



"Empower your body, strengthen your soul."

## Sample Meal Plan 1

SAMPLE MACROS			
Protein	Carbs	Fat	Total Cals
94	132	66	1500

### **Breakfast:**

1 Carlita tortilla – 6" flour  
 2 eggs  
 2TBS salsa  
 2 pieces bacon  
 Sweetened tea

### **Meal 2**

3oz Grilled chicken breast  
 1C mixed veggies – any veggies you want! I personally get the frozen bags.  
 1/2C Jasmine Rice

### **Meal 3**

4oz Lean ground turkey  
 1/2C jasmine rice  
 4oz Avocado

### **Meal 4**

1 Clif Protein bar  
 1TBS Almond or peanut butter

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
Carlita - 6" Flour Tortillas, 1 tortilla	80	12g	3g	2g	0mg	190mg	0g	0g
Safeway - Salsa, 2 T	10	2g	0g	0g	0mg	190mg	1g	0g
Heb - Bacon, 2 pieces	90	0g	7g	5g	15mg	240mg	0g	0g
Generic - Hot Tea - Sweetened, 1 cup	70	5g	3g	1g	0mg	0mg	0g	0g
Egg - Egg, 2 large	143	1g	10g	13g	372mg	142mg	0g	0g
<b>Meal 2</b>								
Perdue Chicken - Chicken Breast Grilled, 3 oz	120	0g	2g	26g	65mg	75mg	0g	0g
White Jasmine Rice (Cooked - White Rice (Cooked), 0.5 cup	103	23g	0g	2g	0mg	1mg	0g	1g
Frozen - Mixed Veggies, 1 cup	60	12g	0g	2g	0mg	50mg	4g	2g
<b>Meal 3</b>								
Hass - Avocados, 4 ounce	189	11g	17g	0g	0mg	0mg	0g	8g
White Jasmine Rice (Cooked - White Rice (Cooked), 0.5 cup	103	23g	0g	2g	0mg	1mg	0g	1g
Jennie-O - Lean Turkey, 4 ounce	172	0g	8g	21g	81mg	81mg	0g	0g
<b>Meal 4</b>								
Clif Bar - 20g Protein Builders, 1 bar	270	30g	8g	20g	0mg	230mg	20g	4g
Kirkland - Almond Butter, 1 Tbs	105	3g	9g	4g	0mg	0mg	1g	2g
<b>TOTAL:</b>	<b>1,515</b>	<b>122g</b>	<b>67g</b>	<b>98g</b>	<b>533mg</b>	<b>1,200mg</b>	<b>26g</b>	<b>18g</b>



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## Sample Meal Plan 2

SAMPLE MACROS			
Protein	Carbs	Fat	Total Cals
94	132	66	1500

### **Meal 1:**

½ HEB blueberry bagel  
 1/2TBS butter  
 1/2C egg whites scrambled  
 Sweet hot tea

### **Meal 2:**

4oz lean ground turkey  
 2 carlita tortillas  
 2oz avocado  
 ½ refried beans

### **Meal 3:**

15 almonds  
 2 pieces laughing cow mini babybel cheeses  
 2TBS hummus  
 15 baby carrots

### **Meal 4:**

Amy's Kitchen Chile Relleno casserole bowl

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
Heb Bakeshop - Blueberry Bagel, 0.5 bagel	135	25g	1g	5g	0mg	195mg	6g	1g
Generic - Hot Tea - Sweetened, 1 cup	70	5g	3g	1g	0mg	0mg	0g	0g
Heb - Real Egg Whites, 4 ounce	57	1g	0g	11g	0mg	181mg	0g	0g
kerrygold - Butter, 0.5 tbsp	50	0g	6g	0g	15mg	50mg	0g	0g
<b>Meal 2</b>								
Carlita - 6" Flour Tortillas, 2 tortilla	160	24g	5g	4g	0mg	380mg	0g	0g
Generic - Refried Black Beans, 0.5 cup	80	9g	3g	3g	5mg	610mg	0g	3g
Hass - Avocados, 2 ounce	94	6g	9g	0g	0mg	0mg	0g	4g
Turkey - Lean Ground Turkey, 4 oz	120	0g	2g	26g	105mg	70mg	0g	0g
<b>Meal 3</b>								
Nuts, almonds, 15 almond	104	4g	9g	4g	0mg	0mg	1g	2g
the Laughing Cow - Mini Babybel Light, 2 piece	100	0g	6g	12g	30mg	320mg	0g	0g
Carrots - Baby-Cut, 6 oz (85g)	70	16g	0g	2g	0mg	130mg	10g	4g
hummus - Hummus, 2 tbsp	70	4g	5g	2g	0mg	130mg	1g	2g
<b>Meal 4</b>								
Amy's Kitchen Inc. - Chile Relleno Casserole Bowl, 255 gram	380	36g	19g	16g	40mg	790mg	4g	3g
<b>TOTAL:</b>	<b>1,490</b>	<b>130g</b>	<b>68g</b>	<b>86g</b>	<b>195mg</b>	<b>2,856mg</b>	<b>22g</b>	<b>19g</b>



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## Sample Meal Plan 3

SAMPLE MACROS			
Protein	Carbs	Fat	Total Cals
94	132	66	1500

### **Meal 1:**

1/2C Old Fashioned Oatmeal

1TBS peanut butter (you can also add cinnamon, truvia and chocolate unsweetened cocoa to make it taste extra good!)

Hot sweet tea

### **Meal 2:**

2 slices whole wheat bread

1TBS mayo

2oz low sodium turkey breast sandwich meat

1 slice swiss cheese – or any cheese you like

20 almonds

### **Meal 3:**

5oz ground beef – 93% lean

1C broccoli

5oz Sweet potato

### **Meal 4:**

1 Power crunch bar - Found in HEB health isel. This brand is lower in carbs and higher in fat than Clif.

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
Quaker Oatmeal - Old Fashioned Oatmeal, 0.5 cup	150	27g	3g	5g	0mg	0mg	1g	4g
Generic - Hot Tea - Sweetened, 1 cup	70	5g	3g	1g	0mg	0mg	0g	0g
Maranatha - Almond Butter Smooth, 1 tbsp	95	4g	8g	3g	0mg	33mg	1g	2g
<b>Meal 2</b>								
Helman's - Mayo, 1 tbsp	90	0g	10g	0g	5mg	90mg	0g	0g
Publix - Swiss Cheese Slice, 1 Slice (21g)	80	1g	6g	6g	20mg	50mg	0g	0g
Butterball - Low Sodium Turkey Deli Meat, 56 g	50	1g	1g	11g	30mg	330mg	0g	0g
Heb - 100% Whole Wheat Multigrain Bread, 2 slice	240	44g	4g	12g	0mg	440mg	8g	6g
Raw Almonds - 10 Raw Almonds, 20 Almonds	138	5g	12g	5g	0mg	0mg	1g	3g
<b>Meal 3</b>								
Publix Lean Beef - 93% Lean, 5 oz	213	0g	10g	29g	88mg	94mg	0g	0g
Broccoli, raw, 1 cup chopped	31	6g	0g	3g	0mg	30mg	2g	2g
Sweet Potato, 5 ounce	121	29g	0g	2g	0mg	78mg	6g	4g
<b>Meal 4</b>								
Power. Crunch. Bar - Power Crunch Bar, 1 bar	200	10g	12g	13g	10mg	100mg	5g	1g
<b>TOTAL:</b>	<b>1,478</b>	<b>132g</b>	<b>69g</b>	<b>90g</b>	<b>153mg</b>	<b>1,245mg</b>	<b>24g</b>	<b>22g</b>