

GAUGE
GIRL TRAINING



SHRED ON A BUDGET

FOR WOMEN
BY CHRISTINE HRONEC



*THIS MEAL PLAN MAY CONTAIN GLUTEN, LACTOSE, SOY, SHELLFISH, AND TREE NUTS

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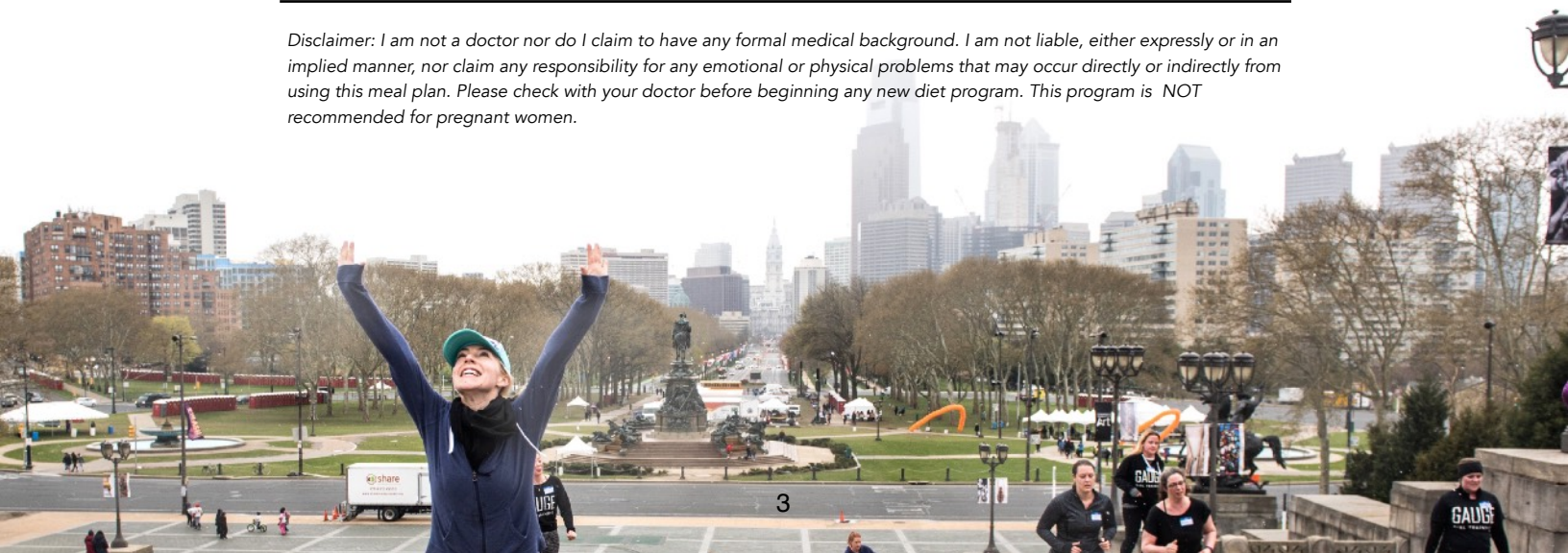


SHRED ON A BUDGET

Thank you for your recent purchase of the Gauge Girl Training 6WeekShred® Meal Plan! Unlike other meal plans, this program gives you day by day guidance for a total of 42 days on exactly what to eat, when to eat it, and the macronutrient breakdown of every single ingredient in your program. Gauge Girl Training prides itself in creating programs based on nutrition science and not pop-culture fads. You will find that we have made sure that every menu is designed to keep you on track for your macronutrient goals.

Christine Hronec

Disclaimer: I am not a doctor nor do I claim to have any formal medical background. I am not liable, either expressly or in an implied manner, nor claim any responsibility for any emotional or physical problems that may occur directly or indirectly from using this meal plan. Please check with your doctor before beginning any new diet program. This program is NOT recommended for pregnant women.



WHAT IS THE MACROS APPROACH?

The go-to system for dieting has long been calorie counting, which is an easy one-step system. The belief is that to lose weight, one must reduce total daily calories (either eat less or burn more), to gain weight one must add calories, and to maintain weight you keep calories constant. Unfortunately, it can also be misleading. The reality is that monitoring your caloric intake can only take you so far if you are not eating the right calories. While you may be losing weight, you may not necessarily be losing true body fat. Instead you may be only losing water weight and even muscle mass.

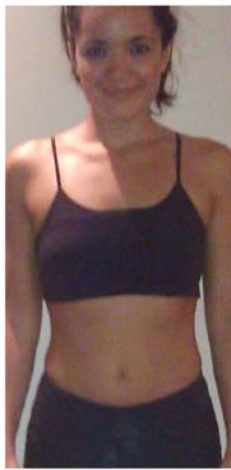


Image 1:
Results from Calorie Counting



Image 2:
Results from Counting Macros

The first image is my own personal experience where I primarily focused on weight loss by only tracking my calories. You can see I was able to make my body “smaller” overall, but I did not have the lean muscle definition that I wanted. In image 2, my focus was on counting my macros instead of just my calories. You can see a huge difference in my results although I weigh the same in both “after” photos. This is because I was able to drop body fat and retain lean muscle mass for a tighter, leaner, more defined look.

Keeping track of calories, as opposed to what makes up those calories, can be harmful to your body despite any associated weight loss with this method. It’s not about how many calories are in your food, but the breakdown of these calories that ultimately impacts one’s body composition. In order to make sense of this, it starts with the awareness of what you are eating. Knowing what your food is made of and using that information to eat better is the basis of the macros approach to nutrition.

WHAT ARE MACROS?

All food is comprised of three basic building blocks that make up the caloric content of food: protein, carbs, and fat commonly referred to as macros (short for "macronutrients"). The practice of counting macros has been used by bodybuilders for decades, and had gained recent popularity among the general public. Instead of looking at food in black and white ("bad" vs. "good"), this program provides a new way to look at food based on scientific principles that are easy to understand because we have broken down every meal with the macronutrients for every single food source.

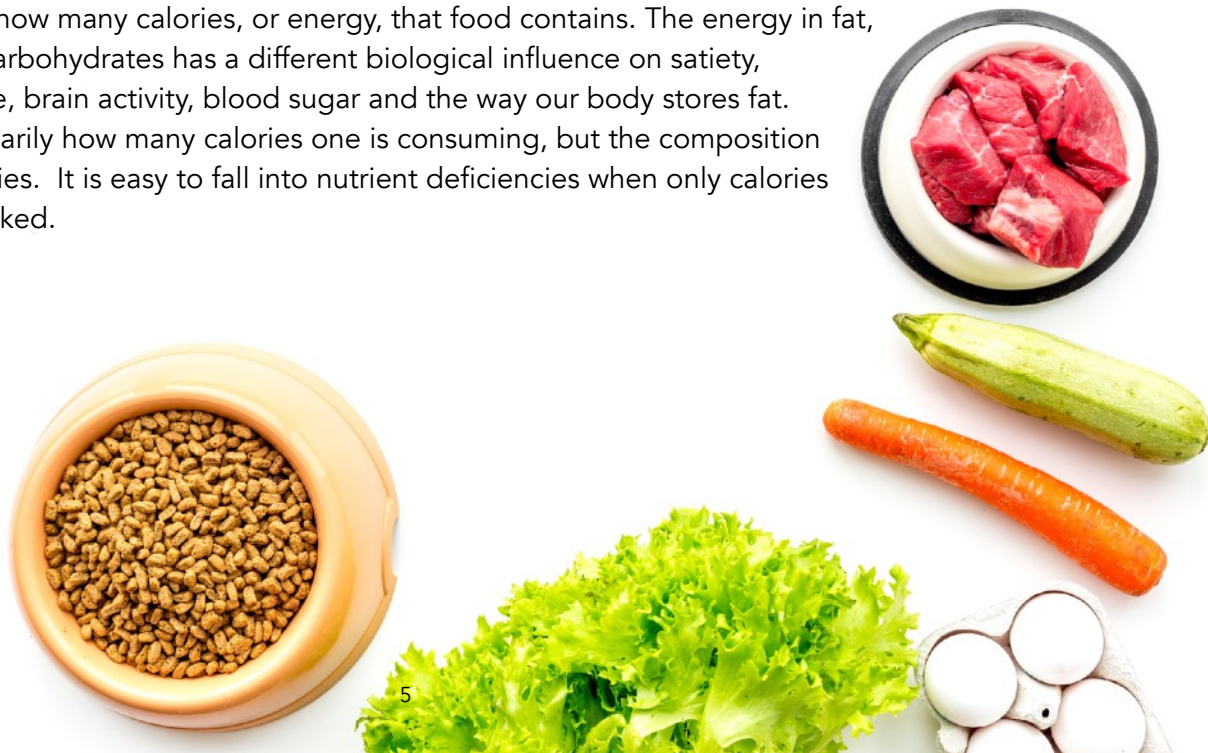
In order to understand macros, let's begin with the universal concept of calories. A calorie is simply a unit of energy that describes how much energy a certain food provides. The energy density of each macro was measured as follows:

- Dietary Protein: 4 calories/gram
- Carbohydrates: 4 calories/gram
- Fat: 9 calories/gram

Alcohol is typically not part of the 3 daily targets, but is technically a fourth macronutrient at 7 calories/gram. Alcohol is not listed on nutrition facts labels, as it is not considered essential to life. While it does not contain fat, it does have an energy value that needs to be accounted for towards the daily energy allowance*.

**Unlike fats and carbs, the body cannot store alcohol so it must metabolize it right away. This means that alcohol calories will always take priority as fuel source. While the body is metabolizing alcohol, stored fat cannot be used as a fuel source for at least 48 hours. Drinking can easily push us one over calorie budget for the day without any benefit towards satisfying hunger.*

Knowing how many carbohydrates, fats and proteins are in any given food, allows one to know exactly how many calories, or energy, that food contains. The energy in fat, protein and carbohydrates has a different biological influence on satiety, metabolic rate, brain activity, blood sugar and the way our body stores fat. It's not necessarily how many calories one is consuming, but the composition of those calories. It is easy to fall into nutrient deficiencies when only calories are being tracked.



This can lead to burn out, fatigue, and ultimately binge eating. Where calories from nutrient-dense food versus nutritionally poor food (for example, processed or refined carbs) will have different effects on the body. If only keeping the energy content of food in mind, it's easy to forget about the nutrient quality. Yes, a handful of nuts may be energy dense, but the nutritional benefits outweigh the number of calories. Healthy, nutrient-dense food keeps hunger at bay, helps maintain stable blood glucose levels, reduces cravings, and allows the brain to signal to your stomach that it's full. Nutrient-poor food will have the opposite effect, causing hormonal dysfunction, spiking insulin levels, increasing cravings, suppressing satiety signals and encouraging overeating. The macros approach is a mindset shift to look at food for its nutritional QUALITY in addition to its energy content.

Counting macros means that the number of grams of protein, carbohydrates, and fats consumed in a day are tracked. Bodybuilders and fitness competitors have mastered this art, however for the general public, it means buying a food scale, taking the time to measure and calculate meals, and last but not least, the mental capacity to carry this out in the real world. While this may seem overwhelming at first, this is the most strategic, methodical, and scientifically sound approach to long-term sustainable health. This program provides menus that are intended to be food prepped for a few days at a time with tons of variety to keep it fun. If you have a day where you are not able to food prep you can simply track your macros on an app and utilized a concept called flexible dieting. This is where you can choose food not on your meal plan but you can have them as long as you stay within your macronutrient goals for the day.

WHAT IS THE BUDGET SHRED?

The 6 Week Shred Budget program is a streamlined version of the 6 Week Shred do it yourself meal plan group challenge designed to support an increased rate of fat loss. This meal plan is a one size fits MOST approach to dropping body fat and may require adjustments for some.* In order to shred on a budget, several factors were taken into consideration to support minimized grocery costs. These budget menus have been written with the lowest cost ingredients that will most effectively help you reach these macronutrient goals. It is recommended that you follow one menu for 1, 2, or 4 days worth of meals. For this reason, a detailed grocery list was provided breaking down the consolidated quantities needed of each ingredient. If you only wish to meal plan for one day at a time, shop for the quantities under the column marked "1." If you wish to meal plan for 2 days worth of meals, shop for the quantities under the column marked "2," and so on. You are welcome to implement flexible dieting during this phase if you do not wish to use these menus. This means that you will follow the daily macronutrient goals as outlined below and track everything you eat in a day. This plan is broken down into 3 phases:

**See notes on how to adjust this meal plan*

PHASE 1: MENUS 1 TO 4

Phase 1 lasts from days 1 to 14. During this time, you are provided with a total of 4 menus to follow over the course of 2 weeks. You are to eat every 2-3 hours or as fitting to your schedule. Make sure to consume your post-workout shake within 30 minutes of weight training. If you do not weight train, you are to skip the post-workout protein shake. Follow the macronutrients outlined below:

Macronutrient Ratios:	Detailed Calories & Macros:
Protein-34.8%	Calories: 1555
Fat-31.8%	Protein-135g
Carbs-33.4%	Fat-55g
	Carbs-130g

PHASE 2: MENUS 5 TO 8

Phase 2 lasts from days 15 to 28. During this time, you are provided with a total of 4 menus to follow over the course of 2 weeks. It is recommended to implement a 16:8 intermittent fast 2 days a week during phase 2. This means that you are to only eat your meals within an 8 hour time frame allowing your body to fast for 16 hours. You are only to do this 2 days of the week on the days that are most convenient for your schedule. For example, if you start eating at noon, you stop at 8pm and only eat all of your meals in that 8 hour time frame. Make sure to consume your post-workout shake within 30 minutes of weight training. If you do not weight train, you are to skip the post-workout protein shake. Follow the macronutrients outlined below:

Macronutrient Ratios:	Detailed Calories & Macros:
Protein-36.8%	Calories: 1465
Fat-27.6%	Protein-135g
Carbs-35.6%	Fat-45g
	Carbs-130g

PHASE 3: MENUS 9 TO 12

Phase 3 lasts from days 29 to 42. During this time you are provided with a total of 4 menus to follow over the course of 2 weeks. It is recommended to follow a 16:8 intermittent fast every day during phase 3. This means that you are to fast for 16 hours and only eat the meals in a 8 hour time frame. This means that if you start eating at 10am you are done eating by 6pm, if you start eating at 11am you are done eating by 7pm, etc. On days you do not workout you are STILL to consume the protein shake. Follow the macronutrients as outlines below:

Macronutrient Ratios:	Detailed Calories & Macros:
Protein: 38.1%	Calories: 1260
Fat: 28.5%	Protein: 120g
Carbs: 33.4%	Fat: 40g
	Carbs: 105g

SAMPLE MEAL PLANNING CALENDAR

		SUN	MON	TUES	WEDS	THURS	FRI	SAT
PHASE 1	WK 1	¹ MENU 1	² MENU 1	³ MENU 1	⁴ MENU 1	⁵ MENU 2	⁶ MENU 2	⁷ MENU 3
	WK 2	⁸ MENU 3	⁹ MENU 4	¹⁰ MENU 4	¹¹ MENU 4	¹² MENU 4	¹³ MENU 2	¹⁴ MENU 2
PHASE 2	WK 3	¹⁵ MENU 5	¹⁶ MENU 5	¹⁷ MENU 6	¹⁸ MENU 6	¹⁹ MENU 6	²⁰ MENU 6	²¹ MENU 7
	WK 4	²² MENU 7	²³ MENU 8	²⁴ MENU 8	²⁵ MENU 8	²⁶ MENU 8	²⁷ MENU 5	²⁸ MENU 5
PHASE 3	WK 5	²⁹ MENU 9	³⁰ MENU 9	³¹ MENU 10	³² MENU 10	³³ MENU 10	³⁴ MENU 10	³⁵ MENU 11
	WK 6	³⁶ MENU 11	³⁷ MENU 12	³⁸ MENU 12	³⁹ MENU 12	⁴⁰ MENU 12	⁴¹ MENU 11	⁴² MENU 11

MY FOOD JOURNAL: PHASE 1

	DAY 1	DAY 2	DAY 3	DAY 4	DAY5	DAY 6	DAY 7
PO							
M1							
M2							
M3							
M4							
M5							

MY FOOD JOURNAL: PHASE 1

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
PO							
M1							
M2							
M3							
M4							
M5							

MY FOOD JOURNAL: PHASE 2

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
PO							
M1							
M2							
M3							
M4							
M5							

MY FOOD JOURNAL: PHASE 2

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
PO							
M1							
M2							
M3							
M4							
M5							

MY FOOD JOURNAL: PHASE 3

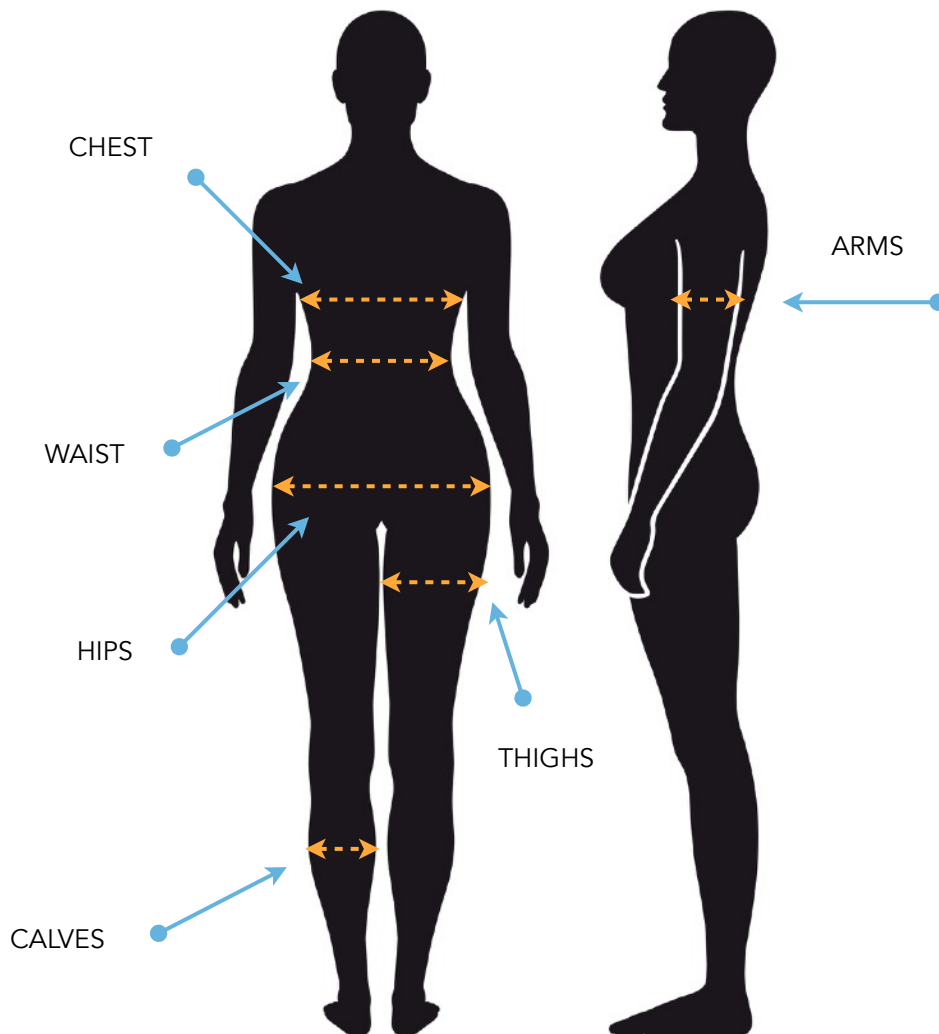
	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
PO							
M1							
M2							
M3							

MY FOOD JOURNAL: PHASE 3

	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
PO							
M1							
M2							
M3							

TAKING YOUR MEASUREMENTS:

- 1 Take measurements once a week, first thing in the morning, after urinating.
- 2 Take weight naked, and remaining measurements in direct contact with the skin (not over clothing).
- 3 Waist is the smallest part of the torso, hips is the largest part of the glutes, calves and arms are to be measured flexed, thighs are the largest part of the upper thigh, and chest is measured under the arms ~2-3" above the nipples.



TRACK YOUR PROGRESS:

DAY	DATE	WEIGHT	WAIST	HIPS	CHEST	ARMS	THIGHS	CALVES

GROCERY SHOPPING ON A BUDGET

PROTEIN

This macronutrient is the most expensive grocery item. In contrast to other GGT programs we have intentionally lowered the protein content to what we consider to be the minimum essential level to support fat loss while maintaining and growing muscle. While higher levels of protein can be beneficial, the increase in cost can make it impractical to implement for those on a budget. For this reason, a limited number of protein sources have been selected for this protocol based on their average national price per pound. You are welcome to include higher end sources of protein such as seafood and premium cuts of beef if you wish and as your budget allows.

The following proteins are included in this meal plan:

- Ground Beef
- Ground Turkey
- Whey Protein Isolate
- Canned Tuna
- Ham
- Whole Eggs
- Egg Whites
- Greek Yogurt
- Chicken Breast
- Chicken Thighs
- Rotisserie Chicken
- Tilapia



CARBS

Out of all the macronutrients, carbs are the cheapest to source. However one needs to be strategic as the prices can add up quickly. Follow these tips when purchasing carbs:

- Purchase starchy carbs in bulk from economy grocery chains or wholesale stores
- Select fruit and veggies frozen at peak ripeness instead of fresh ingredients. Not only will they have a longer shelf life but you will save a minimum of 50% off in comparison to fresh produce.
- Opt for store brand as opposed to name brand products. The quality is the same as almost all national brands allow their goods to be private labeled and sold at a lower price. This applies to stock items like soy sauce, oats, etc.
- Don't purchase pre-packaged greens, shred your own carrots, cabbage, lettuce, etc.

The following carbs are included in this plan:

White Rice

Raisin Bread

Frozen Mixed Berries

Frozen Strawberries

Frozen Mangos

Frozen Pineapple

Frozen Blueberries

Apples

Grapes

Bananas

Oranges

Zucchini

Cabbage

Broccoli

Salsa

Canned Tomatoes

Frozen String Beans

Frozen Brussels Sprouts

Frozen Peas

Frozen Asparagus

Frozen Veggie Medley

Frozen Carrots

Chickpeas

Cucumbers

Spinach or Kale

Penne Pasta

Ramen Noodle Block

Whole Wheat Flour Tortillas

Red Potatoes

Sweet Potatoes

Marinara Sauce

Spaghetti Squash

Instant Oats

Whole Wheat English Muffin

Raw Honey or Pure Maple Syrup

Rice Cakes

Unsweetened Cocoa Powder



FATS

Due to the nature of this meal plan, fat is a smaller portion of the total daily foods intake. For this reason, most of the fats will either be coming from a protein source (i.e. the fat content in ground meat) or as an oil used in food preparation. Since this is a relatively low fat meal plan there will not be a need to restock fats on a regular basis. Stocking a bottle of store brand olive oil and a store brand olive oil spray will be sufficient to support your grocery needs.

This meal plan calls for the following fat sources:

- Olive Oil
- Parmesan Cheese
- Cheddar Cheese
- Almonds
- Nut Butter
- Hummus

Recommended Stock Pantry Items for this program:

Due to the frequency of use, the following non-perishable items are suggested to keep in stock throughout the duration of this program:

- Whey Protein Isolate
- Coffee
- Tea
- Olive Oil
- Soy Sauce
- Hot Sauce of your choice
- Herbal Seasonings and Spices
- White Rice
- Instant Oats



WHEN TO ADJUST THIS MEAL PLAN

This program is intended to be followed as written to support women who have approximately 25lbs or less to lose or to jump-start a longer-term fat loss journey. Best results will be achieved if this program is paired with a body type-training plan with a minimum workout frequency of 4 times a week. Training more frequently than 4 times a week can help accelerate your rate of progress but is NOT necessary to see results. It should be noted that 80 to 90% of ones progress will be the result of dialed in nutrition. If you have never experienced targeted fat loss before, know that its not about working out harder, its about managing an energy balance of food intake and energy burned. If you are properly managing your food intake using the protocols in this meal plan, excessive exercise is not required.

It should be noted that while this is a one size fits most protocol, there are a few circumstances where this protocol can be easily customized to support your personal needs. If you are unsure and have a unique set of health conditions, it is advised to purchase a one on one consultation for personalized advice. These are general guidelines for making changes to your program and may vary your rate of progress. Any circumstances outside of these outlined cases should be handled via consultation.

1 High Activity Levels

If you are a highly active individual where your training sessions (weight training + cardio) are longer than 1:30 minutes and your training frequency is more than 5 times a week, you may need to increase your calories. Use these guidelines for adjusting your macros:

30 minutes additional activity: If you train an additional 30 minutes of cardiovascular activity above and beyond 1:30 minutes of weight training plus cardio, you are to take the total number of calories burned in 30 minutes and divide it by 4. This value will yield the total number of ADDITIONAL grams of carbohydrates you can consume in a day. If you are not sure how many calories you are burning in 30 minutes, use this guideline:

Light Activity (walking) – 100 calories; Consume an extra~25g of carbs per day to be consumed post-workout

Moderate Activity (jogging) – 250 calories; Consume~60g of carbs per day with at least 25-30g of those carbs consumed post-workout

Intense Activity (running, HIIT, sprints, etc.)- 450 calories; Consume~110g of carbs per day with at least 25-30g of those carbs consumed post-workout

2 BMR Variances

If you have a small frame and are ~5'2" or shorter, your basal metabolic rate may be too low for this program and this may be too much food for your needs. This program is optimal for those with a BMR between 1400 and 1700 looking to shred body fat. You can calculate your BMR with an online calculator. If your BMR is outside of this range, the following adjustments are advised:

If your BMR is greater than 1900 calories, this program may be too aggressive for your needs. This will support a jump start towards your progress and you will need to revert back to a higher calorie protocol after this plan if you choose to follow it. However you can multiply the macros by a factor of 1.20 for a better fit.

If your BMR is between:

- ▶ **1800 to 1900** cal, multiply macros by a factor of 1.15. *
- ▶ **1700 to 1800** cal, multiply macros by a factor of 1.05.*
- ▶ **1400 to 1700** cal follow the program as written and make zero adjustments.
- ▶ **1300 to 1400** cal, multiply macros by a factor of 0.95 to get your new macros.**
- ▶ **1200 to 1300** cal, multiply macros by a factor of 0.85 to get your new macros. **
- ▶ **1100 to 1200** cal, multiply macros by a factor of 0.80 to get your new macros. **

** Please note that this will increase your calories from the recommended calories in this program. You do not HAVE TO make this change. Opting to NOT make this change will result in a faster rate of progress during this program.*

*** Please note that this will reduce your calories from the recommended calories in this program. You do not HAVE TO make this change, however it will support a faster rate of progress.*

What to do when this program is over

When this program ends, it is advised to revert back to phase 2 macros for one week, phase 1 macros the next week, and then increase your macros until you reach your maintenance level of macros. If you have > 10-15lbs to lose it is okay to do shreds back to back. It is advised to follow phase 2 macros between shreds. If you have specific goals or special circumstances, it is advised to purchase a consultation.

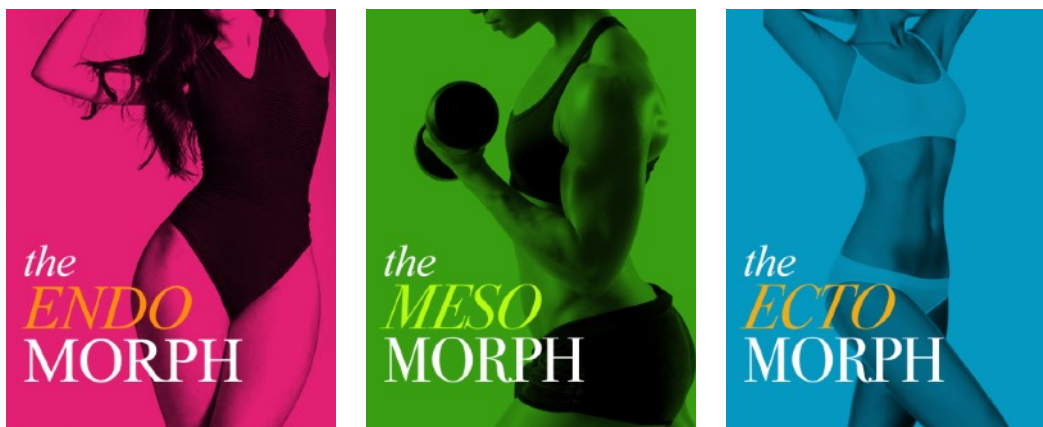


Read this portion before starting the program. DO NOT start this program before reading in full.

How does it work?

- 1) This is your program however we kindly ask that this program is not shared or emailed with persons or parties who did not purchase the meal plan. The macronutrient ratios, calorie levels, and the rate of change of the macros disclosed in this program are the intellectual property of Gauge Girl Training, LLC. Disclosure of this information is strictly prohibited in any online forum, video, email, social media post, or any other form of disclosure. Failure to comply will result in legal action.
- 2) Take your before photos wearing a bathing suit from the front, side, and back views. You must hold the Day 1 sign in your before photos and the Day 42 sign in your after photos. If you do not own a bathing suit, a sports bra and booty shorts are acceptable. You must be wearing the same EXACT outfit as the before photos to be eligible for the challenge grand prize.
- 3) To be eligible for the challenge prizes, you must be holding the official Gauge Girl Training signs.
- 4) It is recommended to have a friend, significant other, or family member take these photos of you. Cell phone selfies are not ideal. Use proper lighting and stand in front of a closed door frame. It is suggested to not take your photos with a cluttered background. We need to be able to see your physique (not the inside of your house and all your personal belongings).
- 5) Enter your "before" measurements and weight in the progress tracking chart. Before photos are to be posted on a public Gauge Girl instagram account to be eligible for the grand prize. If you want your identity to remain anonymous, you can simply crop your head from the photos and just show from the neck down. Any accounts that are not public when the photos are posted will be disqualified from the challenge prize. *If you do not wish to participate in the challenge, you are welcome to follow this program at your own rate.*
- 6) For a total of 42 days you are to follow the recommended meal plan. You will receive FREE access to the Private Team Gauge Girl Facebook Forum to interact with others participating in the same challenge. Clients that are the most engaged in our community tend to have the most success. This is not a customized meal plan and does not come with online support from our staff of certified GGT nutritionists. If you feel you have questions or need clarifications along the way it is highly recommended that you utilize our forum with qualified moderators and experienced clients who have participated in this program before to lean on for support. Due to the volume of clients we are unable to offer free advice via email or text, which is why we created this forum to help you along the way. If you do not have a Facebook account, it is recommended that you create one to gain access to our community during your time on this program.

- 7) This program is a meal plan only. It is recommended that you pair this meal plan with one of the Do It Yourself Body Type Training programs to account for your specific body type through your physical training. Most clients purchase both the home and gym version of the training programs in case they ever need to get a few workouts in at home. Your results will be 80-90% based on your nutrition and your discipline to follow this program.



Unsure of your body type? Send your photos to info@gaugegirltraining.com for help!

- 8) Follow the program for 42 days and use our tracking chart included in this program for your weekly measurements and photos. You are only required to take Day 1 and Day 42 pictures, however you are welcome to share your journey along the way and take additional weekly photos for yourself and for sharing with our amazing online community.
- 9) Print the tracking chart (**twice** so you have space for the full 42 days) and hand write in your measurements each week.

How do I tackle the meal prep?

Unlike other meal plans on the market, this program not only includes a detailed meal plan, we are now featuring our MEAL PREP METHOD section. We are giving you extra tips on how to put the meals together related to the meal prep methods, and ideas for optional "add-ins" to the meals. We show you what meals travel well, and give you the line by line macro breakdown for ease of substitutions for each ingredient.

Start by going through the daily menus and select which menus you will be following. You are not required to follow each menu for each day, however we encourage it for those of you that enjoy cooking and welcome variety into your meals. This program is written to provide ideas so you don't get bored with your food. However cooking a new menu every day can be challenging for some with busy schedules. It is recommended that you select at least 2 menus per week that you really like and prep the foods for a few days at a time using the grocery lists. You are welcome to select any menu within the phase you are following.

Print the grocery list to determine how much you will need of each item on the meal plan. Once you figure out your grocery needs, it is suggested to purchase the following items:

- ▶ Meal Prep Scale
- ▶ Measuring Cups
- ▶ Measuring Spoons
- ▶ Foil
- ▶ Ziplock Freezer Bags
- ▶ Ziplock Baggies
- ▶ Meal Prep Containers
- ▶ Lunch Cooler
- ▶ French Press
- ▶ Hot Tea of Your Choice

Can I drink alcohol during this program?

There is a 100% strict no alcohol policy while on this program. This is a focused, and targeted 42-day plan that delivers real results. Alcohol provides no nutritional value and tends to derail the majority of clients from their goals. One drink turns into several very quickly. Once you have reached your physique goal Gauge Girl Training can create a customized maintenance program for you that includes organic red wine. However for this program, alcohol is a no-go.

Can I have tea & coffee during this program?

Yes, both are encouraged. Coffee must be black without added cream, sugar, or flavor additives. If you are new to black coffee, it is recommended to freshly grind whole coffee beans and use a French press for a cleaner, higher quality cup of coffee. Economical, yet high quality coffee can be found at Trader Joes. It is suggested to dilute your coffee with an equivalent portion of hot or cold water if you use creamer as a diluent. Acceptable sweeteners include monk fruit or stevia.

Can I have cheat meals during this program?

No. Cheat meals are not allowed for this 42 day program.

Is it okay to eat late at night?

Yes, the time of day does not matter. I have personally been on numerous shreds where my last meal ended up being after 11pm due to time constraints. This will not impact your progress.

What if I workout at a different time of the day?

This meal plan shows the post-workout meal as the first meal of the day. If you weight train at a different time of the day, you are to move this meal accordingly.

If I don't weight train, should I still take the post-workout meal?

- During days 1-14, *if you do not weight train*, you are to skip the post-workout meal.
- During days 15-42, *if you do not weight train*, you have the option to keep the post-workout meal as needed to support recovery at the lower caloric ranges.

1

PHASE

MENUS

DAY 1-14

MENU: 1

	Qty	Unit	Description	Cal	C	F	P
PO	1.0	oz.	Whey Protein Isolate	110.0	1.0	0.0	25.0
	6.0	oz.	Cold Tea or Chilled Coffee	0.0	0.0	0.0	0.0
				110.0	1.0	0.0	25.0
M1	2.0	ea	Sliced Bacon, Cooked	80.0	0.0	7.0	5.0
	6.0	oz.	Liquid Egg Whites, Cooked	84.0	3.0	0.0	18.0
	4.0	oz.	Bell Peppers, Frozen	18.0	3.6	0.4	0.4
	4.0	oz.	Red Potatoes, Quartered, Cooked	70.4	16.4	0.0	1.2
				252.4	23.0	7.4	24.6
M2	4.0	oz.	Banana	100.0	26.0	0.0	1.2
				100.0	26.0	0.0	1.2
M3	5.2	oz.	80% Lean Ground Beef, Cooked	286.0	0.0	20.8	24.7
	2.5	oz.	Peas, Frozen	24.0	3.6	0.0	2.4
	4.0	oz.	White Rice, Cooked	128.0	26.8	0.8	2.8
				438.0	30.4	21.6	29.9
M4	4.0	oz.	Tuna in Water, Drained	100.0	0.0	1.0	22.0
	2.0	oz.	Chickpeas, Drained	92.0	16.0	2.0	4.0
	2.0	oz.	Cucumbers, Raw	8.0	2.1	0.0	0.4
	1.0	tsp	Olive Oil	45.0	0.0	5.0	0.0
				245.0	18.1	8.0	26.4
M5	5.2	oz.	80% Lean Ground Beef, Cooked	286.0	0.0	20.8	24.7
	3.0	oz.	String Beans, Frozen	13.2	3.0	0.0	0.3
	5.0	oz.	Sweet Potato, Cubed, Cooked	125.0	30.0	0.0	0.0
				424.2	33.0	20.8	25.0
				Cal	C	F	P
			Totals	1570	131	58	132
			Your Daily Goal	1555	130	55	135

NOTES:

PO: Post Workout Shake

Consume post-workout shake within 30 minutes of training. Blend the flavor of whey protein isolate of your choice into cold tea, coffee, or water. Ice is optional.

M1: Savory Breakfast Skillet

Pan fry bacon in a non-stick skillet and set aside. Cook quartered red potatoes in bacon grease on medium high for 60 seconds, then reduce heat to medium and cover with lid for 3 minutes. Add bell peppers to the skillet and stir-fry for 30-60 seconds. Scramble egg whites in the skillet for 30-60 seconds and serve with bacon. Optional toppings include onions, hot sauce, black pepper, jalapeños, etc.

M2: Snack

M3: Beef Fried Rice

Lightly spray a non-stick skillet with olive oil spray. Brown ground beef with the herbal seasonings of your choice (i.e. chipotle powder, cayenne, garlic, oregano, thyme, black pepper, etc.). Serve on top of cooked white rice and peas or stir-fry with a drizzle of soy sauce. Optional toppings include onions and hot sauce. You can include mixed greens such as kale or spinach into this dish for added volume and fiber if you wish.

M4: Tuna Chickpea Salad

Drain canned tuna in water and add contents to a small mixing bowl. Add drained canned chickpeas and chopped cucumbers. Drizzle with olive oil and squeeze lemon over the bowl. Toss well and season with sea salt and black pepper to taste. Serve chilled.

M5: Ground Beef Sweet Potato Bowl

Lightly spray a non-stick skillet with olive oil spray. Brown ground beef with the herbal seasonings of your choice (i.e. chipotle powder, cayenne, garlic, oregano, thyme, black pepper, etc.). Serve on top of oven roasted sweet potatoes with a side of steamed string beans.

MENU 1: GROCERY LIST

The grocery list is broken down into how many days of meals you plan to prepare.

If you only want to eat this menu for 1 day, use the groceries listed on the 1 day column. If you want to prep this menu for 2 days at a time, use the totals from the 2 day column. If you want to prep this menu for 4 days at a time, use the totals from the 4 day column.

** = For recipe

Ingredient	Type	DAY 1	DAY 2	DAY 4	Notes
Whey Protein Isolate		1oz.	2oz.	4oz.	It is recommended to purchase a large tub of this ingredient online or at your local vitamin/supplement retailer. 1oz of protein is ~ 1 scoop sized at 60cc
Egg Whites		6oz	12oz	24oz	Recommend purchasing liquid egg white cartons in bulk at a minimum of 1 quart at a time.
Bacon		2 ea	4 ea	8 ea	
Ground Beef, 80% Lean, Cooked		10.4oz.	20.8oz.	41.6oz.	
Canned Tuna in Water		4oz.	8oz.	16oz.	1 can is 4oz.
Bell Peppers, Frozen		4oz.	8oz.	16oz.	
White Rice, Cooked		4oz.	8oz.	16oz.	
String Beans		4oz.	8oz.	16oz.	
Red Potatoes		4oz.	8oz.	16oz.	
Sweet Potatoes		5oz	10oz.	20oz.	
Canned Chickpeas, Drained		2oz.	4oz.	8oz.	
Peas, Frozen		2.5oz	5oz.	10oz.	
Cucumber		2oz.	4oz.	8oz.	
Banana		4oz.	8oz.	16oz.	
Olive Oil Spray		n/a	n/a	n/a	Recommended to help with cooking
Olive Oil		1 tsp	2 tsp	4 tsp	Stock a 1L bottle for this program
Tea or Coffee	Misc	TBD	TBD	TBD	Stock pantry item
Soy Sauce	Misc	n/a	n/a	n/a	

 PROTEIN  CARBS  FAT  SPICE

MENU: 2

	Qty	Unit	Description	Cal	C	F	P
PO	1.0	scp	Whey Protein Isolate	110.0	1.0	0.0	25.0
	6.0	oz.	Cold Tea or Chilled Coffee	0.0	0.0	0.0	0.0
				110.0	1.0	0.0	25.0
M1	2.0	ea	Whole Eggs	143.0	1.0	10.0	13.0
	1.0	oz.	Spinach	7.0	1.0	0.0	1.0
	1.0	ea	Whole Wheat English Muffin	120.0	23.0	3.0	5.0
				270.0	25.0	13.0	19.0
M2	1.0	ea	Yoplait 100 Calorie Vanilla Greek Yogurt	100.0	10.0	0.0	15.0
	4.0	oz.	Banana	100.0	26.0	0.0	1.2
				200.0	36.0	0.0	16.2
M3	1.0	serv	Turkey Meatloaf	278.7	10.3	12.3	31.7
	4.0	oz.	Red Potatoes	100.0	22.0	0.0	4.0
	4.0	oz.	Zucchini	27.0	4.0	0.0	0.8
	1.5	tsp	Olive Oil	67.5	0.0	7.5	0.0
				473.2	36.3	19.8	36.5
M4	6.0	oz.	Orange Slices (w/o peel)	93.6	21.6	0.0	1.8
				93.6	21.6	0.0	1.8
M5	4.5	oz.	Boneless Chicken Thigh with Skin	258.3	0.0	13.5	34.2
	2.8	oz.	Frozen Veggie Medley	60.0	9.0	2.0	2.0
	1.5	tsp	Olive Oil	67.5	0.0	7.5	0.0
				385.8	9.0	23.0	36.2
				Cal	C	F	P
			Totals	1533	129	56	135
			Your Daily Goal	1555	130	55	135

NOTES:

PO: Post Workout Shake

Consume post-workout shake within 30 minutes of training. Blend the flavor of whey protein isolate of your choice into cold tea, coffee, or water. Ice is optional.

M1: High Protein Breakfast Sandwich

Lightly spray a small non-stick skillet with olive oil spray. Whisk eggs in a small bowl and pour into the skillet set to medium-high heat and top with spinach and season with the herbal seasonings of your choice. Cook for about 60 seconds and then flip like a pancake. Serve folded in a toasted English muffin. Optional toppings include a ¼" slice of tomato, jalapeños, cilantro, hot sauce, etc. You can also prepare the eggs using the method of your choice.

M2: Snack

M3: Meatloaf Platter

Prepare meatloaf according to recipe instructions in bulk. Serve with red potatoes and zucchini prepared in a skillet with olive oil or oven roasted. Season with the herbal seasonings of your choice.

M4: Snack

M5: Crispy Chicken Thigh

Veggie Bowl

Pan-fry, grill, or oven roast a boneless chicken thigh in olive oil seasoned with the herbal seasonings of your choice. Serve with a medley of frozen veggies lightly sautéed in olive oil with the herbal seasonings of your choice. Optional toppings include a squeeze of lemon, onions, any items from the free foods list, hot sauce, cilantro, etc.

MENU 2: GROCERY LIST

The grocery list is broken down into how many days of meals you plan to prepare.

If you only want to eat this menu for 1 day, use the groceries listed on the 1 day column. If you want to prep this menu for 2 days at a time, use the totals from the 2 day column. If you want to prep this menu for 4 days at a time, use the totals from the 4 day column.

** = For recipe

Ingredient	Type	DAY 1	DAY 2	DAY 4	Notes
Whey Protein Isolate		1oz.	2oz.	4oz.	It is recommended to purchase a large tub of this ingredient online or at your local vitamin/supplement retailer. 1oz of protein is ~ 1 scoop sized at 60cc
Whole Egg, Large**		3 eggs**	4 eggs	8 eggs	In the 1 DAY column, one egg is for the recipe, 2 eggs are for the daily menu
Boneless Chicken Thigh w/skin		4.5oz.	9oz.	18oz.	
Ground Turkey, 93% Lean, Raw**		1lb	n/a	n/a	
Yoplait 100 Calorie Greek Yogurt		1ea	2 ea	4ea	
Whole Wheat English Muffin		1ea	2 ea	4ea	
Frozen Veggie Medley		2.83oz	5.66oz.	11.32oz.	
Spinach		1oz.	2oz.	4oz.	
Onion**		1.3oz.	n/a	n/a	Recommend 1 small onion
Ketchup**		2.8oz.	n/a	n/a	Recommend 1 stock bottle of ketchup
Balsamic Vinegar**		1 tbsp	n/a	n/a	Recommend 1 stock bottle of balsamic vinegar
Zucchini		4oz.	8oz.	16oz.	
Red Potatoes		4oz.	8oz.	16oz.	
Oranges		6oz.	12oz.	24oz.	
Banana		4oz.	8oz.	16oz.	1 banana ~ 4oz.
Olive Oil Spray		n/a	n/a	n/a	Recommended to help with cooking
Olive Oil		3 tsp	6 tsp	12 tsp	Stock 1L bottle for this program
Parsley, chopped**		1 tbsp	n/a	n/a	Can be substituted with the herbal seasonings of your choice
Salt		1/2 tsp	n/a	n/a	
Pepper		1/4 tsp	n/a	n/a	
Garlic		1 clove	n/a	n/a	Recommend 1 bulb of garlic
Tea or Coffee	Misc.	TBD	TBD	TBD	Stock pantry item

MENU: 3

	Qty	Unit	Description	Cal	C	F	P
PO	1.0	scp	Whey Protein Isolate	110.0	1.0	0.0	25.0
	6.0	oz.	Cold Tea or Chilled Coffee	0.0	0.0	0.0	0.0
				110.0	1.0	0.0	25.0
M1	1.8	oz.	Instant Oats, Uncooked	103.0	22.0	0.0	2.0
	0.5	oz.	Whey Protein Isolate	55.0	0.5	0.0	12.5
	2.0	oz.	Water	0.0	0.0	0.0	0.0
	2.0	ea	Whole Eggs	143.0	1.0	10.0	13.0
	1.0	tsp	Butter or Oil of Choice	45.0	0.0	5.0	0.0
	1.0	tsp	Raw Honey or Pure Maple Syrup	20.0	5.0	0.0	0.0
	0.3	tsp	Baking Soda	0.0	0.0	0.0	0.0
				366.0	28.5	15.0	27.5
M2	6.0	oz.	Apple	90.0	24.0	0.0	0.0
				90.0	24.0	0.0	0.0
M3	4.5	oz.	Boneless Chicken Thigh with Skin	258.3	0.0	13.5	34.2
	3.0	oz.	White Rice, Cooked	77.3	16.5	0.0	1.5
	5.0	oz.	Brussels Sprouts, Frozen	70.0	18.0	0.0	1.5
	0.5	tsp	Olive Oil	22.5	0.0	2.5	0.0
				428.1	34.5	16.0	37.2
M4	1.0	tbsp	Peanut or Almond Butter	95.0	4.0	8.0	3.5
	2.0	ea	Lightly Salted Rice Cakes (18g)	70.0	14.0	0.0	1.0
				165.0	18.0	8.0	4.5
M5	4.5	oz.	Boneless Chicken Thigh with Skin	258.3	0.0	13.5	34.2
	3.0	oz.	Carrots, Frozen	22.0	5.1	0.0	0.7
	3.0	oz.	Asparagus, Frozen	21.3	3.3	0.0	2.1
	3.0	oz.	White Rice, Cooked	77.3	16.5	0.0	1.5
	0.5	tsp	Olive Oil	22.5	0.0	2.5	0.0
				401.4	24.9	16	38.5
				Cal	C	F	P
			Totals	1560	131	55	133
			Your Daily Goal	1555	130	55	135

NOTES:

PO: Post Workout Shake

Consume post-workout shake within 30 minutes of training. Blend the flavor of whey protein isolate of your choice into cold tea, coffee, or water. Ice is optional.

M1: Protein Pancakes

Combine all ingredients into a small blender for 10-15 seconds. Lightly spray a non-stick skillet with oil or butter spray and heat to medium high. Form a stack of mini-pancakes by pouring 3-4 tbsp of batter onto the skillet and flipping after 30-60 seconds. Repeat until the batter is completely consumed. You can also form one large pancake if you desire. These pair well with a light spray of zero calorie butter spray, zero calorie pancake syrup, or the fruit of your choice. Please note that if you choose to use fruit to take away from the macros in one of the snacks to accommodate additional carbs used in this meal.

M2: Snack

M3: Chicken Brussels & Rice Bowl

Pan-fry, grill, or oven roast a boneless chicken thigh in olive oil seasoned with the herbal seasonings of your choice. Serve with frozen Brussels sprouts lightly sautéed in a skillet sprayed with olive oil spray or oven roasted with olive oil. Serve on top of cooked white rice. You can also chop the Brussels sprouts and stir fry with the rice and top with a drizzle of soy sauce, hot sauce, garlic, and/or onions (optional).

M4: Snack

Spread almond or peanut butter over rice cakes. For a touch of added sweetness, sprinkle a packet of a calorie free sweetener of your choice (i.e. stevia, monk fruit, Splenda, etc.).

M5: Chicken, Carrot, Asparagus Rice Bowl

Pan-fry, grill, or oven roast a boneless chicken thigh in olive oil seasoned with the herbal seasonings of your choice. Serve with a carrots and asparagus lightly sautéed in olive oil with the herbal seasonings of your choice. Serve over a bowl of cooked white rice. You can stir-fry the veggies into the rice if you wish. Optional toppings include a drizzle of soy sauce, onions, any items from the free foods list, or hot sauce.

MENU 3: GROCERY LIST

The grocery list is broken down into how many days of meals you plan to prepare.

If you only want to eat this menu for 1 day, use the groceries listed on the 1 day column. If you want to prep this menu for 2 days at a time, use the totals from the 2 day column. If you want to prep this menu for 4 days at a time, use the totals from the 4 day column.

** = For recipe

Ingredient	Type	DAY 1	DAY 2	DAY 4	Notes
Whey Protein Isolate		1.5oz.	3oz.	6oz.	It is recommended to purchase a large tub of this ingredient online or at your local vitamin/supplement retailer. 1oz of protein is ~ 1 scoop sized at 60cc
Whole Egg, Large		2 eggs	4 eggs	8 eggs	
Boneless Chicken Thigh w/skin		9oz.	18oz.	36oz.	
Instant Oats, Uncooked		1.8oz.	3.6oz.	7.2oz.	
Honey or Maple Syrup		1 tsp	2 tsp	4 tsp	
White Rice, Cooked		6oz.	12oz.	24oz.	
Brussels Sprouts, Frozen		2.83oz.	5.66oz.	11.32oz.	
Carrots, Frozen		3oz.	6oz.	12oz.	
Asparagus, Frozen		3oz.	6oz.	12oz.	
Apple		6oz.	12oz.	24oz.	
Rice Cakes (Lightly Salted)		2 ea	4 ea	8 ea	Recommend 1 sleeve of rice cakes
Almond or Peanut Butter		1 tbsp	2 tbsp	4 tbsp	Recommend 1 stock bottle of nut butter
Olive Oil Spray		n/a	n/a	n/a	Recommended to help with cooking
Olive Oil		3 tsp	6 tsp	12 tsp	This is a stock pantry item
Tea or Coffee	Misc.	TBD	TBD	TBD	This is a stock pantry item
Baking Soda	Misc.	n/a	n/a	n/a	This is a stock pantry item

 PROTEIN  CARBS  FAT  SPICE

MENU: 4

Qty	Unit	Description	Cal	C	F	P
PO	1.0 scp	Whey Protein Isolate	110.0	1.0	0.0	25.0
	6.0 oz.	Cold Tea or Chilled Coffee	0.0	0.0	0.0	0.0
			110.0	1.0	0.0	25.0
M1	2.0 ea	Whole Eggs, Large	143.0	1.0	10.0	13.0
	3.0 oz.	Liquid Egg Whites	45.0	0.0	0.0	9.0
	2.0 cups	Spinach	14.0	2.0	0.0	2.0
	2.0 oz.	Diced Tomatoes or Salsa	20.0	4.0	0.4	0.8
			222.0	7.0	10.4	24.8
M2	1.0 ea	Yoplait 100 Cal Vanilla Greek Yogurt	100.0	10.0	0.0	15.0
	6.0 oz.	Frozen Strawberries	61.7	13.1	0.5	1.1
			161.7	23.1	0.5	16.1
M3	4.0 oz.	Tilapia (or White Fish of Choice)	123.2	0.0	1.6	27.2
	1.0 ea	Whole Wheat Flour Tortilla (1.5oz or 45g)	130.0	22.0	3.0	4.0
	2.5 oz.	Cabbage, Shredded	8.0	2.0	0.0	0.5
	1.0 tbs	Raw Apple Cider Vinegar	0.0	0.0	0.0	0.0
	2.0 tsp	Olive Oil	90.0	0.0	10.0	0.0
			351.2	24.0	14.6	31.7
M4	1.0 oz.	Raw Almonds	160.0	6.0	14.0	6.0
	4.0 oz.	Banana	100.0	26.0	0.0	1.2
			260.0	32.0	14.0	7.2
M5	4.0 oz.	Maple-Chili Glazed Pork Medallions	168.0	7.0	5.0	21.0
	6.0 oz.	Sweet Potatoes	150.0	34.2	0.0	3.0
	4.0 oz.	Broccoli	40.0	7.6	0.4	3.2
	2.0 tsp	Olive Oil	90.0	0.0	10.0	0.0
			448.0	48.8	15.4	27.2
			Cal	C	F	P
		Totals	1553	136	55	132
		Your Daily Goal	1555	130	55	135

NOTES:

PO: Post Workout Shake

Consume post-workout shake within 30 minutes of training. Blend the flavor of whey protein isolate of your choice into cold tea, coffee, or water. Ice is optional.

M1: Veggie Omelet

Whisk eggs and egg whites together in a small bowl. Add the herbal seasonings of your choice (i.e. oregano, pepper, cayenne, garlic, parsley, etc.). Lightly spray a non-stick skillet with olive oil spray and pour the egg mixture onto the skillet set to medium-high. Top with spinach and tomatoes. Allow the contents to cook for about 60 seconds then fold and flip. Optional toppings include hot sauce, cilantro, onions, jalapeño, etc.

M2: Snack

M3: Fish Tacos

Pan-fry, grill, or oven roast a tilapia fillets in olive oil seasoned with the herbal seasonings of your choice. Serve with cabbage tossed with apple cider vinegar and salt and pepper to taste. Wrap in a tortilla and enjoy with optional toppings such as cilantro, jalapeño, squeeze of lime, hot sauce, or onions.

M4: Snack

M5: Maple Chili Pork Sweet Potato Bowl

Prepare pork in advance according to recipe instructions. Oven roast or pan-fry sweet potatoes and broccoli. Place sweet potatoes and broccoli in a bowl and top with the maple chili pork. Enjoy!

MENU 4: GROCERY LIST

The grocery list is broken down into how many days of meals you plan to prepare.

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** = For recipe

Ingredient	Type	DAY 1	DAY 2	DAY 4	Notes
Whey Protein Isolate		1 oz.	2 oz.	4 oz.	It is recommended to purchase a large tub of this ingredient online or at your local vitamin/supplement retailer. 1oz of protein is ~ 1 scoop sized at 60cc
Whole Egg, Large		2 eggs	4 eggs	8 eggs	
Yoplait 100 Calorie Greek Yogurt		1ea	2ea	4ea	
Egg Whites		3oz.	6oz.	12oz.	Recommend purchasing liquid egg white cartons in bulk at a minimum of 1 quart at a time.
Tilapia (or white fish of your choice)		4oz.	8oz.	12oz.	
Lean Pork Tenderloin**		1lb	n/a	n/a	
Whole Wheat Tortillas		1ea	2ea	4ea	
Cabbage, Shredded		2.5 oz.	5 oz.	10 oz.	
Salsa		2oz.	4oz.	8oz.	
Broccoli		4oz.	8oz.	12oz.	
Sweet Potatoes		6oz.	12oz.	24oz.	
Strawberries, Frozen		6oz	12oz.	24oz.	
Banana		4oz.	8oz.	12oz.	1 Banana ~ 4oz.
Maple Syrup**		2 tbsp	n/a	n/a	
Raw Almonds		1oz.	2oz.	4oz.	
Olive Oil Spray		n/a	n/a	n/a	Recommended to help with cooking
Olive Oil		n/a	n/a	n/a	Stock pantry item
Apple Cider Vinegar**		1 tbsp	n/a	n/a	Recommend stocking a bottle of ACV in the pantry
Chili Powder**		1 tsp	n/a	n/a	
Chipolte Chili Peppers Ground**		1/8 tsp	n/a	n/a	
Salt**		1/2 tsp	n/a	n/a	
Tea or Coffee	Misc.	TBD	TBD	TBD	Stock pantry item

2

PHASE

MENUS

DAY 15-28

MENU: 5

	Qty	Unit	Description	Cal	C	F	P
PO	1.0	scp	Whey Protein Isolate	110.0	1.0	0.0	25.0
	6.0	oz.	Cold Tea or Chilled Coffee	0.0	0.0	0.0	0.0
				110.0	1.0	0.0	25.0
M1	4.0	oz.	Liquid Egg Whites	48.0	0.0	0.0	12.0
	2.0	ea	Bacon Slices	80.0	0.0	7.0	5.0
	3.0	oz.	Peas, Frozen	28.8	4.3	0.0	2.9
	5.0	oz.	Cooked White Rice	128.8	27.5	0.0	2.5
				285.6	31.8	7.0	22.4
M2	1.0	scp	Whey Protein Isolate	110.0	1.0	0.0	25.0
	1.0	sv	Smoothie Freezer Bag*	84.0	20.0	0.0	1.0
	1.0	tblsp	Peanut or Almond Butter	95.0	4.0	8.0	3.5
	8.0	oz.	Water	0.0	0.0	0.0	0.0
				289.0	25.0	8.0	29.5
M3	4.0	oz.	Smoked Turkey Breast, Deli Style	100.0	4.0	2.0	18.0
	1.0	oz.	Hummus	70.0	4.0	5.0	2.0
	2.0	oz.	Cucumber	4.0	1.0	0.0	0.0
	1.0	ea	Whole Wheat Flour Tortilla (1.5oz or 45g)	130.0	22.0	3.0	4.0
				304.0	31.0	10.0	24.0
M4	4.0	oz.	Grapes	80.0	20.0	0.0	0.0
				80.0	20.0	0.0	0.0
M5	4.0	oz.	Ground Beef, 93% Lean	244.8	0.0	12.6	32.9
	4.0	oz.	Marinara Tomato Sauce	55.0	8.0	2.0	1.0
	8.0	oz.	Spaghetti Squash	61.2	13.8	0.0	2.0
	1.0	ea	Garlic Clove	4.0	1.0	0.0	0.0
	1.0	tsp	Olive Oil	45.0	0.0	5.0	0.0
				410.0	22.8	19.6	35.9
				Cal	C	F	P
			Totals	1479	132	45	137
			Your Daily Goal	1465	130	45	135

NOTES:

PO: Post Workout Shake

Consume post-workout shake within 30 minutes of training. Blend the flavor of whey protein isolate of your choice into cold tea, coffee, or water. Ice is optional.

M1: Breakfast Fried Rice

Pan fry bacon in a non-stick skillet and set aside. Scramble egg whites in bacon grease on medium high for 30-60 seconds, then add the peas to the skillet and stir-fry for 30-60 seconds. Add a drizzle of soy sauce (can use coconut aminos if you can't have soy) and add the rice to the skillet. Stir-fry until rice turns a light brown. Optional toppings include onions, hot sauce, black pepper, jalapeños, etc.

M2: Smoothie

See list of smoothie freezer bag recipes and select your favorite one to prep in advance. Pour contents into a blender with the nut butter of your choice and water. Ice is recommended but optional. Blend for 10 seconds and enjoy!

M3: Smoked Turkey, Hummus, & Cucumber Wrap

Spread hummus in the flavor of your choice onto a whole wheat flour tortilla (if you are gluten intolerant use a corn tortilla). Top with sliced cucumber and smoked turkey. Wrap contents and enjoy! Optional toppings include leafy greens or any items from the free foods list.

M4: Snack

M5: Spaghetti Squash & Meat Sauce Bowl

Prepare spaghetti squash by microwaving for 8 minutes after piercing with a fork to allow heat to vent or oven roasting for 30 minutes. Carefully cut cooked squash in half and remove seeds. Using a fork, scrape the contents of the sides to accumulate the spaghetti-like squash strands. Lightly spray a non-stick skillet with olive oil spray. Brown ground beef with the herbal seasonings of your choice (i.e. cayenne, garlic, oregano, black pepper, salt, etc.) and set aside. Sauté one clove of garlic in olive oil in a non-stick skillet for 30 seconds on medium high. Add marinara sauce to the skillet and browned meat and stir together for 30-60 seconds. Feel free to add additional herbal seasonings. Remove from heat and top spaghetti squash with meat sauce. If you are unable to find spaghetti squash try using zucchini noodles, butternut squash noodles, sweet potato noodles, or an equivalent amount of real pasta based on the total carbs.

PO: Post Workout

*See Smoothie Freezer Bag Recipes Page 54

MENU 5: GROCERY LIST

The grocery list is broken down into how many days of meals you plan to prepare.

If you only want to eat this menu for 1 day, use the groceries listed on the 1 day column. If you want to prep this menu for 2 days at a time, use the totals from the 2 day column. If you want to prep this menu for 4 days at a time, use the totals from the 4 day column.

** = For recipe

Ingredient	Type	DAY 1	DAY 2	DAY 4	Notes
Whey Protein Isolate		2oz.	4oz.	8oz.	It is recommended to purchase a large tub of this ingredient online or at your local vitamin/supplement retailer. 1oz of protein is ~ 1 scoop sized at 60cc
Egg Whites		4oz.	8oz.	16oz.	Recommend purchasing liquid egg white cartons in bulk at a minimum of 1 quart at a time.
Bacon		2 ea	4 ea	8 ea	
Ground Beef, 93% Lean, Cooked		4oz.	8oz.	16oz.	
Smoked Turkey Breast, Deli Style		4oz.	8oz.	16oz.	
Peas, Frozen		3oz.	6oz.	12oz.	
Grapes		4oz.	8oz.	16oz.	
White Rice, Cooked		5oz.	10oz.	20oz.	
Whole Wheat Tortilla		1 ea	2ea	4ea	
Spaghetti Squash		8oz.	16oz.	32oz.	
Marinara Sauce		4oz.	8oz.	16oz.	
Smoothie Freezer Bags*		*	*	*	See recipes
Cucumber		2oz.	4oz.	8oz.	
Almond or Peanut Butter		1 tbsp	2 tbsp	4 tbsp	Recommend stocking a 12oz. jar for this program
Hummus		1oz.	2oz.	4oz.	Stock pantry item
Olive Oil Spray		n/a	n/a	n/a	Stock pantry item
Olive Oil		1 tsp	2 tsp	4 tsp	Stock pantry item
Tea or Coffee	Misc	TBD	TBD	TBD	Stock pantry item

 PROTEIN  CARBS  FAT  SPICE

MENU: 6

	Qty	Unit	Description	Cal	C	F	P
PO	1.0	scp	Whey Protein Isolate	110.0	1.0	0.0	25.0
	6.0	oz.	Cold Tea or Chilled Coffee	0.0	0.0	0.0	0.0
				110.0	1.0	0.0	25.0
M1	2.0	ea	Bacon Slices	80.0	0.0	7.0	5.0
	6.0	oz.	Liquid Egg Whites	72.0	0.0	0.0	18.0
	1.0	oz.	Cheddar Cheese, Shredded	65.0	1.0	5.0	4.0
	1.0	cup	Spinach, Raw	7.0	1.0	0.0	1.0
	1.0	ea	Whole Wheat Flour Tortilla (1.5oz or 45g)	130.0	22.0	3.0	4.0
				354.0	24.0	15.0	32.0
M2	10.0	oz.	Hot Green Tea	0.0	0.0	0.0	0.0
				0.0	0.0	0.0	0.0
M3	1.0	serv	Smoked Paprika Chicken	253.0	0.0	15.0	29.0
	6.0	oz.	Roasted Red Potatoes, Quartered	150.0	33.0	0.0	6.0
	3.0	oz.	Frozen Veggie Medley	63.6	9.5	2.1	2.1
	1.0	tsp	Olive Oil	45.0	0.0	5.0	0.0
				511.6	42.5	22.1	37.1
M4	4.0	oz.	Banana	100.0	24.0	0.0	0.0
				100.0	24.0	0.0	0.0
M5	6.0	oz.	Cooked Shrimp	153.0	0.0	1.8	34.2
	5.0	oz.	White Rice, Cooked	128.8	27.5	0.0	2.5
	3.0	oz.	Frozen Veggie Medley	63.6	9.5	2.1	2.1
	1.0	tsp	Olive Oil	45.0	0.0	5.0	0.0
				390.4	37.0	8.9	38.8
				Cal	C	F	P
			Totals	1466	129	46	133
			Your Daily Goal	1465	130	45	135

NOTES:

PO: Post Workout Shake

Consume post-workout shake within 30 minutes of training. Blend the flavor of whey protein isolate of your choice into cold tea, coffee, or water. Ice is optional.

M1: BLT Breakfast Wrap

BLT Breakfast Wrap- Pan fry bacon in a non-stick skillet and set aside. Scramble egg whites in bacon grease on medium high for 30-60 seconds, then top with cheese. Add contents to a whole wheat tortilla wrap with spinach. Optional toppings include onions, hot sauce, black pepper, jalapeños, etc. If you cannot have gluten, swap out the wrap for a corn tortilla.

M2: Snack

M3: Smoked Paprika Chicken Bowl

Prepare Smoked Paprika Chicken according to recipe instructions. Serve with oven roasted red potatoes and a veggie medley lightly sautéed in olive oil. Optional toppings include the herbal seasonings of your choice and a squeeze of lemon.

M4: Snack

M5: Shrimp Fried Rice









Lightly spray a non-stick skillet with olive oil spray and set to medium high heat. Season shrimp with the herbal seasonings of your choice and cook for about 3-5 minutes or until the shrimp goes from transparent and gray colored to opaque and orange. Add olive oil to the skillet and stir-fry with the veggie medley for 30-60 seconds. Add a drizzle of soy sauce and add the pre-cooked white rice. Optional toppings include hot sauce, onions, or jalapeños.

MENU 6: GROCERY LIST

The grocery list is broken down into how many days of meals you plan to prepare.

If you only want to eat this menu for 1 day, use the groceries listed on the 1 day column. If you want to prep this menu for 2 days at a time, use the totals from the 2 day column. If you want to prep this menu for 4 days at a time, use the totals from the 4 day column.

** = For recipe

Ingredient	Type	DAY 1	DAY 2	DAY 4	Notes
Whey Protein Isolate		2oz.	4oz.	8oz.	It is recommended to purchase a large tub of this ingredient online or at your local vitamin/supplement retailer. 1oz of protein is ~ 1 scoop sized at 60cc
Egg Whites		4oz.	8oz.	16oz.	Recommend purchasing liquid egg white cartons in bulk at a minimum of 1 quart at a time.
Bacon		2 ea	4 ea	8 ea	
Boneless, Skinless Chicken Thighs**		1.33lb	n/a	n/a	
Shrimp, Cooked		6oz.	12oz.	24oz.	
Veggie Medley, Frozen		6oz.	12oz.	24oz.	
Banana		4oz.	8oz.	12oz.	
White Rice, Cooked		5oz.	10oz.	20oz.	
Spinach		1 cup	2 cups	4 cups	
Whole Wheat Tortilla		1ea	2ea	4ea	
Roasted Red Potatoes, Quartered		6oz.	12oz.	24oz.	
Shredded Cheddar Cheese		1oz.	2oz.	2oz.	
Olive Oil Spray		n/a	n/a	n/a	
Olive Oil		3 tbsp	n/a	n/a	Stock pantry item
Tea or Coffee	Misc	TBD	TBD	TBD	Stock pantry item
Paprika**		2 tbsp	n/a	n/a	
Garlic Salt**		1.3 tbsp	n/a	n/a	

 PROTEIN  CARBS  FAT  SPICE

MENU: 7

Qty	Unit	Description	Cal	C	F	P
PO	1.0 scp	Whey Protein Isolate	110.0	1.0	0.0	25.0
	6.0 oz.	Cold Tea or Chilled Coffee	0.0	0.0	0.0	0.0
			110.0	1.0	0.0	25.0
M1	2.0 serv	Protein Breakfast Brownies	310.0	20.0	20.0	22.0
			310.0	20.0	20.0	22.0
M2	1.0 tbsp	Peanut or Almond Butter	95.0	4.0	8.0	3.5
	2.0 oz.	Banana	50.0	12.0	0.0	0.0
	1.0 ea	Whole Wheat Flour Tortilla (1.5oz or 45g)	130.0	22.0	3.0	4.0
			275.0	38.0	11.0	7.5
M3	5.0 oz.	Ground Turkey 93% Lean, Cooked	133.5	3.5	1.5	26.5
	4.0 oz.	Marinara Tomato Sauce	55.0	8.0	2.0	1.0
	2.0 oz.	Penne Pasta, Dry	200.0	42.0	0.0	7.0
	1.0 oz.	Parmesan Cheese	113.0	0.0	6.0	11.0
			501.5	53.5	9.5	45.5
M4	8.0 oz.	Hot Green Tea	0.0	0.0	0.0	0.0
			0.0	0.0	0.0	0.0
M5	5.0 oz.	Ground Turkey 93% Lean, Cooked	133.5	3.5	1.5	26.5
	6.0 oz.	Cabbage, Shredded	49.0	5.0	0.0	2.0
	3.0 oz.	Carrots, Frozen	36.0	8.1	0.3	0.9
	1.0 tbsp	Soy Sauce	10.0	1.0	0.0	2.0
	1.0 tsp	Green Onions, Chopped (optional)	0.0	0.0	0.0	0.0
	1.0 tsp	Olive Oil	45.0	0.0	5.0	0.0
			273.5	17.6	6.8	31.4
			Cal	C	F	P
		Totals	1470	130	47	131
		Your Daily Goal	1465	130	45	135

NOTES:

PO: Post Workout Shake

Consume post-workout shake within 30 minutes of training. Blend the flavor of whey protein isolate of your choice into cold tea, coffee, or water. Ice is optional.

M1: Protein Breakfast Brownies

Prepare according to recipe instructions. Store in the fridge until ready to consume. Keeps for 1 week.

M2: Peanut Butter Banana Quesadilla

Take a whole-wheat flour tortilla and spread a tablespoon of peanut (or almond) butter on half of the tortilla. Place banana slices on the nut butter and fold the wrap in half. Lightly spray a non-stick skillet with olive oil or butter spray and set to high. Place the "quesadilla" on the skillet and cook for about 30 seconds per side. Press down into the skillet with a spatula to "crisp" each side. Remove from heat and cut into quarters and enjoy!

M3: Penne with Turkey Marinara Bowl

Prepare penne pasta according to package instructions. While pasta is boiling, brown ground turkey in a medium skillet on high with the herbal seasonings of your choice (i.e. cayenne, garlic, oregano, black pepper, salt, etc.). Add marinara sauce to the skillet and thoroughly coat the ground turkey for 30-60 seconds. Drain pasta and dish into a bowl. Top with turkey marinara sauce, then sprinkle with Parmesan cheese. Add salt and pepper to taste.

M4: Hot Tea

M5: Egg Roll in a Bowl
















Brown ground turkey in a large skillet with the herbal seasonings of your choice (i.e. cayenne, garlic, black pepper, salt, etc.). Add shredded cabbage and carrots to the skillet and top with soy sauce and olive oil. Stir-fry on medium high heat until cabbage cooks down for about 4-5 minutes. Dish into a bowl and top with chopped green onions and sriracha hot sauce (optional).

MENU 7: GROCERY LIST

The grocery list is broken down into how many days of meals you plan to prepare.

If you only want to eat this menu for 1 day, use the groceries listed on the 1 day column. If you want to prep this menu for 2 days at a time, use the totals from the 2 day column. If you want to prep this menu for 4 days at a time, use the totals from the 4 day column.

** = For recipe

Ingredient	Type	DAY 1	DAY 2	DAY 4	Notes
Whey Protein Isolate**		5oz.**	1oz.	2oz.	It is recommended to purchase a large tub of this ingredient online or at your local vitamin/supplement retailer. 1oz of protein is ~ 1 scoop sized at 60cc
Ground Turkey, 93% Lean		10oz.	20oz.	40oz.	Recommend purchasing liquid egg white cartons in bulk at a minimum of 1 quart at a time.
Cabbage		6oz.	12oz.	24oz.	
Banana		2oz.	4oz.	8oz.	
Carrots		3oz.	6oz.	12oz.	
Whole Wheat Tortilla		1ea	2ea	4ea	
Penne Pasta, Dry		2oz.	4oz.	8oz.	
Marinara Sauce		4oz.	8oz.	16oz.	
Apple Sauce, Unsweetened**		2 cups	n/a	n/a	
Cocoa Powder, Unsweetened**		1 cup	n/a	n/a	
Parmesan Cheese		1oz.	2oz.	4oz.	
Olive Oil Spray		n/a	n/a	n/a	
Olive Oil		3 tbsp	n/a	n/a	Stock pantry item
Almond or Peanut Butter**		1.2 cup**	2 tbsp	4 tbsp	
Tea or Coffee	Misc	TBD	TBD	TBD	Stock pantry item
Soy Sauce	Misc	1 tbsp	2 tbsp	4 tbsp	
Sweetener of Your Choice**		5 Packets	n/a	n/a	

 PROTEIN  CARBS  FAT  SPICE

MENU: 8

	Qty	Unit	Description	Cal	C	F	P
PO	1.0	scp	Whey Protein Isolate	110.0	1.0	0.0	25.0
	6.0	oz.	Cold Tea or Chilled Coffee	0.0	0.0	0.0	0.0
				110.0	1.0	0.0	25.0
M1	1.0	sv	Raisin Bread French Toast	260.0	30.0	2.0	36.0
				260.0	30.0	2.0	36.0
M2	1.0	ea	Yoplait 100 Calorie Vanilla Greek	100.0	10.0	0.0	15.0
	2.0	oz.	Blueberries, Frozen	30.4	7.4	0.4	0.0
				130.4	17.4	0.4	15.0
	3.2	oz.	Honey Sriracha Chicken Thighs	259.0	8.0	15.0	23.0
M3	3.0	oz.	Carrots, Frozen	36.0	8.1	0.3	0.9
	3.0	oz.	Roasted Broccoli	30.0	5.7	0.3	2.4
	5.0	oz.	White Rice, Cooked	128.8	27.5	0.0	2.5
	1.5	tsp	Olive Oil	67.5	0.0	7.5	0.0
				521.3	49.3	23.1	28.8
M4	2.0	oz.	Blueberries, Frozen	30.4	7.4	0.4	0.0
				30.4	7.4	0.4	0.0
M5	3.2	oz.	Honey Sriracha Chicken Thighs	259.0	8.0	15.0	23.0
	6.0	oz.	Zucchini, Spiralized	89.4	15.0	0.6	6.0
	1.5	tsp	Olive Oil	67.5	0.0	7.5	0.0
				415.9	23.0	23.1	29.0
				Cal	C	F	P
			Totals	1468	128	49	134
			Your Daily Goal	1465	130	45	135

NOTES:

PO: Post Workout Shake

Consume post-workout shake within 30 minutes of training. Blend the flavor of whey protein isolate of your choice into cold tea, coffee, or water. Ice is optional.

M1: Raisin Bread French Toast Casserole

Prepare according to recipe instructions. Store in the fridge until ready to consume.

M2: Snack

M3: Honey Sriracha Chicken Thigh Rice Bowl

Prepare chicken thighs according to recipe instructions. Sauté broccoli and carrots in a non-stick skillet with olive oil. Serve with cooked white rice and chicken thigh placed on top of the rice to add extra seasoning and flavor to the rice. Optional toppings include a light drizzle of soy sauce and hot sauce.

M4: Snack

M5: Honey Sriracha Chicken Zoodle Bowl

Prepare chicken thighs according to recipe instructions. Prepare chicken thighs according to recipe instructions. Serve with zucchini sautéed in olive oil on top of a bowl of white rice. Top with the herbal seasonings of your choice. Top with the herbal seasonings of your choice.

MENU 8: GROCERY LIST

The grocery list is broken down into how many days of meals you plan to prepare.

If you only want to eat this menu for 1 day, use the groceries listed on the 1 day column. If you want to prep this menu for 2 days at a time, use the totals from the 2 day column. If you want to prep this menu for 4 days at a time, use the totals from the 4 day column.

** = For recipe

Ingredient	Type	DAY 1	DAY 2	DAY 4	Notes
Whey Protein Isolate**		5oz.**	2oz.	4oz.	It is recommended to purchase a large tub of this ingredient online or at your local vitamin/supplement retailer. 1oz of protein is ~ 1 scoop sized at 60cc
Egg Whites**		8oz.	n/a	n/a	Recommend purchasing liquid egg white cartons in bulk at a minimum of 1 quart at a time.
Boneless Chicken Thighs, with Skin**		2lb	n/a	n/a	
Yoplait 100 Calorie Greek Yogurt		1ea	2ea	4ea	
White Rice, Cooked		5oz.	10oz.	20oz.	
Mixed Berries, Frozen		4oz.	8oz.	16oz.	
Blueberries, Frozen		4oz.	8oz.	16oz.	
Carrots, Frozen		3oz.	6oz.	12oz.	
Broccoli		3oz.	6oz.	12oz.	
Raisin Bread**		5 slices	n/a	n/a	
Zucchini, Spiralized		6oz.	12oz.	24oz.	
Honey**		3 tbsp	n/a	n/a	
Sriracha Hot Sauce**		4 tbsp	n/a	n/a	
Almond Milk, Unsweetened**		8oz.	n/a	n/a	
Olive Oil Spray		n/a	n/a	n/a	
Olive Oil**		2 tbsp	2 tbsp	4 tbsp	Stock pantry item
Tea or Coffee	Misc	TBD	TBD	TBD	Stock pantry item
Soy Sauce**	Misc	4 tbsp	n/a	n/a	
Sweetener of Your Choice**		5 Packets	n/a	n/a	
Cinnamon		n/a	n/a	n/a	

 PROTEIN  CARBS  FAT  SPICE

3

PHASE

MENUS

DAY 29-42

MENU: 9

	Qty	Unit	Description	Cal	C	F	P
PO	1.0	oz.	Whey Protein Isolate	110.0	1.0	0.0	25.0
	6.0	oz.	Water	0.0	0.0	0.0	0.0
				110.0	1.0	0.0	25.0
M1	1.3	oz.	Whey Protein Isolate	137.5	1.3	0.0	31.3
	1.8	oz.	Instant Oats, Uncooked	103.0	22.0	0.0	2.0
	3.0	oz.	Blueberries, Frozen	45.7	11.1	0.7	0.0
	6.0	oz.	Almond Milk (Silk, unsweetened)	44.0	6.0	2.0	2.0
	1.0	tsp	Vanilla Extract	0.0	0.0	0.0	0.0
				330.2	40.3	2.7	35.3
M2	4.0	oz.	Rotisserie Chicken Breast	100.0	4.0	1.2	18.0
	4.0	oz.	Marinara Tomato Sauce	55.0	8.0	2.0	1.0
	6.0	oz.	Zucchini, Spiralized	89.4	15.0	0.6	6.0
	1.5	oz.	Parmesan Cheese	147.0	0.0	9.0	16.5
	2.0	tsp	Olive Oil	90.0	0.0	10.0	0.0
				481.4	27.0	22.8	41.5
M3	3.5	oz.	Rotisserie Chicken Breast	87.5	3.5	1.1	15.8
	1.0	cup	Mixed Greens of your choice	7.0	1.0	0.0	1.0
	4.0	oz.	Bell Peppers, Frozen	18.0	3.6	0.4	0.4
	5.0	oz.	Cooked White Rice	128.8	27.5	0.0	2.5
	1.0	tsp	Cumin or Taco Seasoning	4.0	1.0	0.0	0.0
	2.0	tsp	Olive Oil	90.0	0.0	10.0	0.0
				335.3	36.6	11.5	19.7
				Cal	C	F	P
			Totals	1257	105	37	121
			Your Daily Goal	1260	105	40	120

NOTES:

PO: Post Workout Shake

Consume post-workout shake within 30 minutes of training. Blend the flavor of whey protein isolate of your choice into cold tea, coffee, or water. Ice is optional.

M1: Blueberry Muffin Overnight Oats

Add all of the ingredients to a 12oz. mason jar. Shake well for 30 seconds and then refrigerate overnight. Shake well before consuming. Enjoy cold with a spoon. You can substitute the blueberries with the fruit of your choice. Excellent on the go breakfast that is effortless to prep in advance!

M2: Zucchini Noodle Chicken Marinara

Take pre-cooked rotisserie chicken breast and tear it up into shreds. Microwave with marinara sauce in a covered bowl for 2 minutes. Sauté zucchini noodles in olive oil for 1 minute on high and top with chicken marinara sauce. Sprinkle with Parmesan cheese.

M3: Skillet Cumin Chicken

Add olive oil to a non-stick skillet on medium high. Add torn rotisserie chicken to the skillet and season with cumin or taco seasoning. Add bell peppers and mixed greens to the skillet and stir fry for 2-3 minutes. Add cooked white rice to the skillet and stir-fry for another 30 seconds until rice is thoroughly coated with seasoning. Optional toppings include hot sauce, cilantro, jalapeño, squeeze of lime, onions, or 1 tbsp of salsa.

MENU 9: GROCERY LIST

The grocery list is broken down into how many days of meals you plan to prepare.

If you only want to eat this menu for 1 day, use the groceries listed on the 1 day column. If you want to prep this menu for 2 days at a time, use the totals from the 2 day column. If you want to prep this menu for 4 days at a time, use the totals from the 4 day column.

** = For recipe

Ingredient	Type	DAY 1	DAY 2	DAY 4	Notes
Whey Protein Isolate		2.25oz.	4.5oz	9oz.	It is recommended to purchase a large tub of this ingredient online or at your local vitamin/supplement retailer. 1oz of protein is ~ 1 scoop sized at 60cc
Rotisserie Chicken		7.5oz.	15oz.	30oz.	
Zucchini, Spiralized		6oz.	12oz.	24oz.	
Instant Rolled Oats		1.8oz.	3.6oz.	7.2oz.	
Blueberries, Frozen		3oz.	6oz.	12oz.	
White Rice, Cooked		5oz.	10oz.	20oz.	
Marinara Sauce		4oz.	8oz.	16oz.	
Bell Peppers, Frozen		4oz.	8oz.	16oz.	
Mixed Greens of your Choice		1 cup	2 cups	4 cups	
Almond Milk, Unsweetened		6oz.	12oz.	24oz.	
Parmesan Cheese		1.5oz.	3oz.	6oz.	
Olive Oil Spray		n/a	n/a	n/a	
Olive Oil		4 tsp	8 tsp	16 tsp	Stock pantry item
Tea or Coffee	Misc	TBD	TBD	TBD	Stock pantry item
Cumin (or taco seasoning)		1 tsp	2 tsp	4 tsp	
Vanilla Extract		1 tsp	2 tsp	4 tsp	

 PROTEIN  CARBS  FAT  SPICE

MENU: 10

	Qty	Unit	Description	Cal	C	F	P
PO	1.0	oz.	Whey Protein Isolate	110.0	1.0	0.0	25.0
	6.0	oz.	Water	0.0	0.0	0.0	0.0
	1.0	ea	Smoothie Freezer Bag*	84.0	20.0	0.0	1.0
				194.0	21.0	0.0	26.0
M1	1.0	oz.	Whey Protein Isolate	110.0	1.0	0.0	25.0
	8.0	oz.	Water	0.0	0.0	0.0	0.0
	1.0	ea	Smoothie Freezer Bag*	84.0	20.0	0.0	1.0
				194.0	21.0	0.0	26.0
M2	1.0	sv	Ramen Asian Chicken Cabbage Salad	446.0	26.0	22.0	36.0
				446.0	26.0	22.0	36.0
M3	4.0	oz.	Rotisserie Chicken Breast, Cooked	100.0	4.0	1.2	18.0
	1.0	ea	Whole Egg, Large	71.5	0.5	5.0	6.5
	4.0	oz.	Peas, Frozen	38.4	5.8	0.0	3.8
	5.0	oz.	White Rice, Cooked	128.8	27.5	0.0	2.5
	1.0	tbsp	Soy Sauce	12.0	1.0	0.0	2.0
	2.0	tsp	Olive Oil	90.0	0.0	10.0	0.0
				440.7	38.8	16.2	32.8
				Cal	C	F	P
			Totals	1275	107	38	121
			Your Daily Goal	1260	105	40	120

NOTES:

PO: Post Workout Shake

Consume post-workout shake within 30 minutes of training. Blend the flavor of whey protein isolate of your choice with one smoothie freezer bag of your choice into cold tea, coffee, or water. Ice is optional.

M1: Breakfast Smoothie

Dump one smoothie freezer bag of your choice into a blender with protein powder and water. Ice optional.

M2: Ramen Asian Chicken Cabbage Salad

See recipe.

M3: Asian Chicken Fried Rice Bowl

Add torn rotisserie chicken breast to a skillet with olive oil set on high and sauté for 30 seconds. Add soy sauce and peas to the skillet for 30 seconds, and then top with the cooked white rice. You can scramble the egg into the fried rice or fry the egg separately to leave the yolk runny and top over the chicken fried rice. Optional add-ins include onion and sriracha hot sauce. You can also add free foods into the stir-fry for added volume.

MENU 10: GROCERY LIST

The grocery list is broken down into how many days of meals you plan to prepare.

If you only want to eat this menu for 1 day, use the groceries listed on the 1 day column. If you want to prep this menu for 2 days at a time, use the totals from the 2 day column. If you want to prep this menu for 4 days at a time, use the totals from the 4 day column.

** = For recipe

Ingredient	Type	DAY 1	DAY 2	DAY 4	Notes
Whey Protein Isolate		2oz.	4oz.	8oz.	It is recommended to purchase a large tub of this ingredient online or at your local vitamin/supplement retailer. 1oz of protein is ~ 1 scoop sized at 60cc
Rotisserie Chicken**		28oz.**	32oz.**	36oz.**	** 1 day quantities reflect the amounts needed for the recipe plus any other daily quantities.
Whole Egg, Large		1 ea	2 ea	4ea	
Smoothie Baggies**		2 Bags**	4 Bags**	8 Bags**	** See Smoothie Bag Recipes
Cabbage**		10.5oz**	n/a	n/a	
Carrots, Shredded**		2.5oz.**	n/a	n/a	
Peas, Frozen		4oz.	8oz.	16oz.	
White Rice, Cooked		5oz.	10oz.	20oz.	
Ramen Noodles, Flavor of Your Choice**		1 Package	2 Packages	4 Packages	
Scallions (Optional)**		1 tsp	2tsp	3tsp	
Olive Oil Spray		n/a	n/a	n/a	
Olive Oil**		~5 tbsp	n/a	n/a	Stock pantry item
Vinegar**		3 tbsp	n/a	n/a	
Calorie Free Sweetener Packet**		3 packets	n/a	n/a	
Soy Sauce	Misc	1 tbsp	2 tbsp	4 tbsp	

 PROTEIN  CARBS  FAT  SPICE

MENU: 11

	Qty	Unit	Description	Cal	C	F	P
PO	1.5	scp	Whey Protein Isolate	165.0	1.5	0.0	37.5
	8.0	oz.	Water	0.0	0.0	0.0	0.0
				165.0	1.5	0.0	37.5
M1	4.0	oz.	Ham, Cubed	133.3	2.7	5.3	18.7
	4.0	oz.	Pineapple	60.0	15.0	0.0	1.0
	4.0	oz.	White Rice, Cooked	144.0	32.0	0.4	3.2
	1.0	ea	Whole Egg, Large	71.5	0.5	5.0	6.5
	0.5	oz.	Jalapeno	1.0	0.0	0.0	0.0
	2.0	tsp	Soy Sauce	4.0	1.0	0.0	0.0
				413.8	51.2	10.7	29.4
M2	4.0	oz.	Baked Russet or Sweet Potato	108.0	24.4	0.0	3.2
	3.0	oz.	Ground Turkey, 90% Lean	142.5	0.0	8.3	15.8
	1.0	oz.	Shredded Cheddar Cheese	41.0	0.4	3.4	2.6
	4.0	tbs	Salsa	20.0	4.0	0.0	0.6
	1.0	cup	Spinach	7.0	1.0	0.0	1.0
	1.0	tbs	Chives (Optional)	0.0	0.0	0.0	0.0
				311.5	28.8	11.7	22.2
M3	3.0	oz.	Ground Turkey, 90% Lean	142.5	0.0	8.3	15.8
	6.0	oz.	Bell Pepper (~1 medium pepper)	34.0	6.9	0.2	1.1
	2.0	oz.	Chickpeas, Canned	92.0	16.0	2.0	4.0
	1.0	cup	Spinach, Frozen	7.0	1.0	0.0	1.0
	1.0	oz.	Parmesan Cheese	98.0	0.0	6.0	11.0
				373.5	23.9	16.5	32.9
				Cal	C	F	P
			Totals	1264	105	39	122
			Your Daily Goal	1260	105	40	120

NOTES:

PO: Post Workout Shake

Consume post-workout shake within 30 minutes of training. Blend the flavor of whey protein isolate of your choice into cold tea, coffee, or water. Ice is optional.

M1: Hawaiian Breakfast Fried Rice

Lightly spray a non-stick skillet with olive oil spray. Add cubed ham to the skillet and stir-fry with pineapple and jalapeño for 60 seconds. Add soy sauce to the skillet and then top with cooked white rice. Stir-fry for another 30 seconds and then add fried rice to a bowl. You can either scramble the egg into the rice or serve fried, sunny side up, or over easy over top of the rice. Optional toppings include scallions, cilantro, hot sauce, onions, etc.

M2: Loaded Baked Potato

Lightly spray a non-stick skillet with olive oil spray and brown ground turkey in a large skillet with the herbal seasonings of your choice (i.e. chipotle powder, cayenne, garlic, black pepper, salt, etc.). Add spinach to the skillet and stir-fry until spinach is wilted and set aside. Rinse a potato in water and then pierce the potato with a fork several times. Wrap the potato in a damp paper towel and microwave for 5 minutes on high. Carefully remove from the microwave and split in half using a knife. Top with cooked ground turkey sautéed and sprinkle with shredded cheddar cheese and place back in the microwave for 20-30 seconds. Top with salsa and chives (optional).

M3: Stuffed Bell Peppers

Pre-heat oven to 400F. Lightly spray a non-stick skillet with olive oil spray and brown ground turkey in a large skillet with the herbal seasonings of your choice (i.e. chipotle powder, cayenne, garlic, black pepper, salt, etc.). Add spinach and chickpeas to the skillet and stir-fry until spinach is wilted and set aside. Cut a medium bell pepper in half lengthwise and remove the seeds. Line a baking tray with parchment paper. Place peppers with the open side facing upwards on the tray and stuff with the ground turkey mixture into each half pepper. Sprinkle with Parmesan cheese and then lightly spray with olive oil spray. Place in the oven for 10 minutes or until cheese is melted.

MENU 11: GROCERY LIST

The grocery list is broken down into how many days of meals you plan to prepare.

If you only want to eat this menu for 1 day, use the groceries listed on the 1 day column. If you want to prep this menu for 2 days at a time, use the totals from the 2 day column. If you want to prep this menu for 4 days at a time, use the totals from the 4 day column.

** = For recipe

Ingredient	Type	DAY 1	DAY 2	DAY 4	Notes
Whey Protein Isolate		1.5oz.	3oz.	6oz.	It is recommended to purchase a large tub of this ingredient online or at your local vitamin/supplement retailer. 1 oz of protein is ~ 1 scoop sized at 60cc
Cooked Ham		4oz.	8oz.	16oz.	
Whole Egg, Large		1 ea	2 ea	4 ea	
Ground Turkey, 90% Lean Cooked		6oz.	12oz.	24oz.	
Pineapple Pieces, Dole cups		4oz.	8oz.	16oz.	Be sure to purchase pineapple that is NOT canned or packed in syrup.
Jalapeno (optional)		0.5oz.	1oz.	2oz.	
Cooked White Rice		4oz.	8oz.	16oz.	
Russett or Sweet Potato		4oz.	8oz.	16oz.	
Chickpeas, Canned		2oz.	4oz.	8oz.	
Bell Peppers		6oz.	12oz.	24oz.	
Spinach, Frozen		2 cups	4 cups	8 cups	
Salsa		4 tbsp	8 tbsp	16 tbsp	
Chives (optional)		1 tbsp	2 tbsp	4 tbsp	
Shredded Cheddar Cheese		1oz.	2oz.	4oz.	
Shredded Parmesan Cheese		1oz.	2oz.	4oz.	
Olive Oil Spray		n/a	n/a	n/a	
Soy Sauce	Misc	2 tsp	4 tsp	8tsp	

 PROTEIN  CARBS  FAT  SPICE

MENU: 12

	Qty	Unit	Description	Cal	C	F	P
PO	1.0	scp	Whey Protein Isolate	110.0	1.0	0.0	25.0
	6.0	oz.	Water	0.0	0.0	0.0	0.0
				110.0	1.0	0.0	25.0
M1	2.0	ea	Whole Eggs, Large	143.0	1.0	10.0	13.0
	2.0	oz.	Ham, Cubed	66.7	1.4	2.7	9.4
	1.0	cup	Spinach or Leafy Greens of Choice	7.0	1.0	0.0	1.0
	2.0	tbsp	Salsa	10.0	2.0	0.0	0.3
				226.7	5.4	12.7	23.7
M2	4.0	oz.	Boneless Skinless Chicken Breast	116.1	0.0	1.4	25.9
	1.0	ea	Whole Egg, Large	71.5	2.0	5.0	6.5
	1.0	ea	Ramen Noodle Block, Choose Flavor	380.0	52.0	14.0	8.0
	1.0	cup	Spinach	7.0	1.0	0.0	1.0
	3.0	oz.	Carrots, Frozen	36.0	8.1	0.3	0.9
				610.6	63.1	20.7	42.3
M3	4.0	oz.	Ground Turkey, 90% Lean	142.5	0.0	11.0	21.0
	4.0	oz.	White Rice, Cooked	103.0	22.0	0.0	2.0
	2.0	oz.	Peas, Frozen	46.7	8.0	0.0	7.5
	2.0	oz.	Carrots, Frozen	24.0	5.4	0.2	0.6
				316.2	35.4	11.2	31.1
				Cal	C	F	P
			Totals	1263	105	45	122
			Your Daily Goal	1260	105	40	120

NOTES:

PO: Post Workout Shake

Consume post-workout shake within 30 minutes of training. Blend the flavor of whey protein isolate of your choice into cold tea, coffee, or water. Ice is optional.

M1: Southwest Egg Scramble

Lightly spray a non-stick skillet with olive oil spray. Add cubed ham to the skillet and stir-fry with spinach for 30 seconds. Add cumin or taco seasoning to the skillet and then crack two whole eggs into the skillet. Scramble for 1 minute and then remove from the skillet and top with salsa.

M2: Healthy Ramen Chicken Bowl

Bring 2 cups of water to a boil and prepare a block of ramen noodles according to instructions on the noodle packet. If you want this dish to be more of a soup, do not drain the liquid and add the chicken, spinach, and carrots to the saucepan. Top with a poached egg. If you want this to be more of an Asian noodle dish, drain liquid after chicken, spinach, and carrots have been cooked and top with a fried egg. Season with sriracha hot sauce.

M3: Turkey Fried Rice

Lightly spray a non-stick skillet with olive oil spray and brown ground turkey in a large skillet with the herbal seasonings of your choice (i.e. chipotle powder, cayenne, garlic, black pepper, salt, etc.). Add peas and carrots to the skillet and stir-fry for 60 seconds. Serve over cooked white rice or stir-fry with rice and soy sauce. Optional toppings include onions, garlic, and hot sauce.

MENU 12: GROCERY LIST

The grocery list is broken down into how many days of meals you plan to prepare.

If you only want to eat this menu for 1 day, use the groceries listed on the 1 day column. If you want to prep this menu for 2 days at a time, use the totals from the 2 day column. If you want to prep this menu for 4 days at a time, use the totals from the 4 day column.

** = For recipe

Ingredient	Type	DAY 1	DAY 2	DAY 4	Notes
Whey Protein Isolate		1oz.	2oz.	4oz.	It is recommended to purchase a large tub of this ingredient online or at your local vitamin/supplement retailer. 1oz of protein is ~ 1 scoop sized at 60cc
Boneless Skinless Chicken Breast		4oz.	8oz.	16oz.	
Ham, Cubed		2oz.	4oz.	8oz.	
Whole Egg, Large		3ea	6ea	12ea	
Ground Turkey, 90% Lean Cooked		4oz.	8oz.	16oz.	
Ramen Noodle Package		1ea	2ea	4ea	
Jalapeno (Optional)		0.5oz.	1oz.	2oz.	
White Rice, Cooked		4oz.	8oz.	16oz.	
Spinach		2 cups	4 cups	8 cups	
Peas, Frozen		2oz.	4oz.	8oz.	
Carrots, Frozen		5oz.	10oz.	20oz.	
Salsa		2 tbsp	4 tbsp	8 tbsp	
Olive Oil Spray		n/a	n/a	n/a	
Soy Sauce	Misc	n/a	n/a	n/a	We recommend that you stock a bottle for this program.

 PROTEIN  CARBS  FAT  SPICE



RECIPES

SMOOTHIE FREEZER BAGS:

Enjoy this convenient list of smoothie freezer bag recipes formulated at the same macronutrient breakdown for easy substitutions when you want to mix up your morning shake! Meal prep in advance by adding all of the contents into a quart sized resealable plastic baggie and placing in the freezer until you are ready to blend your shake. Using a marker, label the contents and the date the smoothie bag was created. Each bag will last in the freezer for up to 6 months. To save money, purchase unsweetened canned or frozen fruit. By storing these smoothie bags in the freezer you can extend the shelf life of perishable items and save time prepping and weighing out of ingredients. Each smoothie freezer bag is formulated to be +/- 5% of 84 calories, 20g carbs, 0g Fat, and 1g Protein. Zero substitutions are needed between these recipes!

Qty	Unit	Description	Cal	C	F	P
Tropical Berry						
4.0	oz.	Mixed Berries, Frozen	48.0	12.0	0.0	0.0
2.0	oz.	Pineapple	32.0	8.0	0.0	0.0
1.0	cup	Kale	8.0	1.0	0.0	1.0
			88.0	21.0	0.0	1.0

Orange Mango Tea						
2.0	oz.	Mango Cubes, Frozen	40.0	10.0	0.0	0.0
3.0	oz.	Oranges	47.2	10.8	0.0	1.0
6.0	ea	Black or Green Tea Ice Cubes (Optional)	0.0	0.0	0.0	0.0
			87.2	20.8	0.0	1.0

Daily Detox Smoothie						
2.5	oz.	Strawberries	25.7	5.5	0.2	0.5
2.0	oz.	Banana, Sliced	50.0	12.0	0.0	0.0
1.5	cup	Spinach	10.5	1.5	0.0	1.5
			86.2	19.0	0.2	2.0

Cherry Blueberry Green Smoothie						
2.0	oz.	Blueberries, Frozen	10.0	2.0	0.0	0.4
4.0	oz.	Pitted Cherries, Frozen	72.0	16.0	0.0	0.0
1.0	cup	Collard Greens	7.0	1.0	0.0	1.0
			89.0	19.0	0.0	1.4

SMOOTHIE FREEZER BAGS:

Qty	Unit	Description	Cal	C	F	P
Pumpkin Beauty Smoothie						
2.5	oz.	Canned Pumpkin Puree Frozen in Ice Cube Tray	32.5	7.5	0.0	0.0
1.0	tsp	Ground Cinnamon	1.0	0.0	0.0	0.0
2.0	oz.	Banana, Sliced	50.0	12.0	0.0	0.0
			83.5	19.5	0	0

Anti-Inflammatory Smoothie						
3.0	oz.	Carrots, Frozen	38	8	0	1
0.25	tsp	Ginger Powder	0	0	0	0
3	oz.	Oranges	47.2	10.8	0	1
			84.9	19	0.2	1.8

Ginger Peach Healing Smoothie						
2.5	oz.	Peaches, Frozen or Canned	30	7.5	0	0
0.25	tsp	Ginger Powder	0	0	0	0
2	oz.	Banana, Sliced	50	12	0	0
1	cup	Kale	7	1	0	1
			87	20.5	0	1





RAISIN BREAD FRENCH TOAST CASSEROLE

RAISIN BREAD FRENCH TOAST CASSEROLE

PREP TIME: 25 MIN (<5 MIN TO PREP + MINIMUM OF 20 MIN REFRIGERATION) | COOK TIME: 35-40 MIN

This insanely moist, protein rich make-ahead breakfast bake is so easy it should be illegal. Enjoy it simply as the recipe is written or throw in added nuts, fresh or dried fruit, or natural sweeteners such as agave, honey, or refined organic coconut. What I love about this dish is that you can decrease the cooking time to result in a moist pudding-like dish or bake it a little longer for a more crispy finish.

INGREDIENTS:

5 Slices Cinnamon Raisin Bread
4 Scoops Pure Whey Protein Isolate, Vanilla Flavor (30g per Scoop)
8oz. Egg Whites
8oz. Almond Milk, Unsweetened
4oz. Mixed Berries, Frozen
2 Tsp Ground Cinnamon
1 Tsp. Vanilla Extract
¼ Tsp. Baking Powder

INSTRUCTIONS:

1. Chop 5 slices of bread into ~ 1 inch cubes (cut into quarters, then quarter again). Place cubes in an 8" x 8" non-stick "brownie" baking pan.
2. In a separate mixing bowl, combine 4 scoops of protein, egg whites, almond milk, vanilla extract, and baking powder together. Mix well with a hand mixer or immersion blender.
3. Pour contents over cubed bread. Sprinkle 2 tsp. of ground cinnamon over pan. Gently place the mixed berries (or fruit of your choice) on and in the casserole.
4. Place pan in fridge to allow bread cubes to soak up mixture overnight. The minimum requirement is 30 minutes, however this is an amazing prep ahead dish for serving a family breakfast in the morning.
5. Bake for 40 minutes at 350F. Makes 4 servings.

RAISIN BREAD FRENCH TOAST CASSEROLE

MEAL TIPS:

- Great for meal planning breakfast in bulk. Keeps for 4 days, refrigerated.
- Simple for a healthy on the go family friendly meal.
- Easy alternative to “cooked” breakfasts when convenience is a priority.
- If raisin bread is outside of your budget, opt for a standard whole wheat bread.
- If you are gluten intolerant, opt for a gluten free bread source for this recipe.

NUTRITION INFO:

SERVING SIZE~ 1/4TH OF THE BAKE

CALORIES (KCAL) – 260

TOTAL FAT- 2G

SATURATED FAT- 0G

TRANS FAT- 0G

CHOLESTEROL- 0MG

SODIUM- 275MG

POTASSIUM- 337MG

TOTAL CARBOHYDRATE- 30G

DIETARY FIBER- 4G

SUGARS- 9G

PROTEIN- 36G



RAMEN NOODLE ASIAN CHICKEN CABBAGE SALAD

RAMEN NOODLE ASIAN CHICKEN CABBAGE SALAD

SERVINGS: 4 | PREP TIME: 10 MIN | COOK TIME: N/A

Being on a budget does not mean you can't enjoy a fun meal. This recipe was inspired by a dish I had 9 years ago at a dinner party with my girlfriends. I recall everyone being shocked by how delicious this salad was with an ingredient as inexpensive as ramen noodles. This version has been modified to be macro friendly and cost conscious by eliminating the volume of oil, almonds, and added sugar, and adding lean protein and added fiber from the veggies. You can modify to your taste preferences but this is a fun and cheap way to stay on track!

INGREDIENTS:

Salad:

24oz. Boneless Skinless Chicken Breasts, Cooked (Can Use Pre-Cooked Rotisserie 1.5lbs Chicken)
10.5oz Green and Purple Cabbage, Sliced Thin (~3 Cups)
2.5oz. Carrots, Shredded (1/2 Cup)
3 Tbsp Scallions (Optional Garnish)
1 Package Top Ramen Chicken Noodles, Crushed (Uncooked)

Dressing:

4 Tbsp Olive Oil
3 Tbsp Rice Vinegar or Regular Vinegar
3 Packets Calorie Free Sweetener of Your Choice
1 Packet of Top Ramen Chicken Seasoning
Salt and Pepper (To Taste)

INSTRUCTIONS:

1. In a small bowl add vinegar, ramen seasoning packet, sweetener packets, and salt and pepper. Whisk together with olive oil one tablespoon at a time. Add additional vinegar if needed based on your taste preferences.
2. In a large bowl, shred cooked chicken into bite-sized pieces. Add chopped cabbage and shredded carrots to the bowl (scallions optional). Toss well and keep separate from the dressing and crushed block of ramen noodles until ready to serve.
3. Toss gently with dressing and top with crushed noodles. Serve immediately*.

**If you are not going to eat this meal right away, keep the crushed noodles and dressing separate from the chicken cabbage salad until you are ready to consume so the noodles do not get soggy. It is recommended to store the dressing in a small container until you are ready to eat the salad.*

NUTRITION INFO: SERVING SIZE – 1/4TH OF THE SALAD, CALORIES (KCAL) – 446, TOTAL FAT- 22G, SATURATED FAT- 4G, TRANS FAT- 0G, CHOLESTEROL- 51MG,, SODIUM- 1379MG, POTASSIUM- 514MG, TOTAL CARBOHYDRATE- 26G, DIETARY FIBER- 3G, SUGARS- 8G, PROTEIN- 36G



TURKEY MEATLOAF

TURKEY MEATLOAF

SERVINGS: 3 | PREP TIME: 10 MIN | COOK TIME: 60-75 MIN

Enjoy this easy family friendly meal that prepares several portions of quality, flavorful protein at a low cost. This recipe can be prepared with a variety of proteins such as ground beef, chicken, turkey, or pork and is extremely budget friendly. Tweak this recipe to your liking using the herbal seasonings of your choice.

INGREDIENTS:

1lb Ground Turkey, 93% Lean
 1 Whole Egg, Large
 2.8oz. Ketchup (~1/3 Cup)
 2.0oz. Diced Onion (~1/4 Cup)
 1 Tbsp Balsamic Vinegar
 1 Tbsp Parsley, Chopped
 ¼ Tsp Pepper
 Olive Oil Spray
 Scallions (Optional Garnish)

INSTRUCTIONS:

1. Pre-heat oven to 350F.
2. Combine all ingredients in a medium sized mixing bowl, minus the ketchup.
3. Lightly spray a non-stick 9" x 5" loaf pan with a drain insert. If you don't have the drain insert, bake in the loaf pan and drain the grease after making. If you don't have a loaf pan, line a baking tray parchment paper and form the meatloaf into a mound in the center of the tray.
4. Bake uncovered for 60-75 minutes or until internal temperature reaches 160F.
5. Remove from oven and top with ketchup. Allow contents to cool before serving. Top with scallions (optional).

NUTRITION INFO:

SERVING SIZE – 1/3 OF THE MEATLOAF

CALORIES (KCAL) – 278.7

TOTAL FAT- 12.3G

SATURATED FAT- 5G

TRANS FAT- 0G

CHOLESTEROL- 169MG

SODIUM- 443MG

POTASSIUM- 27MG

TOTAL CARBOHYDRATE- 10.3G

DIETARY FIBER- 0G

SUGARS- 8G

PROTEIN- 31.7G



MAPLE-CHILI GLAZED PORK MEDALLIONS

MAPLE-CHILI GLAZED PORK MEDALLIONS

SERVINGS: 4 | PREP TIME: 5 MIN | COOK TIME: 10 MIN

Experience rich savory flavor with this simple skillet recipe that is easy to scale up for preparing in bulk. Pork tenderloin is an excellent lean protein source that is inexpensive and does not take a lot of prep time.

INGREDIENTS:

1 Lb Lean Pork Tenderloin, Trimmed and Cut Into 1-Inch Thick Medallions
2 Tbsp Maple Syrup
1 Tbsp Apple Cider Vinegar
1 Tbsp Olive Oil
1 Tsp Chili Powder
1/8 Tsp Chipotle Chili Peppers, Ground

INSTRUCTIONS:

1. Combine the chili powder, salt and ground chipotle in a small bowl. Sprinkle over both sides of pork.
2. Heat oil in a large skillet over medium-high heat. Add the pork and cook until golden for approximately 1 to 2 minutes per side.
3. Pour maple syrup and vinegar over the pork in the pan. Bring to a boil, scraping up any browned bits.
4. Reduce the heat to medium and cook, turning the pork occasionally to coat, until the sauce is reduced to a thick glaze, 1 to 3 minutes. Serve the pork drizzled with the glaze.
5. Add salt and pepper to taste.

NUTRITION INFO:

SERVING SIZE – 4OZ

CALORIES (KCAL) – 168

TOTAL FAT- 5G

SATURATED FAT- 1G

TRANS FAT- 0G

CHOLESTEROL- 65MG

SODIUM- 338MG

POTASSIUM- 33MG

TOTAL CARBOHYDRATE- 7G

DIETARY FIBER- 0G

SUGARS- 6G

PROTEIN- 21G



SMOKED PAPRIKA CHICKEN

SMOKED PAPRIKA CHICKEN

SERVINGS: 4 | PREP TIME: 5 MIN | COOK TIME: 15-20 MIN

Enjoy a simple and savory twist on chicken thighs or legs with these ingredients you already have in your pantry. This smoked paprika chicken recipe never fails to delight while keeping costs down with the lowest cost chicken ingredients.

INGREDIENTS:

1.3 Lbs Boneless, Skinless Chicken Thighs

2.0 Tbsp Paprika

1.3 Tbsp Garlic Salt*

2.7 Tbsp Olive Oil*

* Note: 0.3 Tbsp = 1 Tsp 0.7 Tbsp = 2 Tsp

INSTRUCTIONS:

1. Preheat broiler on high. Set rack at least 4 inches below the flame.
2. Line a baking sheet with foil and lay the chicken thighs out flat. Sprinkle each side generously with the garlic salt and paprika. Drizzle with olive oil.
3. Broil the chicken ~7 mins each side, until the thighs are cooked through and have developed a nice crust. Broilers tend to vary in terms of strength; if your chicken seems to be burning or cooking too fast, move the rack down a notch or two.
4. Once the chicken has cooked through (160F internal temperature), serve.

NUTRITION INFO:

SERVING SIZE – 5.3OZ.

CALORIES (KCAL) – 253

TOTAL FAT- 15G

SATURATED FAT- 3G

TRANS FAT- 0G

CHOLESTEROL- 127MG

SODIUM- 929MG

POTASSIUM- 78MG

TOTAL CARBOHYDRATE- 0G

DIETARY FIBER- 0G

SUGARS- 0G

PROTEIN- 29.3G



HONEY SRIRACHA CHICKEN THIGHS

HONEY SRIRACHA CHICKEN THIGHS

**SERVINGS: 8 | PREP TIME: 1HR (OR OVERNIGHT FOR MARINADE) |
COOK TIME: 35-40 MIN**

Enjoy this easy family friendly meal that prepares several portions of quality, flavorful protein at a low cost. This light marinade can also be used for a variety of proteins such as tofu, shrimp, fish, chicken, and beef when you want to take your food to the next level.

INGREDIENTS:

2lbs Boneless Chicken Thighs (With Skin)

Marinade:

- 5 Cloves Garlic, Diced
- 4 Tbsp Sriracha Hot Sauce
- 4 Tbsp Soy Sauce
- 3 Tbsp Honey
- 1 Tbsp Lime Juice
- 1 Tbsp Olive Oil
- 3 Tbsp Fresh Cilantro or Green Onions (Optional Garnish)

INSTRUCTIONS:

1. In a medium bowl, whisk together marinade ingredients. Transfer to a gallon sized plastic bag and add chicken thighs. Seal and massage marinade into the chicken to thoroughly coat the meat. Refrigerate for 1 hour (or up to 24 hours for planning in advance).
2. Pre-heat oven to 400F.
3. Remove chicken from the plastic bag and reserve the marinade. Heat skillet with olive oil on high and brown on all sides for about 2-3 minutes per side to lock in the juices. Then pour the marinade in the pan and bring it to a boil for about 1 minute. Transfer the marinade and chicken thighs to a glass-baking dish. You can also use an ovenproof skillet to eliminate transferring the chicken and juices.
4. Roast chicken in oven at 400F for about 20 minutes skin side down. Flip chicken and bake 15 more minutes and then broil for 2 minutes. Watch closely while broiling to ensure chicken does not burn.
5. Transfer to a cutting board and cover with foil allowing the meat to sit for another 5-10 minutes before slicing. Slice and cover with remaining sauce.

NUTRITION INFO: SERVING SIZE – 3.2OZ, CALORIES (KCAL) – 196, TOTAL FAT- 15G, SATURATED FAT- 3G, TRANS FAT- 0G, CHOLESTEROL- 83MG, SODIUM- 993MG, POTASSIUM- 210MG, TOTAL CARBOHYDRATE- 8G, DIETARY FIBER- 0G, SUGARS- 7G, PROTEIN- 23G SUGARS- 0G, PROTEIN- 29.3G



DOUBLE FUDGE PROTEIN BROWNIES

DOUBLE FUDGE PROTEIN BROWNIES

SERVINGS: 16 | PREP TIME: 10 MIN | COOK TIME: 20 MIN

Experience a healthy brownie recipe that actually has a fudge-like, rich chocolate taste with only 7 grams of net carbs per serving and 11 grams of protein! This recipe is extremely easy way to stay on track with your health goals without adding any gluten, grains, lactose, or casein to your nutrition plan. Make a batch for yourself or share with your friends, family, or co-workers.

INGREDIENTS:

2 Cups Unsweetened Applesauce
1 Cup Almond or Peanut Butter
4 Scoops Whey Protein Isolate
5 Packets Sweetener of Your Choice
1 Cup Unsweetened Cocoa Powder
Coconut Oil Spray

INSTRUCTIONS:

1. Pre-heat oven to 350F.
2. Combine applesauce, almond butter, cocoa powder and sweetener in a medium sized mixing bowl. Mix well with a whisk or hand blender. Then add protein powder one scoop at a time. Mix thoroughly before adding each scoop. Batter will have a smooth yet thick consistency.
3. Spray a 9" x 9" non-stick baking tray with coconut oil. Pour batter into tray and then place into oven. Bake for approximately 20 minutes at 350F.
4. Allow cooling for 10 minutes before cutting the brownies into squares.

NUTRITION INFO:

SERVING SIZE- 1 SQUARE

CALORIES (KCAL)- 155

TOTAL FAT (G)- 10

CHOLESTEROL (MG)- 87

SODIUM (MG)- 62

POTASSIUM (MG)- 103

TOTAL CARB (G)- 10

DIETARY FIBER (G)- 4

SUGARS (G)- 3

PROTEIN (G)- 11

FREE FOODS

With these foods, you can have as much as you want without having to count!



Kale



Arugula



Spinach



Black Coffee



Hot Tea



La Croix Club Soda

HOW TO USE THIS SUBSTITUTION GUIDE

When following a macros based approach to nutrition, it is crucial that one begins to look at food through the lens of proteins, carbs, and fats. These meal plans were formulated with recipes and meals to fit the macronutrient goals for each day. There may be times when you may wish to deviate from these meal plans for variety, cost, convenience, or a certain food not being available or in season in your area. As long as you fit your total daily macronutrient goals at the end of the day, it does not matter how you go about reaching them and what combination of foods you consume to get there.

This substitution guide was created to show you macros-based alternatives for proteins, carbs, and fats. We have included a detailed database of foods with their calories, protein, carbs and fats broken down per ounce (or 30g) serving. If you want to substitute a given food in a meal, these meal plans have been broken down showcasing the macros for every line item making it very easy to see what macros each ingredient contributes to a meal.

For example, this meal consists of 4 ingredients:

Qty	Unit	Description	Cal	C	F	P
4.0	oz.	Smoked Turkey Breast, Deli Style	100.0	4.0	2.0	18.0
1.0	oz.	Hummus	70.0	4.0	5.0	2.0
2.0	oz.	Cucumber	4.0	1.0	0.0	0.0
1.0	ea	Whole Wheat Flour Tortilla (1.5oz. or 45g)	130.0	22.0	3.0	4.0
			304.0	31.0	10.0	24.0

Lets say you wanted to substitute the Whole Wheat Flour Tortilla. The first thing you want to do is look at the primary macronutrient. In this case it contains 22g of carbs, 3g of fat, and 4g of protein. If the amounts of fats and protein and less than 5grams they can be considered zero for the sake of simplicity in making a substitution. When looking at this whole-wheat flour tortilla we have 22g of carbs to substitute. Take a look at the substitution chart and scroll across the first top row to the right where you will see carb equivalents broken down by 5g, 10g, 15, 20g, 25g, etc.

Wt. (oz.)	Item	Cal	C	F	P	25 g	20 g	15 g	10 g	5 g
1	Cooked White Rice	25.8	5.5	0.0	0.5	4.5 oz.	3.6 oz.	2.7 oz.	1.8 oz.	0.9 oz.
1	Cooked Brown Rice	32.0	6.7	0.2	0.7	3.7 oz.	3.0 oz.	2.2 oz.	1.5 oz.	0.7 oz.
1	Cooked Quinoa	34.0	6.0	1.0	1.0	4.2 oz.	3.3 oz.	2.5 oz.	1.7 oz.	0.8 oz.

In our case we have 22g of carbs to substitute, we will round this down to 20g of carbs. If the value was greater than 22.5g we would round up to 25g. This means that we will look at the column listed "20g" and scroll down that column. As you scroll down this chart tells you the equivalent weight in ounces of other foods that will yield the same amount of carbohydrates. This is not always a 100% on the dot exact substitution but if it is within 10% variance for carbs and proteins, and 5% for fats this is an acceptable substitute. For more examples on making substitutions watch this youtube video:

The image shows a 'Substitution Chart' titled 'Protein Macros Per 1oz. of Food'. The chart lists various food items and their corresponding protein, carbohydrate, fat, and protein content in grams and ounces. A red arrow points to the '20 g' column under the 'Protein' heading. A red play button is overlaid on the chart.

Wt. (oz.)	Item	Cal	C	F	P	25 g	20 g	15 g	10 g	5 g
1	Liquid Egg Whites	15.0	0.5	0.0	3.0	8.3 oz.	6.7 oz.	5.0 oz.	3.3 oz.	1.7 oz.
1	Whole Egg	71.5	0.5	5.0	6.5	3.8 oz.	3.1 oz.	2.3 oz.	1.5 oz.	0.8 oz.
1	Ground Turkey 93/7	60	0	0	0	0 oz.	2.6 oz.	1.9 oz.	1.3 oz.	0.6 oz.
1	Deli Turkey Breast	25.0	1.0	0	0	0 oz.	4.4 oz.	3.3 oz.	2.2 oz.	1.1 oz.
1	Turkey Breast Tenderloin	25.0	0.0	0	0	0 oz.	4.0 oz.	3.0 oz.	2.0 oz.	1.0 oz.
1	Ground Chicken 93/7	66.0	0.0	3.8	0	3.3 oz.	2.6 oz.	2.0 oz.	1.3 oz.	0.7 oz.
	Chkn Wings- Baked/Broiled w/ Skin, Bone Removed	32.0	0.0	2.1	2.9	8.5 oz.	6.8 oz.	5.1 oz.	3.4 oz.	1.7 oz.
	Chkn Thighs- Baked/Broiled w/ Skin, Bone Removed	37.0	0.0	2.3	3.7	6.7 oz.	5.4 oz.	4.0 oz.	2.7 oz.	1.3 oz.
	Chicken Drumsticks Baked									

Access the video here: <https://youtu.be/XPE891iDgCY>

Three sweet potatoes are arranged diagonally on a dark, heavily cracked wooden surface. The sweet potatoes are orange-brown with some green and brown spots. The text "CARB SUBSTITUTIONS" is overlaid in white, bold, sans-serif font across the middle of the image.

CARB SUBSTITUTIONS

CARB SUBSTITUTIONS

Wt. (oz.)	Item	Carbohydrate Macros Per 1oz. of Food				Carbohydrate Equivalents				
		Cal	C	F	P	25 g	20 g	15 g	10 g	5 g
1	Cooked White Rice	25.8	5.5	0.0	0.5	4.5 oz.	3.6 oz.	2.7 oz.	1.8 oz.	0.9 oz.
1	Cooked Brown Rice	32.0	6.7	0.2	0.7	3.7 oz.	3.0 oz.	2.2 oz.	1.5 oz.	0.7 oz.
1	Cooked Quinoa	34.0	6.0	1.0	1.0	4.2 oz.	3.3 oz.	2.5 oz.	1.7 oz.	0.8 oz.
1	Cauliflowered Rice	7.0	1.5	0.0	0.6	16.8 oz.	13.5 oz.	10.1 oz.	6.7 oz.	3.4 oz.
1	Sweet Potato	25.0	5.7	0.0	0.5	4.4 oz.	3.5 oz.	2.6 oz.	1.8 oz.	0.9 oz.
1	Red Potatoes	20.0	4.0	0.0	1.0	6.3 oz.	5.0 oz.	3.8 oz.	2.5 oz.	1.3 oz.
1	Japanese Sweet Potatoes	25.0	5.9	0.0	0.5	4.3 oz.	3.4 oz.	2.6 oz.	1.7 oz.	0.9 oz.
1	Russett Potatoes	27.0	6.1	0.0	0.8	4.1 oz.	3.3 oz.	2.5 oz.	1.6 oz.	0.8 oz.
1	Yams	33.0	7.9	0.1	0.4	3.2 oz.	2.5 oz.	1.9 oz.	1.3 oz.	0.6 oz.
1	Dry Oats	57.3	12.2	0.0	1.1	2.0 oz.	1.6 oz.	1.2 oz.	0.8 oz.	0.4 oz.
1	Steel Cut Oats	106.0	19.0	1.8	3.8	1.3 oz.	1.1 oz.	0.8 oz.	0.5 oz.	0.3 oz.
1	Polenta	20.0	4.0	0.0	0.5	6.3 oz.	5.0 oz.	3.8 oz.	2.5 oz.	1.3 oz.
1	Spaghetti Squash	13.0	1.7	0.7	0.2	14.3 oz.	11.5 oz.	8.6 oz.	5.7 oz.	2.9 oz.
1	Zucchini Noodles (Zoodles)	4.5	0.9	0.1	0.1	26.8 oz.	21.4 oz.	16.1 oz.	10.7 oz.	5.4 oz.
1	Asparagus	7.1	1.1	0.0	0.7	23.5 oz.	18.8 oz.	14.1 oz.	9.4 oz.	4.7 oz.
1	Brussels Sprouts	12.0	2.5	0.1	1.0	9.8 oz.	7.9 oz.	5.9 oz.	3.9 oz.	2.0 oz.
1	Broccoli	10.0	1.9	0.1	0.8	13.3 oz.	10.6 oz.	8.0 oz.	5.3 oz.	2.7 oz.
1	String Beans	9.0	2.0	0.0	0.5	12.4 oz.	9.9 oz.	7.4 oz.	5.0 oz.	2.5 oz.

CARB SUBSTITUTIONS

Carbohydrate Macros Per 1oz. of Food					Carbohydrate Equivalents					
Wt.	Item	Cal	C	F	P	25 g	20 g	15 g	10 g	5 g
1	Kale	14.0	3.0	0.0	1.0	8.3 oz.	6.7 oz.	5.0 oz.	3.3 oz.	1.7 oz.
1	Spinach	6.0	1.0	0.0	1.0	25.0 oz.	20.0 oz.	15.0 oz.	10.0 oz.	5.0 oz.
1	Arugula	7.0	1.0	0.2	0.7	24.3 oz.	19.4 oz.	14.6 oz.	9.7 oz.	4.9 oz.
1	Butternut Squash	13.0	3.3	0.0	0.3	7.6 oz.	6.0 oz.	4.5 oz.	3.0 oz.	1.5 oz.
1	Acorn Squash	11.0	3.0	0.0	0.2	8.5 oz.	6.8 oz.	5.1 oz.	3.4 oz.	1.7 oz.
1	Plantains	35.0	9.0	0.1	0.4	2.8 oz.	2.2 oz.	1.7 oz.	1.1 oz.	0.6 oz.
1	Bananas	25.0	6.5	0.1	0.3	3.9 oz.	3.1 oz.	2.3 oz.	1.5 oz.	0.8 oz.
1	Cherry Tomatoes	5.0	1.0	0.1	0.2	24.5 oz.	19.6 oz.	14.7 oz.	9.8 oz.	4.9 oz.
1	Peas	23.0	4.1	0.0	1.5	6.1 oz.	4.9 oz.	3.7 oz.	2.4 oz.	1.2 oz.
1	Carrots	12.0	2.7	0.1	0.3	9.2 oz.	7.4 oz.	5.5 oz.	3.7 oz.	1.8 oz.
1	Cucumbers	4.0	1.0	0.0	0.2	24.3 oz.	19.4 oz.	14.6 oz.	9.7 oz.	4.9 oz.
1	Eggplant	7.0	1.6	0.1	1.6	15.4 oz.	12.3 oz.	9.3 oz.	6.2 oz.	3.1 oz.
1	Pumpkin	7.0	1.8	0.0	0.3	13.6 oz.	10.9 oz.	8.2 oz.	5.4 oz.	2.7 oz.
1	Beets	12.0	2.7	0.1	0.5	9.2 oz.	7.4 oz.	5.5 oz.	3.7 oz.	1.8 oz.
1	Cassava	45.0	10.8	0.1	0.4	2.3 oz.	1.9 oz.	1.4 oz.	0.9 oz.	0.5 oz.
1	Baked Taro Root	41.0	9.7	0.1	0.6	2.6 oz.	2.1 oz.	1.6 oz.	1.0 oz.	0.5 oz.
1	Jicama	11.0	2.5	0.0	0.2	10.0 oz.	8.0 oz.	6.0 oz.	4.0 oz.	2.0 oz.

CARB SUBSTITUTIONS

Carbohydrate Macros Per 1oz. of Food						Carbohydrate Equivalents				
Wt.	Item	Cal	C	F	P	25 g	20 g	15 g	10 g	5 g
1	Kohlrabi	8.0	1.8	0.0	0.5	14.2 oz.	11.4 oz.	8.5 oz.	5.7 oz.	2.8 oz.
1	Water Chestnuts	27.0	6.8	0.0	0.4	3.7 oz.	2.9 oz.	2.2 oz.	1.5 oz.	0.7 oz.
1	Cooked Artichoke	14.0	3.2	0.1	1.0	7.9 oz.	6.3 oz.	4.8 oz.	3.2 oz.	1.6 oz.
1	Snow Peas	12.0	2.1	0.1	0.8	11.7 oz.	9.3 oz.	7.0 oz.	4.7 oz.	2.3 oz.
1	Broccoli Rabe	6.0	0.8	0.1	0.9	30.9 oz.	24.7 oz.	18.5 oz.	12.3 oz.	6.2 oz.
1	Uncooked Mushrooms	6.0	0.9	0.1	0.9	26.9 oz.	21.5 oz.	16.1 oz.	10.8 oz.	5.4 oz.
1	Whole Wheat Spaghetti	90.0	19.5	0.8	4.0	1.3 oz.	1.0 oz.	0.8 oz.	0.5 oz.	0.3 oz.
1	Whole Wheat Penne Pasta- Dry	90.0	19.5	0.8	4.0	1.3 oz.	1.0 oz.	0.8 oz.	0.5 oz.	0.3 oz.
1	Mission Thin White Corn Tortilla	36.7	7.7	0.5	0.7	3.3	2.6	2.0	1.3	0.7
1	Trader Joes Low Carb Whole Wheat Tortilla	45.0	10.0	1.5	4.0	2.5	2.0	1.5	1.0	0.5
1	Siete Tortilla Canyon Bakehouse	120.0	10.0	7.0	4.0	2.5	2.0	1.5	1.0	0.5
1	Gluten Free Bread	70.0	14.0	1.5	2.0	1.8	1.4	1.1	0.7	0.4
1	Rice Cakes- Quaker Lightly Salted	35.0	7.0	0.0	1.0	3.6	2.9	2.1	1.4	0.7
1	Rice Cakes- Organic Lundberg	60.0	14.0	0.5	1.0	1.8	1.4	1.1	0.7	0.4
1	Ezekiel 4:9 Sprouted 100% Whole Grain Bread	80.0	15.0	0.5	2.0	1.7	1.3	1.0	0.7	0.3

CARB SUBSTITUTIONS

Carbohydrate Macros Per 1oz. of Food						Carbohydrate Equivalents				
Wt.	Item	Cal	C	F	P	25 g	20 g	15 g	10 g	5 g
1	Coconut Water	6.3	1.5	0.0	0.0	16.7 oz.	13.3 oz.	10.0 oz.	6.7 oz.	3.3 oz.
1	Blueberries	10.8	2.8	0.0	0.3	9.1 oz.	7.3 oz.	5.5 oz.	3.6 oz.	1.8 oz.
1	Strawberries	9.0	2.2	0.1	0.2	11.5 oz.	9.2 oz.	6.9 oz.	4.6 oz.	2.3 oz.
1	Grapes	19.0	5.0	0.0	0.0	5.0 oz.	4.0 oz.	3.0 oz.	2.0 oz.	1.0 oz.
1	Cubed Mango	18.0	5.0	0.0	0.0	5.0 oz.	4.0 oz.	3.0 oz.	2.0 oz.	1.0 oz.
1	Diced Pineapple	14.0	4.0	0.0	0.0	6.3 oz.	5.0 oz.	3.8 oz.	2.5 oz.	1.3 oz.
1	Cantaloupe- cubes	10.0	2.3	0.1	0.2	10.8 oz.	8.7 oz.	6.5 oz.	4.3 oz.	2.2 oz.
1	Apple	15.0	4.0	0.0	0.0	6.3 oz.	5.0 oz.	3.8 oz.	2.5 oz.	1.3 oz.
1	Navel Orange	14.0	3.6	0.0	0.3	7.0 oz.	5.6 oz.	4.2 oz.	2.8 oz.	1.4 oz.
1	Frozen Cherries	13.0	3.1	0.1	0.3	8.0 oz.	6.4 oz.	4.8 oz.	3.2 oz.	1.6 oz.
1	Watermelon	9.0	2.1	0.0	0.2	11.7 oz.	9.3 oz.	7.0 oz.	4.7 oz.	2.3 oz.
1	Grapefruit	12.0	3.0	0.0	0.2	8.3 oz.	6.6 oz.	5.0 oz.	3.3 oz.	1.7 oz.



PROTEIN SUBSTITUTIONS

PROTEIN SUBSTITUTIONS

Protein Macros Per 1 oz. of Food						Protein Equivalents				
Wt.	Item	Cal	C	F	P	25 g	20 g	15 g	10 g	5 g
1	Liquid Egg Whites	15.0	0.5	0.0	3.0	8.3 oz.	6.7 oz.	5.0 oz.	3.3 oz.	1.7 oz.
1	Whole Egg	71.5	0.5	5.0	6.5	3.8 oz.	3.1 oz.	2.3 oz.	1.5 oz.	0.8 oz.
1	Ground Turkey 93/7	60	0	3.3	7.6	3.3 oz.	2.6 oz.	1.9 oz.	1.3 oz.	0.6 oz.
1	Deli Turkey Breast	25.0	1.0	0.3	4.5	5.6 oz.	4.4 oz.	3.3 oz.	2.2 oz.	1.1 oz.
1	Turkey Breast Tenderloin	25.0	0.0	0.3	5.0	5.0 oz.	4.0 oz.	3.0 oz.	2.0 oz.	1.0 oz.
1	Ground Chicken 93/7	66.0	0.0	3.8	7.6	3.3 oz.	2.6 oz.	2.0 oz.	1.3 oz.	0.7 oz.
1	Chkn Wings- Baked/Broiled w/ Skin, Bone Removed	32.0	0.0	2.1	2.9	8.5 oz.	6.8 oz.	5.1 oz.	3.4 oz.	1.7 oz.
1	Chkn Thighs- Baked/Broiled w/ Skin, Bone Removed	37.0	0.0	2.3	3.7	6.7 oz.	5.4 oz.	4.0 oz.	2.7 oz.	1.3 oz.
1	Chicken Drumsticks- Baked/ Broiled w/ Skin, No Bone	28.0	0.0	1.4	3.5	7.2 oz.	5.7 oz.	4.3 oz.	2.9 oz.	1.4 oz.
1	Deli Chicken Breast	29.0	1.2	0.5	4.8	5.2 oz.	4.1 oz.	3.1 oz.	2.1 oz.	1.0 oz.
1	Rotisserie Chicken Breast Boneless Skinless Chicken	56.8	0.3	3.8	5.0	5.0 oz.	4.0 oz.	3.0 oz.	2.0 oz.	1.0 oz.
1	Breast	31.0	0.0	0.4	6.5	3.9 oz.	3.1 oz.	2.3 oz.	1.5 oz.	0.8 oz.
1	Angus Beef Flank Steak	47.5	0.0	2.5	6.0	4.2 oz.	3.3 oz.	2.5 oz.	1.7 oz.	0.8 oz.
1	Beef Tenderloin Steak- Filet Mignon	51.0	0.0	1.9	8.0	3.1 oz.	2.5 oz.	1.9 oz.	1.3 oz.	0.6 oz.
1	Beef Top Loin Steak-New York Strip	49.0	0.0	1.4	8.4	3.0 oz.	2.4 oz.	1.8 oz.	1.2 oz.	0.6 oz.
1	Top Sirloin Steak	60.0	0.0	4.0	5.5	4.5 oz.	3.6 oz.	2.7 oz.	1.8 oz.	0.9 oz.
1	Beef Jerky	80.0	6.0	1.5	11.0	2.3 oz.	1.8 oz.	1.4 oz.	0.9 oz.	0.5 oz.
1	Skirt Steak	73.0	0.0	5.0	7.0	3.6 oz.	2.9 oz.	2.1 oz.	1.4 oz.	0.7 oz.

PROTEIN SUBSTITUTIONS

Protein Macros Per 1oz. of Food						Protein Equivalents				
Wt.	Item	Cal	C	F	P	25 g	20 g	15 g	10 g	5 g
1	Grass Fed Rib Eye	45.0	0.0	2.7	6.3	3.9 oz.	3.2 oz.	2.4 oz.	1.6 oz.	0.8 oz.
1	Ground Turkey 93/7	25.0	0.7	0.3	5.3	4.7 oz.	3.8 oz.	2.8 oz.	1.9 oz.	0.9 oz.
1	Deli Roast Beef	40.0	0.0	1.8	6.0	4.2 oz.	3.3 oz.	2.5 oz.	1.7 oz.	0.8 oz.
1	Grass Fed Ground Beef 93% Lean	57	0	2.7	8.2	3 oz.	2.4 oz.	1.8 oz.	1.2 oz.	0.6 oz.
1	Beef Chuck Steak	39.8	0.0	1.6	24.0	1.0 oz.	0.8 oz.	0.6 oz.	0.4 oz.	0.2 oz.
1	Bison Meat, Lean Roasted	40.7	0.0	0.7	8.1	3.1 oz.	2.5 oz.	1.9 oz.	1.2 oz.	0.6 oz.
1	Veal Loin	46.0	0.0	2.6	5.4	4.7 oz.	3.7 oz.	2.8 oz.	1.9 oz.	0.9 oz.
1	Canned Tuna	25.0	0.0	0.3	5.5	4.5 oz.	3.6 oz.	2.7 oz.	1.8 oz.	0.9 oz.
1	Salmon Sashimi-Raw	41.0	0.0	1.7	6.1	4.1 oz.	3.3 oz.	2.4 oz.	1.6 oz.	0.8 oz.
1	Tuna Sashimi-Raw	31.0	0.0	0.3	6.6	3.8 oz.	3.0 oz.	2.3 oz.	1.5 oz.	0.8 oz.
1	Cooked Shrimp	25.7	0.0	0.3	5.7	4.4 oz.	3.5 oz.	2.6 oz.	1.8 oz.	0.9 oz.
1	Grass Fed Rib Eye	45.0	0.0	2.7	6.3	3.9 oz.	3.2 oz.	2.4 oz.	1.6 oz.	0.8 oz.
1	Bacon-cooked	151.0	0.4	11.7	10.4	2.4 oz.	1.9 oz.	1.4 oz.	1.0 oz.	0.5 oz.
1	Turkey Bacon-cooked	107.0	0.9	7.8	8.3	3.0 oz.	2.4 oz.	1.8 oz.	1.2 oz.	0.6 oz.
1	Pork Tenderloin-boneless	46.0	0.0	1.4	7.9	3.2 oz.	2.5 oz.	1.9 oz.	1.3 oz.	0.6 oz.
1	Pork Chops- boneless	50.0	0.0	2.9	5.7	4.4 oz.	3.5 oz.	2.6 oz.	1.8 oz.	0.9 oz.
1	Salmon	41.0	0.0	1.0	7.0	3.6 oz.	2.8 oz.	2.1 oz.	1.4 oz.	0.7 oz.

PROTEIN SUBSTITUTIONS

Protein Macros Per 1oz. of Food						Protein Equivalents				
Wt.	Item	Cal	C	F	P	25 g	20 g	15 g	10 g	5 g
1	Cod	28.0	0.1	0.8	4.8	5.2 oz.	4.2 oz.	3.1 oz.	2.1 oz.	1.0 oz.
1	Swai	20.0	0.3	0.6	3.8	6.7 oz.	5.3 oz.	4.0 oz.	2.7 oz.	1.3 oz.
1	Haddock	29.0	0.1	0.9	5.1	4.9 oz.	3.9 oz.	3.0 oz.	2.0 oz.	1.0 oz.
1	Mahi Mahi	25.0	0.3	0.3	5.3	4.8 oz.	3.8 oz.	2.9 oz.	1.9 oz.	1.0 oz.
1	Sea Bass	34.0	0.1	1.3	5.1	4.9 oz.	3.9 oz.	2.9 oz.	2.0 oz.	1.0 oz.
1	Halibut	30.0	0.0	0.6	5.8	4.3 oz.	3.5 oz.	2.6 oz.	1.7 oz.	0.9 oz.
1	Clams-Steamd/Boiled without shell	26.0	0.9	0.3	4.4	5.6 oz.	4.5 oz.	3.4 oz.	2.3 oz.	1.1 oz.
1	Sardines in water	62.0	0.0	3.5	7.0	3.6 oz.	2.9 oz.	2.2 oz.	1.4 oz.	0.7 oz.
1	Lump Crab Meat	23.3	0.0	0.2	5.7	4.4 oz.	3.5 oz.	2.6 oz.	1.8 oz.	0.9 oz.
1	Lobster Meat-Steamd/ Boiled without shell	27.5	0.4	0.2	5.8	4.3 oz.	3.5 oz.	2.6 oz.	1.7 oz.	0.9 oz.
1	Catfish	42.0	0.1	2.7	4.2	6.0 oz.	4.8 oz.	3.6 oz.	2.4 oz.	1.2 oz.
1	Mussels	42.0	1.2	2.3	3.9	6.5 oz.	5.2 oz.	3.9 oz.	2.6 oz.	1.3 oz.
1	Lowfat Plain Kefir	13.0	1.4	0.2	1.3	19.2 oz.	15.4 oz.	11.5 oz.	7.7 oz.	3.8 oz.
1	Non-Fat Plain Greek Yogurt	17.0	1.3	0.0	2.8	8.8 oz.	7.1 oz.	5.3 oz.	3.5 oz.	1.8 oz.
1	1% Cottage Cheese	20.0	0.8	0.3	3.5	7.1 oz.	5.7 oz.	4.3 oz.	2.9 oz.	1.4 oz.
1	Garbanzo Beans-canned	30.0	4.9	0.2	1.6	15.3 oz.	12.2 oz.	9.2 oz.	6.1 oz.	3.1 oz.
1	Pinto Beans-canned	22.0	3.9	0.2	1.3	19.1 oz.	15.3 oz.	11.5 oz.	7.6 oz.	3.8 oz.
1	Black Beans-canned	26.0	4.2	0.2	1.6	15.3 oz.	12.2 oz.	9.2 oz.	6.1 oz.	3.1 oz.



FAT SUBSTITUTIONS

FAT SUBSTITUTIONS

Wt (oz.)	Weight (grams)	Item	Cal	Carbs	Fat	Protein	Fat Equivalentents			
							15 g 1 Tbsp	10 g 2 tsp	5 g 1 tsp	2.5 g 1/2 tsp
1	28.0	Kasandrinos EVOO	248.0	0.0	28.0	0.0	15.0 g	10.0 g	5.0 g	2.5 g
1	28.0	Ghee	270.0	0.0	30.0	0.0	14.0 g	9.3 g	4.7 g	2.3 g
1	28.0	Avocado	45.0	2.4	4.2	0.6	101.0 g	67.3 g	33.7 g	16.8 g
1	28.0	Coconut Butter	240.0	0.0	28.0	0.0	15.0 g	10.0 g	5.0 g	2.5 g
1	28.4	Chia Seeds	138.0	12.0	9.0	5.0	3.0 g	2.0 g	1.0 g	0.5 g
1	28.0	Flax Seeds	108.0	6.0	8.0	4.0	3.8 g	2.5 g	1.3 g	0.6 g
1	28.0	Fish Oil	240.0	0.0	27.0	0.0	15.6 g	10.4 g	5.2 g	2.6 g
1	28.0	Raw Almonds	160.0	6.0	14.0	6.0	30.0 g	20.0 g	10.0 g	5.0 g
1	28.0	Sesame Oil	240.0	0.0	28.0	0.0	15.0 g	10.0 g	5.0 g	2.5 g
1	28.0	Sunflower Oil	243.0	0.0	28.0	0.0	15.0 g	10.0 g	5.0 g	2.5 g
1	28.0	Vegetable Oil	240.0	0.0	28.0	0.0	15.0 g	10.0 g	5.0 g	2.5 g
1	28.0	Almond Butter	180.0	7.0	16.0	6.0	26.3 g	17.5 g	8.8 g	4.4 g
1	28.0	Peanut Butter	168	6	13	7	32.3 g	21.5 g	10.8 g	5.4 g
1	28.0	Sunflower Seed Butter	175.0	7.0	16.0	5.0	26.3 g	17.5 g	8.8 g	4.4 g
1	27.8	Pumpkin Oil	240	0	27	1	15.4 g	10.3 g	5.1 g	2.6 g
1	28.0	Macadamia Nut Oil	240.0	0.0	27.0	0.0	15.6 g	10.4 g	5.2 g	2.6 g
1	28.0	Peanut Oil	251.0	0.0	28.0	0.0	15.0 g	10.0 g	5.0 g	2.5 g
1	27.7	Pistachios	160	8	13	6	31.9 g	21.3 g	10.6 g	5.3 g
1	28.0	Cashews	85	9	7	3	60.0 g	40.0 g	20.0 g	10.0 g
1	28.4	Macadamia Nuts	204	4	21	2	20.3 g	13.5 g	6.8 g	3.4 g
1	28.0	Hazel Nuts	178	5	17	4	24.7 g	16.5 g	8.2 g	4.1 g
1	28.0	Pecans	196	4	20	3	3.8 g	2.5 g	1.3 g	0.6 g
1	28.0	Pine Nuts	100	2	10	2	7.5 g	5.0 g	2.5 g	1.3 g
1	28.0	Pumpkin Seeds	151	2	12	8	7.5 g	5.0 g	2.5 g	1.3 g
1	28.0	Sunflower Seeds	166	6	15	6	2.5 g	1.7 g	0.8 g	0.4 g

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