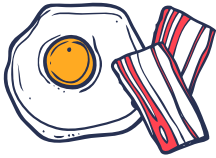


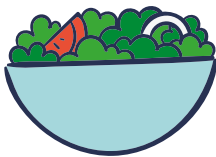



1-WEEK SAMPLE MENU

MONDAY

158 Protein / 205 Carbs / 65 Fat

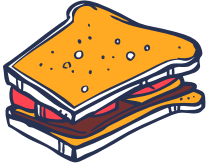


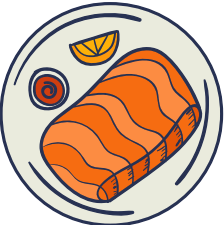
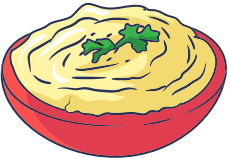
MEAL	NUTRITION	RECIPE
 <p>MEAL 1</p>	<p>Calories - 604 Protein - 43g Carbs - 40g Fat - 31g</p>	<p>Cheesy Spinach Scrambled Eggs + Peanut Butter Toast</p>
		<p>2 eggs 68g (½ cup) egg whites ½ cup spinach 1 oz low fat cheese 2 slices whole wheat bread 30g natural peanut butter</p>
 <p>MEAL 2</p>	<p>Calories - 336 Protein - 35g Carbs - 30g Fat - 11g</p>	<p>Greek Chicken Bowl - Pre-Workout (3+hr before workout)</p>
		<p>3oz chicken breast 120g quinoa, cooked 52g (½ cup) sliced cucumber 45g (¼ cup) cherry tomatoes 20g feta cheese</p>
 <p>MEAL 3</p>	<p>Calories - 336 Protein - 35g Carbs - 30g Fat - 11g</p>	<p>Protein Cereal + Banana - Post-Workout (<1 hr after working out)</p>
		<p>32g (1 scoop) whey protein powder 41g (1 cup) cereal (cinnamon toast crunch) 130g (1 large) banana</p>
 <p>MEAL 4</p>	<p>Calories - 374 Protein - 30g Carbs - 40g Fat - 10g</p>	<p>Taco Bowl</p>
		<p>3oz lean ground beef 100g basmati rice, cooked 30g black beans 20g corn 20g bell pepper, chopped 16g (1 tbsp) salsa 15g (1 tbsp) greek yogurt</p>
 <p>MEAL 5</p>	<p>Calories - 278 Protein - 22g Carbs - 31g Fat - 7g</p>	<p>Yogurt Parfait</p>
		<p>183g (¾ cup) greek yogurt 32g (½ cup) mixed berries 1 oz granola</p>

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1-WEEK SAMPLE MENU

TUESDAY

162 Protein / 203 Carbs / 66 Fat

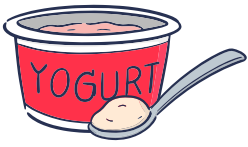
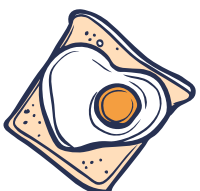

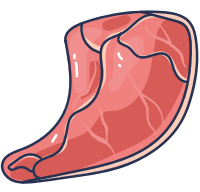
MEAL	NUTRITION	RECIPE
 <p>MEAL 1</p>	<p>Calories - 540 Protein - 41g Carbs - 34g Fat - 24g</p>	<p>Breakfast Sandwich</p>
		<p>2 eggs 3 slices turkey bacon 1 oz low-fat cheese 2 slices whole wheat bread</p>
 <p>MEAL 2</p>	<p>Calories - 261 Protein - 26g Carbs - 31g Fat - 3g</p>	<p>Protein Smoothie - Pre-Workout (1-2 hours before workout)</p>
		<p>189g (1 ½ cups) frozen mixed berries 32g (1 scoop) whey protein powder 240g (1 cup) almond milk</p>
 <p>MEAL 3</p>	<p>Calories - 309 Protein - 27g Carbs - 41g Fat - 5g</p>	<p>Greek Yogurt + Banana - Post-Workout (<1 hr after working out)</p>
		<p>245g (1 cup) greek yogurt 130g (1 large) banana</p>
 <p>MEAL 4</p>	<p>Calories - 580 Protein - 36g Carbs - 58g Fat - 23g</p>	<p>Salmon with Roasted Potato and Asparagus</p>
		<p>4oz salmon 4 oz asparagus 300g (1 large) potato 14g (1 tbsp) olive oil (for roasting)</p>
 <p>MEAL 5</p>	<p>Calories - 364 Protein - 31g Carbs - 39g Fat - 10g</p>	<p>Snack Plate</p>
		<p>6 slices oven-roasted turkey deli meat 30g (2 tbsp) hummus 30g carrots 40g crackers (Triscuit)</p>

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1-WEEK SAMPLE MENU

WEDNESDAY

157 Protein / 201 Carbs / 67 Fat

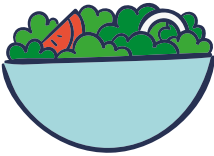



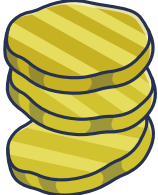
MEAL	NUTRITION	RECIPE
 <p>MEAL 1</p>	<p>Calories - 441 Protein - 35g Carbs - 40g Fat - 16g</p>	<p>Greek Yogurt Bowl</p> <p>245 (1 cup) greek yogurt 63g (½ cup) mixed berries 1oz protein granola 16g (1 tbsp) peanut butter</p>
		<p>Elevated Avocado Toast</p> <p>2 slices whole wheat bread 40g avocado 2 eggs 2 slices turkey bacon</p>
 <p>MEAL 2</p>	<p>Calories - 506 Protein - 31g Carbs - 37g Fat - 27g</p>	<p>Protein Shake + Fruit</p> <p>32g (1 scoop) protein powder 240g (1 cup) almond milk 130g (1 large) banana</p>
		<p>Pasta with Red Sauce</p> <p>4 oz lean ground beef 100g whole wheat pasta, cooked 20g bell pepper 238g (1 cup) pasta sauce</p>
 <p>MEAL 3</p>	<p>Calories - 277 Protein - 26g Carbs - 36g Fat - 4g</p>	<p>Snack Plate</p> <p>5 slices oven-roasted turkey deli meat 30g crackers (Triscuits)</p>
		<p>MEAL 4</p> <p>Calories - 563 Protein - 42g Carbs - 65g Fat - 15g</p>
 <p>MEAL 5</p>	<p>Calories - 234 Protein - 23g Carbs - 23g Fat - 6g</p>	

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1-WEEK SAMPLE MENU

THURSDAY

162 Protein / 208 Carbs / 66 Fat

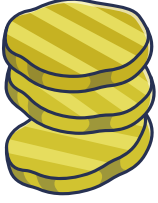


MEAL	NUTRITION	RECIPE
 <p>MEAL 1</p>	<p>Calories - 63 Protein - 1g Carbs - 16g Fat - 0g</p>	<p>Fruit Bowl - Pre-Workout (<30 minutes before workout)</p> <p>30g grapes 30g raspberries 30g banana</p>
 <p>MEAL 2</p>	<p>Calories - 454 Protein - 35g Carbs - 64g Fat - 6g</p>	<p>Protein Oatmeal - Post-Workout (<1 hr after working out)</p> <p>32g (1 scoop) whey protein powder 81g (1 cup) oats, dry 30g banana</p>
 <p>MEAL 3</p>	<p>Calories - 525 Protein - 53g Carbs - 47g Fat - 14g</p>	<p>Chicken & Rice Bowl</p> <p>5oz chicken breast 130g basmati rice 156g (1 cup) broccoli + 14g (1 tbsp avocado oil for roasting) 15g (1 tbsp) feta cheese 15g (1 tbsp) buffalo sauce (Primal Kitchen)</p>
 <p>MEAL 4</p>	<p>Calories - 466 Protein - 37g Carbs - 55g Fat - 12g</p>	<p>Yogurt Bowl</p> <p>245g (1 cup) greek yogurt 63g (½ cup) mixed berries 2 oz protein granola</p>
 <p>MEAL 5</p>	<p>Calories - 424 Protein - 36g Carbs - 27g Fat - 20g</p>	<p>Ground Turkey & Sweet Potato Hash</p> <p>4oz ground turkey 100g sweet potato ½ cup spinach, cooked</p>

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1-WEEK SAMPLE MENU

FRIDAY

159 Protein / 203 Carbs / 66 Fat


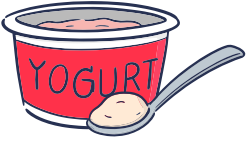
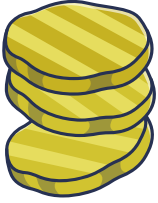


MEAL	NUTRITION	RECIPE
 <p>MEAL 1</p>	<p>Calories - 403 Protein - 26g Carbs - 41g Fat - 16g</p>	<p>Breakfast Hash</p> <p>2 eggs 68g (½ cup) egg whites ½ cup spinach, cooked 1 oz low-fat cheese 200g potato + 8g (1 tsp) avocado oil for roasting</p>
		<p>Greek Salmon Bowl</p> <p>3.5oz salmon 160g quinoa, cooked 52g (½ cup) sliced cucumber 45g (¼ cup) cherry tomatoes 15g (1 tbsp) feta cheese</p>
 <p>MEAL 3</p>	<p>Calories - 189 Protein - 25g Carbs - 20g Fat - 1g</p>	<p>Protein Shake + Fruit</p> <p>32g (1 scoop) protein powder 100g grapes</p>
		<p>Pasta with Red Sauce</p> <p>5oz ground turkey 140g (1 cup) whole wheat pasta 20g bell pepper 238g (1 cup) pasta sauce</p>
 <p>MEAL 4</p>	<p>Calories - 700 Protein - 48g Carbs - 69g Fat - 29g</p>	<p>Cottage Cheese + Fruit</p> <p>226g (1 cup) low-fat cottage cheese 165g (1 cup) pineapple</p>
		<p>MEAL 5</p>

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1-WEEK SAMPLE MENU

SATURDAY

167 Protein / 202 Carbs / 64 Fat

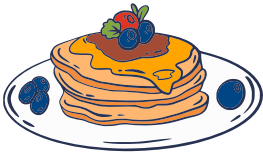


MEAL	NUTRITION	RECIPE
 <p>MEAL 1</p>	<p>Calories - 326 Protein - 28g Carbs - 37g Fat - 7g</p>	<p>Protein Cereal - Pre-Workout (1-2 hour before workout)</p>
		<p>41g (1 cup) cereal (cinnamon toast crunch) 32g (1 scoop) whey protein powder 240g (1 cup) almond milk</p>
 <p>MEAL 2</p>	<p>Calories - 309 Protein - 27g Carbs - 41g Fat - 5g</p>	<p>Fruit + Yogurt</p>
		<p>245g (1 cup) greek yogurt 130g (1 large) banana</p>
 <p>MEAL 3</p>	<p>Calories - 483 Protein - 37g Carbs - 40g Fat - 22g</p>	<p>Sweet Potato Hash</p>
		<p>4oz lean ground beef 140g sweet potato 156g (1 cup) broccoli 8g (½ tbsp) avocado oil for roasting</p>
 <p>MEAL 4</p>	<p>Calories - 312 Protein - 33g Carbs - 24g Fat - 9g</p>	<p>Snack Plate</p>
		<p>4 slices oven-roasted turkey deli meat 2 oz low-fat cheese 30g crackers (Triscuit)</p>
 <p>MEAL 5</p>	<p>Calories - 578 Protein - 43g Carbs - 60g Fat - 19g</p>	<p>Chicken Wrap + Apple</p>
		<p>4 oz chicken breast 1 whole wheat wrap (64g) ½ cup spinach 35g avocado 15g (1 tbsp) buffalo sauce (Primal Kitchen) 182g (1 medium) apple</p>

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1-WEEK SAMPLE MENU

SUNDAY

163 Protein / 210 Carbs / 64 Fat

MEAL	NUTRITION	RECIPE
 <p>MEAL 1</p>	<p>Calories - 524 Protein - 29g Carbs - 55g Fat - 21g</p>	<p>Protein Pancakes</p> <p>140g protein pancake mix (Kodiak Cakes) 62g (¼ cup) greek yogurt 63g (½ cup) frozen berries</p>
		<p>Sandwich + Apple</p> <p>2 slices whole wheat bread 4 slices oven-roasted turkey deli meat 1 oz low-fat cheese ½ cup spinach 1 tbsp mustard 182g (1 medium) apple</p>
 <p>MEAL 3</p>	<p>Calories - 301 Protein - 30g Carbs - 11g Fat - 16g</p>	<p>Peanut Butter Protein Shake</p> <p>32g (1 scoop) protein powder 24g (1 ½ tbsp) peanut butter 240g (1 cup) almond milk</p>
		<p>Salmon, Sweet Potato & Green Beans</p> <p>5 oz salmon 120g sweet potato 125g green beans</p>
 <p>MEAL 4</p>	<p>Calories - 410 Protein - 41g Carbs - 35g Fat - 12g</p>	<p>Cottage Cheese Bowl</p> <p>226g (1 cup) low-fat cottage cheese 165g (1 cup) pineapple 1 oz granola</p>
		<p>MEAL 5</p>

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