


CANE

PROTEIN MEAL PLAN

First of all this meal plan is not for every freaking body. It's only for those of you who are serious about getting your kids bigger and stronger than the other fool's kids. So when those other idiots try to tell you that protein is not good for your son or daughter, do yourself a favor and google the origin of the word protein. One more thing: Yes, you will have to make the protein for your kids because they are all lazy.

Breakfast 1	Now this is very important STOP EATING TRADITIONAL BREAKFAST NOW. You want to eat the same thing that you ate for dinner in the morning. The number one thing you should eat is RED MEAT. Stop eating fish and chicken. If you eat chicken you will look like a damn chicken. Put 10 oz. of milk in a blender with one banana, peanut butter and one scoop of Cane Protein. But drink the protein after you eat. Then drink 16 oz. of water.	
Lunch 2	Now, when your son or daughter is at school and it's lunch time and they have the option between chicken or a hamburger, always have them opt for the hamburger. Don't listen to those idiots who will tell you to eat clean. That's completely stupid. Don't eat clean if you want to get big.	
First Dinner 3	Again, when you come home from school, eat what you would eat for dinner... eat RED MEAT. Put 10 oz. of milk in a blender with one banana, peanut butter and one scoop of Cane Protein. But drink the protein after you eat. Then drink 16 oz of water.	
Dinner 4	Eat a big dinner before you go to bed, because if you don't, you will lose weight in your sleep. Put 20 oz. of milk in a blender with two bananas, peanut butter and two scoops of Cane Protein. Then drink only 10 oz. of the protein. I want you to make two servings of protein, so when you wake up in the morning your protein is already made.	