS. BIKINI OLYMPIA

A typical day of Ashley Kaltwasser's diet looks like this when prepping for show:

Meal 1 | Before Workout

Before workout smoothie – 1/2 avocado, 1/2 cup plain Greek yogurt, 1 scoop green superfoods mix, ice, stevia to taste, instant coffee or matcha powder **optional if needed** Probiotics & multivitamin

During workout – EHP Labs Beyond BCAAs

Meal 2 | Post Workout

1 cup egg whites, 4oz sweet potato, cinnamon, Sugar Free Syrup or stevia to taste



Meal 3

4 oz chicken, 2 cups green veg, 100 calories worth of nuts



Meal 4

1 cup MUSCLEEGG -or- 1 scoop protein powder Calcium/vitamin D, 1/2 cup oats



Meal 5

4 oz chicken, 2 cups green veg



Meal 6

4oz steak, 2 cups asparagus, ZMA capsule



Meal 7

3/4 cup cottage cheese



1 gallon water per day