



"Empower your body, strengthen your soul."

Sample Meal Plan 1

SAMPLE MACROS			
Protein	Carbs	Fat	Total Cals
98-105G	130-135G	40-45G	1350

Breakfast:

1 Banana
 2TBS almond butter
 1C egg whites scrambled

Meal 2

3oz Grilled chicken breast
 1/2C Jasmine Rice
 3oz avocado
 1-2C Broccoli or Normandy blend veggies (honestly, ANY VEGGIES I DON'T CARE JUST EAT THEM) They fill you up, so you can totally eat more if you still feel hungry.

Meal 3

1 [Power Crunch protein bar](#) (you can find them in the health isle in HEB)
 1C cantaloupe

Meal 4

2oz grilled chicken breast
 5oz sweet potato

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Kirkland - Almond Butter, 2 Tbs	210	6g	18g	7g	0mg	0mg	1g	4g
Heb - Real Egg Whites, 8 ounce	113	2g	0g	23g	0mg	363mg	0g	0g
Supermarket - Banana, 1 banana	105	27g	0g	0g	0mg	1mg	0g	3g
Meal 2								
Perdue - Cooked Chicken Breast, 3 oz.	120	0g	1g	26g	65mg	75mg	0g	0g
Avocado - Hass, Raw, 3 ounce	142	7g	13g	2g	0mg	7mg	0g	6g
White Jasmine Rice (Cooked - White Rice (Cooked), 0.5 cup	103	23g	0g	2g	0mg	1mg	0g	1g
Broccoli, raw, 2 cup chopped	62	12g	1g	5g	0mg	60mg	3g	5g
Meal 3								
Generic - Cantaloupe, 1 Cup (177g)	60	16g	0g	1g	0mg	28mg	14g	2g
Power crunch - Power Crunch, 1 bar	200	10g	12g	13g	10mg	100mg	5g	1g
Meal 4								
Sweet Potato, 5 ounce	121	29g	0g	2g	0mg	78mg	6g	4g
Perdue - Cooked Chicken Breast, 2 oz(s)	80	0g	1g	17g	43mg	50mg	0g	0g
TOTAL:	1,316	132g	46g	98g	118mg	763mg	29g	26g



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Sample Meal Plan 2

SAMPLE MACROS			
Protein	Carbs	Fat	Total Cals
98-105G	130-135G	40-45G	1350

Meal 1:

1/2C Old Fashioned oatmeal
1TBS almond butter (mix it in your oatmeal with some cinnamon = yum)

Meal 2:

2 corn tortillas
3oz grilled chicken breast
2tbsp salsa
1C grilled veggies cooked with 1/2TBS olive oil

Meal 3:

5oz lean ground turkey
5oz sweet potato

Meal 4:

1 [chobani yogurt](#) – any flavor
1 power crunch bar – any flavor

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Raw - Strawberry, 10 medium 1-1/4"	40	9g	0g	1g	0mg	0mg	6g	2g
Quaker Oatmeal - Old Fashioned Oatmeal, 0.5 cup	150	27g	3g	5g	0mg	0mg	1g	4g
Kirkland - Almond Butter, 1 Tbs	105	3g	9g	4g	0mg	0mg	1g	2g
Meal 2								
Salsa - Salsa, 2 tablespoon	10	2g	0g	0g	0mg	230mg	1g	1g
Homeade Grilled Veggies - Grilled Veggies, 1 cup	123	12g	8g	3g	0mg	0mg	4g	0g
Corn tortillas - Tortillas, 2 tortillas	100	20g	2g	2g	0mg	10mg	2g	3g
Perdue - Cooked Chicken Breast, 3 oz.	120	0g	1g	26g	65mg	75mg	0g	0g
Meal 3								
Perdue - Lean Ground Turkey, 5 oz	188	0g	10g	25g	106mg	100mg	0g	0g
Sweet Potato, 5 ounce	121	29g	0g	2g	0mg	78mg	6g	4g
Meal 4								
Power. Crunch. Bar - Power Crunch Bar, 1 bar	200	10g	12g	13g	10mg	100mg	5g	1g
Chobani Greek Yogurt - Strawberry, 1 Container (5.3oz/150g)	140	20g	0g	14g	5mg	65mg	19g	1g
TOTAL:	1,297	132g	45g	95g	186mg	658mg	45g	18g



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Sample Meal Plan 3

SAMPLE MACROS			
Protein	Carbs	Fat	Total Cals
98-105G	130-135G	40-45G	1350

Meal 1:

- 1C egg whites
- 2 pieces bacon
- 1 apple

Meal 2:

- 1 Lean Cuisine Herb Roasted Chicken
- 1 Baked potato
- 1TBS butter for your baked potato

Meal 3:

- 4 Dove dark chocolate almond squares
- 1 chobani yogurt

Meal 4:

- 3oz grilled chicken
- 1/4C quinoa
- [1 emerald almond packet](#)

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Bacon - Bacon, 4 pieces	160	2g	14g	10g	30mg	640mg	2g	0g
Apples, raw, with skin, 1 medium (3" dia)	95	25g	0g	0g	0mg	2mg	19g	4g
Heb - Real Egg Whites, 8 ounce	113	2g	0g	23g	0mg	363mg	0g	0g
Meal 2								
butter - butter, 1 tbs	60	0g	6g	0g	0mg	0mg	0g	0g
Bake Potato - Bake Potato, 1 potato	161	37g	0g	4g	0mg	17mg	2g	4g
Lean Cuisine - Herb Roasted Chicken, 1 Container	170	18g	4g	16g	35mg	510mg	4g	3g
Meal 3								
Dove - Chocolate - Dark With Almonds, 4 squares	168	17g	11g	2g	4mg	8mg	14g	2g
Chobani Greek Yogurt - Strawberry, 1 Container (5.3oz/150g)	140	20g	0g	14g	5mg	65mg	19g	1g
Meal 4								
Emerald - Almonds, 100 Calorie Packs, 1 pack (18g)	100	4g	9g	4g	0mg	0mg	1g	2g
Perdue - Cooked Chicken Breast, 3 oz(s)	120	0g	1g	26g	65mg	75mg	0g	0g
Quinoa - Quinoa Homemade, 0.25 cup	56	10g	1g	2g	0mg	3mg	0g	1g
TOTAL:	1,343	135g	46g	101g	139mg	1,683mg	61g	17g