

SAMPLE PLAN #1

MEAL 1: 7-9AM PB BANANA SHAKE

PROTEIN POWDER (1.5 SCOOPS)
POWDERED PEANUT BUTTER (2 TBSP)
UNSWEETENED ALMOND MILK (1.5 CUPS)
FROZEN BANANA (1/2 MEDIUM)

*PEEL, HALVE AND FREEZE THE BANANAS- THEY BLEND BETTER AND WILL PRESERVE LONGER*SUB FOR 1 TBSP OF NATURAL PB IF YOU DO NOT HAVE ACCESS TO POWDERED OPTION

MEAL 2: 12-2PM XL BURRITOS

XL TORILLAS (WHOLE WHEAT/WHOLE GRAIN 40 CARBS TOTAL)
GUACAMOLE (2 TBSP EACH)
DICED BONELESS CHICKEN THIGHS (60Z COOKED TOTAL)
SHREDDED CABBAGE (1 LARGE HANDFUL EACH)

(DICE CHICKEN THIGHS:STIR FRY WITH SEASONING OF CHOICE AND COOKING SPRAY FOR THE WEEK)(WRAP/BAKE AT 375F/180C 7-10MINS)(YOU CAN FREEZE FOR THE WEEK AND REHEAT 1MIN30 IN MICROWAVE)

MEAL 3: 4-5:30PM SNACK SWEET/ SAVORY

LIGHTLY SALTED RICE CAKES (2)
HUMMUS (1 TBSP EACH)
OR NATURAL PEANUT BUTTER (1 TBSP EACH)

MEAL 4: 7:30-9PM PROTEIN BAKE

TURKEY BAKE (1 PIECE)
(RECIPE ATTACHED WILL MAKE 6 SERVINGS FOR THE WEEK THAT JUST NEEDS TO BE REHEATED)
STEAMED OR GRILLED VEGGIES OF CHOICE (2 CUPS)

MEAL 1 : 11-1PM BLACK BEAN BURGERS

WHOLE GRAIN BUN (35-40 CARBS TOTAL)

BLACK CHIPOTLE BEAN BURGERS (1)

(RECIPE ATTACHED WILL MAKE 6 LARGE PATTIES FOR THE WEEK)

SALSA OF CHOICE (2 TBSP)

TOMATO | LETTUCE | SPREAD OF CHOICE (2 TBSP)

(BRANDS LISTED AROUND YOUR RESOURCES TO ENSURE THAT WE SAVE CALORIES)

MEAL 2: 330-5PM GREEK YOGURT PARFAIT

GREEK YOGURT NON FAT PLAIN (1.25 CUPS)

PROTEIN POWDER (1 SCOOP)

ROLLED OATS DRY (1/4 CUP)

BLUEBERRIES (1/4 CUP)

(MIX INGREDIENTS TOGETHER AND ADD A SPLASH OF ALMOND MILK IF YOU WANT IT MORE CREAMY)(YOU CAN FREEZE THIS OVER NIGHT AND IT WILL THAW BY SNACK TIME THE NEXT DAY)

MEAL 3: 7-8:30PM TERIYAKI STIR FRY

RICED CAULIFLOUR (1.5 CUPS)

BELL PEPPER (1 LARGE DICED)

EGGS (2 WHOLE EGGS + 2 WHITES)

SHREDDED MOZZARELLA CHEESE (1/4 CUP)

TERIYAKI OR SAUCE OF CHOICE (1/4 CUP)

STIR FRY BELL PEPPER AND THEN THE CAUL WITH DRY TERIYAKI SAUCE, SEASONING OF CHOICE AND COOKING SPRAY: THROW IN THE EGGS AND MOZERELLA LAST(BRANDS LISTED AROUND YOUR RESOURCES TO ENSURE THAT WE SAVE CALORIES)