

WEEKS 1 & 3 Meal Plan

MONDAY | WEDNESDAY | FRIDAY | & SUNDAY

CALORIES 2458	PROTEIN 216g	CARBS 192g	FAT 90g
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MEAL 1

Apple Cinnamon Roll Casserole: 1 serving (278cal)
 3 egg whites (51cal), 1 small chicken sausage link (50cal) or meat choice
 100 calories coffee creamer choice ** if you don't drink coffee use the creamer calories somewhere else of choice**
 Total: (480cal)

OR Build Your Own Breakfast, minimum protein requirement: 20g

MEAL 2

150 calories protein powder from parameters listed in ebook, mix in water
 Total: (150cal)

MEAL 3

Cheesesteak Bowl:
 6oz 90% lean ground beef (347cal) or higher fat protein choice of equal calories from BYOO list
 4oz bell peppers and/or onions (25cal) or vegetable choice
 1.5oz provolone (150cal) or topping choice
 2/3 cup cooked white rice (137cal)
 Total: (660cal)

MEAL 4

Caprese Salad Skewer: *cut cheese stick up, put cheese and tomatoes on skewer, drizzle with dressing
 2.5 mozzarella string cheese sticks (200cal) or any cheese desired within calories
 Cherry tomatoes to taste
 4tsp balsamic glaze dressing (54cal) or dressing choice
 Total: (254cal)
 Or snack of choice minimum protein requirement: 15g

MEAL 5

6oz grilled sirloin steak (281cal) or lean protein choice of equal calories from BYOO list
 Salad: 3 cups lettuce (24cal), 130cal dressing choice, 4oz vegetable choice (40cal), 50 calories topping choice (14g cheese used to calculate)
 Baked potato: 6oz potato (125cal, white flesh, measure raw), 60g plain nonfat greek yogurt (35cal) or topping choice
 Total: (685cal)
 OR Build Your Own Option (listed at bottom of this plan) *Must follow BYOO instructions to match calories listed

BEFORE BED

230 calories snack of choice: minimum protein requirement 17g
 Food used to calculate:
 196g nonfat flavored greek yogurt (150cal)
 19g granola (80cal)
 Total: (230cal)

SUNDAY (OPTIONAL): CALORIES

Meet your Macronutrients as close as possible. The most important one is your Protein requirements

TARGET MACROS:	PROTEIN 215g	% 35	CARBS 200g	% 33	FAT 88g	% 32
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WEEKS 1 & 3 Meal Plan

TUESDAY | THURSDAY | SATURDAY

CALORIES 2455

PROTEIN 214g

CARBS 226g

FAT 78g

MEAL 1

Breakfast Sandwich: 1 English muffin (130cal, +/- 10 calories will work)
30g 1/3 less fat cream cheese (68cal) or topping choice
4 egg whites (69cal)
3oz deli ham (90cal) or breakfast meat choice equal in calories
60 calories coffee creamer choice ** if you don't drink coffee use the creamer calories somewhere else of choice**
Total: (416cal)

MEAL 2

150 calories protein powder from parameters listed in ebook
70 calories milk choice, add water to texture desired
Total: (220cal)

MEAL 3

6.5oz boneless skinless chicken breast (260cal) or lean protein choice of equal calories from BYOO list
6oz vegetable choice (60cal)
1 cup cooked white rice (205cal)
105 calories condiment choice
Total: (630cal)

MEAL 4

250g apple (130cal) or fruit of choice
30g almonds (174cal) or nut butter
Total: (304cal)

MEAL 5

Turkey Burger: 2 servings (390cal)
5oz potato (104cal, measure raw, white flesh)
2tsp oil (80cal) (use to cook/bake/air fry the potatoes)
4oz vegetable choice (40cal)
Lettuce and vegetables to taste for wrap/bun if desired
Total: (613cal)
OR Build Your Own Option (listed at bottom of this plan) *Must follow BYOO instructions to match calories listed

BEFORE BED

100 calories protein powder from parameters listed in ebook, mix in water
AND
12oz cucumbers (51cal) or raw vegetable choice
120 calories dressing choice
Total: (272cal)

WEEKS 2 & 4 Meal Plan

MONDAY | WEDNESDAY | FRIDAY | & SUNDAY

CALORIES 2447	PROTEIN 216g	CARBS 215g	FAT 80g
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MEAL 1
 Egg Bites with Bacon and Cheese: 4 servings (507cal)
 100 calories coffee creamer choice ** if you don't drink coffee use the creamer calories somewhere else of choice**
 Total: (607cal)
 OR Build Your Own Breakfast, minimum protein requirement: 40g

MEAL 2
 200 calories protein powder from parameters listed in ebook
 70 calories milk choice, add water to texture desired
 Total: (270cal)

MEAL 3
 Chicken Sandwich: 2 slices bread (140cal) *or replace carb for something else
 5.5oz grilled and sliced boneless skinless chicken breast (220cal) or lean protein choice of equal calories from BYOO list
 31g 1/3 less fat cream cheese (70cal) or condiment choice for sandwich
 25g avocado (40cal) or topping choice
 Lettuce and vegetables to taste
 Total: (470cal)

MEAL 4
 47g tortilla chips (218cal) **we suggest you use this for topping on taco soup**
 Or snack of choice equal in calories, no protein requirement
 Total: (218cal)

MEAL 5
 Taco Soup: 1 serving (381cal)
 6oz vegetable choice (60cal)
 Total: (441cal)
 OR Build Your Own Option (listed at bottom of this plan) *Must follow BYOO instructions to match calories listed

BEFORE BED
 Apple Nachos: 250g apple (130cal) thinly sliced or chopped, can replace with fruit of choice equal in calories
 120 calories topping choice (3tbsp PB2 used to calculate)
 **Toppings can be anything: caramel, choc syrup, peanut butter melted down, whipped cream, greek yogurt, etc.
 AND
 250g nonfat flavored greek yogurt (191cal) DF: 110 calorie yogurt choice, 80 calories protein powder
 Total: (441cal)

SUNDAY (OPTIONAL): CALORIES

Meet your Macronutrients as close as possible. The most important one is your Protein requirements

TARGET MACROS:	PROTEIN 215g	%35	CARBS 200g	% 33	FAT 88g	% 32
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WEEKS 2 & 4 Meal Plan

TUESDAY | THURSDAY | SATURDAY

CALORIES 2450

PROTEIN 210g

CARBS 244g

FAT 71g

MEAL 1

Zucchini Bread Oats: 1 serving (269cal)
1 whole egg (70cal), and 3 egg whites (51cal) *cook separately, can use calories to add protein powder to oats
100 calories coffee creamer choice ** if you don't drink coffee use the creamer calories somewhere else of choice**
Total: (490cal)

OR Build Your Own Breakfast, minimum protein requirement: 23g

MEAL 2

250 calories protein powder from parameters listed in ebook
80 calories milk choice, add water to texture desired
Total: (330cal)

MEAL 3

6.5oz boneless skinless chicken thigh (325cal) or higher fat protein choice of equal calories from BYOO list
5oz vegetable choice (50cal)
100 calories carbohydrate choice
60 calories condiment choice
Total: (535cal)

MEAL 4

6oz raw broccoli (60cal) or vegetable choice
100g hummus (141cal) or dip choice
Total: (201cal)

MEAL 5

Creamy Apple Cider Chicken Skillet: 1.5 serving (484cal)
1/2 cup cooked white rice (102cal)
4oz vegetable choice (40cal)
Total: (626cal)
OR

Build Your Own Option (listed at bottom of this plan) *Must follow BYOO instructions to match calories listed

BEFORE BED

275g nonfat flavored greek yogurt (210cal)
175g strawberries (56cal) or any fruit equal in calories (can be fresh or frozen)
Total: (266cal)

OR snack of choice, minimum protein requirement: 24g

BACK TO BASICS *Meal Plan*

BYOO CAN BE APPLIED TO CARB AND PROTEIN SWAPS

MONDAY | WEDNESDAY | FRIDAY | & SUNDAY

CALORIES 2445	PROTEIN 214g	CARBS 196g	FAT 91g
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MEAL 1

1 bagel (250 calories)
3tbsp 1/3 less fat cream cheese (105cal) or topping choice equal in calories
150 calories protein powder from parameters listed in ebook, mix in water
Total: (505cal)

MEAL 2

3 hard boiled eggs (210cal) or snack of choice minimum protein requirement 18g
Total: (210cal)

MEAL 3

6.5oz boneless skinless chicken breasts (260cal) or low fat protein from BYOO list
3 cups lettuce (24cal), 4oz vegetables choice (40cal)
90 calories dressing choice
42g shredded cheese (150cal) or topping choice
Total: (564cal)

MEAL 4

300g strawberries (96cal) or fruit choice
3/4 cup whipped cream (103cal) or topping choice for fruit (yogurt, cottage cheese etc)
Total: (199cal)

MEAL 5

5oz skirt steak (337cal) or higher fat protein from BYOO list
5oz vegetables choice (50cal)
1/2 cup cooked white rice (102cal) or carbohydrate choice
3/4 cup salsa (60cal) or topping choice
40g avocado (64cal) or fat source choice
Total: (613cal)

BEFORE BED

300g nonfat flavored greek yogurt (224cal) DF: 100 calories protein powder mixed into 120 calories yogurt
130 calories granola (roughly 28-32g in weight depending on brand) or carbohydrate choice
Total: (354cal)

SUNDAY (OPTIONAL): CALORIES

Meet your Macronutrients as close as possible. The most important one is your Protein requirements

TARGET MACROS:	PROTEIN 215g	% 35	CARBS 200g	% 33	FAT 88g	% 32
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BACK TO BASICS *Meal Plan*

BYOO CAN BE APPLIED TO CARB AND PROTEIN SWAPS

TUESDAY | THURSDAY | SATURDAY

CALORIES 2459

PROTEIN 212g

CARBS 201g

FAT 90g

MEAL 1

4 whole eggs (280cal)
 120 calories bacon or meat choice
 5oz potato (104cal, measure raw, white flesh)
 80 calories coffee creamer choice ** if you don't drink coffee use the creamer calories somewhere else of choice**
 Total: (584cal)

MEAL 2

200 calories protein powder from parameters listed in ebook
 50 calories milk choice (unsweetened coconut milk used for calculations), add water to texture desired
 15g almonds (87cal) or snack choice
 Total: (336cal)

MEAL 3

120g cooked pasta (188cal) or carbohydrate choice
 3/4 cup marinara (120cal) or sauce choice equal in calories
 5oz 93% ground turkey (200cal) or lean protein from BYOO list
 5oz broccoli (50cal) or veggie choice
 Total: (558cal)

MEAL 4

175g apple (91cal) or fruit choice
 Total: (91cal)

MEAL 5

6.5oz boneless skinless chicken breasts (260cal) or low fat protein from BYOO list
 2/3 cup cooked white rice (137cal)
 5oz broccoli (50cal) or veggie choice
 100 calories topping/condiment choice
 Total: (548cal)

BEFORE BED

250g nonfat flavored greek yogurt (191cal) DF: 100 calories yogurt, 90 calories protein mixed in
 1 rice cake (50cal)
 17g nut butter (101cal)
 Total: (342cal)

Or snack of choice equal to calories, minimum protein requirement is 25g

Recipes, Marinades, Substitutes, & Other Plan Notes

*** BE SURE TO SCROLL DOWN THROUGH ALL SHEETS ***

MEAL: Apple Cinnamon Roll Casserole	8	SERVINGS	278	CALORIES
MACROS PER SERVING:	PROTEIN 4g	CARBS 32g	FAT 14g	

INGREDIENTS	DIRECTIONS
2 cans refrigerated cinnamon rolls (5 pack roll container- the 150 cal per serving ones. 10 rolls total OR calorie match to 1500cals) 2 large eggs ½ cup heavy whipping cream (400 calories total if using dairy free alternative) 2 teaspoons vanilla extract 1 tsp cinnamon 1 cup chopped apple 1 tbsp butter (Dairy free alternative: plant butter- 102 calories)	1. Preheat your oven to 375 degrees F. 2. Open refrigerated cinnamon rolls and set icing aside. Rip cinnamon roll dough into small pieces and place in a greased baking dish. 3. Sauté apples in saucepan with 1 tbsp butter and cinnamon until soft and caramelized 4. In a separate bowl whisk together eggs, heavy whipping cream, and vanilla, then add in the apples. 5. Pour egg mixture over cinnamon rolls and bake for 30 minutes, or until fully cooked. 6. Allow to cool slightly then drizzle on icing.

MEAL: Turkey Burgers	4	SERVINGS	195	CALORIES
MACROS PER SERVING:	PROTEIN 21g	CARBS 2g	FAT 11g	

INGREDIENTS	DIRECTIONS
16 oz. 93% lean raw ground turkey 1 Tbsp plain dried breadcrumbs (21 cal) 1/2 tsp salt, or as desired 1/4 tsp freshly ground black pepper 1/4 tsp (heaping) garlic powder 1/4 tsp (heaping) onion powder 2 Tbsp light mayonnaise (70 cal) 2 tsp Worcestershire sauce (9 cal)	1. Add ground turkey to a medium mixing bowl. Sprinkle in breadcrumbs, salt, pepper, garlic powder, and onion powder. 2. Add mayonnaise and drizzle in Worcestershire sauce. 3. Gently toss and break up meat mixture to evenly blend. Divide into 4 equal portions and shape into patties about 1/2- inch thick. 4. Spray a 12-inch non-stick skillet over medium-high heat for a few minutes. 5. Add turkey patties and sear until golden brown on bottom, about 4 - 5 minutes, flip and continue to cook until cooked through, about 4 - 5 minutes longer. Center should register 165 degrees on an instant read thermometer

MEAL: Egg Bites with Bacon & Cheese		12 SERVINGS	127 Per Bite	CALORIES
MACROS PER SERVING: PROTEIN 10g		CARBS 2g	FAT 8g	

INGREDIENTS	DIRECTIONS
<p>4 slices bacon, diced(70 cal per slice) (280 cal meat choice if you are pork free)</p> <p>6 large eggs</p> <p>1¼ cups cottage cheese of your choice (200 cal)</p> <p>1¼ cups shredded cheese choice (550 cal)</p> <p>2 tablespoons cornstarch (61 cal)</p> <p>Heaping ¼ teaspoon salt</p> <p>½ teaspoon freshly ground black pepper</p> <p>½ teaspoon hot sauce, If desired</p>	<ol style="list-style-type: none"> 1. Spray a nonstick muffin pan generously with nonstick cooking spray 2. In a nonstick skillet at medium-high heat, cook the bacon, stirring frequently, until crisp, 5 to 6 minutes. Pat grease off of it after cooking. 3. In a blender, combine the eggs, cottage cheese, shredded cheese, cornstarch, salt, pepper, and hot sauce(if desired). Blend until completely smooth, about 30 seconds. 4. Pour egg mixture evenly into the muffin pan, filling each well about three-quarters full. Divide the bacon evenly over the egg bites. 5. Bake for 20 to 25 minutes on the middle rack, until the eggs are set. You'll know they are done when the egg bites start pulling slightly away from the edges. <p>*If you want to, fill a large cookie sheet halfway with water and set the muffin tin in it to create a water bath- this will give them that "starbucks" texture.</p> <ol style="list-style-type: none"> 6. After 5 minutes of them cooling, use a knife to loosen the egg bites from the edges of the pan and carefully lift them out onto a plate. Serve warm. <p>Make-Ahead Instructions: Once cool, the egg bites can be refrigerated in an airtight container for up to 3 days. Reheat in the microwave for 60 to 90 seconds. The egg bites can also be frozen in an airtight container for up to 2 months. Defrost in the refrigerator overnight and reheat using the microwave.</p>

MEAL: Taco Soup		4 SERVINGS	381	CALORIES
MACROS PER SERVING: PROTEIN 36g		CARBS 39g	FAT 9g	

INGREDIENTS	DIRECTIONS
<p>1 pound 93% raw lean ground beef</p> <p>1 cup chopped onion</p> <p>1 tablespoon tomato paste (13 cal)</p> <p>1 tablespoon chili powder</p> <p>1 tablespoon ground cumin</p> <p>1 tablespoon garlic powder</p> <p>2 teaspoons kosher salt</p> <p>2 10-ounce cans Rotel (diced tomatoes with green chiles) (125 cal total)</p> <p>1 15-ounce can black beans, rinsed and drained (379 cal)</p> <p>1 cup frozen corn kernels</p> <p>4 cups beef broth (40 cal)</p>	<p>Stove Top-</p> <ol style="list-style-type: none"> 1. In a large stock pot over medium heat, cook the ground beef, breaking into smaller chunks, until no longer pink. 2. Add the onion and cook until it softens, about 3 minutes, then stir in the tomato paste, chili powder, cumin, garlic powder, and kosher salt, and cook for 2 more minutes, stirring often. 3. Stir in the tomatoes, black beans, and corn. 4. Add the broth and bring to a boil, then reduce to a rolling simmer. 5. Cook for 20-25 minutes, stirring occasionally. 6. If you like a thicker soup, cook longer to thicken. Garnish with your favorite taco toppings (onion, lettuce, pico, cilantro, jalapeno) and serve. <p>Instant Pot-</p> <ol style="list-style-type: none"> 1. Sauté the ground beef, onions, and tomato paste in the insert of the Instant Pot. 2. Add the spice seasonings and cook for 1-2 minutes. 3. Add the tomatoes, black beans, corn, and 4 cups of broth and bring to a boil. Lock the lid into place and seal. 4. Set to Pressure Cook for 8 minutes. Allow the soup to Naturally Release for 15 minutes, then Quick Release the pressure valve with the handle of a wooden spoon until the soup has vented all the way. 5. Garnish with your favorite taco toppings (onion, lettuce, pico, cilantro, jalapeno) and serve.

MEAL: Zucchini Bread Oats		1 SERVINGS	269 CALORIES
MACROS PER SERVING:	PROTEIN 7g	CARBS 47g	FAT 8g

INGREDIENTS	DIRECTIONS
1/2 cup dry oats (150 cal) 1/4 cup grated zucchini 1 Tbsp raisins (30 cal) 1 T chopped walnuts (33 cal) 1/2 - 1 tsp cinnamon 1 tsp vanilla extract 2 tsp pure maple syrup (35 cal) 1/2 cup unsweetened vanilla dairy free milk choice (15 cal) Dash of sea salt	1. Combine all ingredients in a small jar or container that can be sealed. 2. Stir well to combine. 3. Let chill in the refrigerator overnight. 4. Eat hot or cold. *Notes: Eat your overnight zucchini oatmeal hot or cold. Everyone has a preference. I like to warm mine up in the microwave for about 45 seconds to one minute before eating.

MEAL: Creamy Apple Cider Chicken Skillet		6 SERVINGS	323 CALORIES
MACROS PER SERVING:	PROTEIN 25g	CARBS 18g	FAT 18g

INGREDIENTS	DIRECTIONS
1.5 lbs raw boneless skinless chicken breast 1/4 cup all-purpose flour 1/2 teaspoon salt 1/4 teaspoon pepper 3 Tablespoons butter (305 cal) 2 apples sliced into 1/2-inch thick wedges (medium- skin on) 2 onions sliced into 1/2-inch thick slices (medium) 2 teaspoons fresh thyme minced 1 Tablespoon olive oil (126 cal) 1/2 cup apple cider or unfiltered apple juice (57 cal) 1/2 cup low sodium chicken broth (19 cal) 1/2 cup heavy cream (408 cal) 1 Tablespoon apple cider vinegar	1. Pat the chicken dry with paper towels. 2. In a dish, season the flour with the salt and pepper. Lightly dredge chicken in the flour, shake to remove excess flour, then set aside. 3. Melt 2 tablespoons of the butter in a large skillet over medium heat. Add the sliced apples and onions and season with a little salt and pepper. Sprinkle with the fresh thyme. 4. Cook for 8 to 10 minutes, stir occasionally so that the apples and onions can soften and brown slightly. The apples should be al dente. 5. Remove apples and onion from the pan and set aside in a bowl. 6. Add the remaining butter to the empty skillet along with the tablespoon of olive oil. Once the butter has melted, place the dredged chicken into the pan and cook over medium heat until lightly browned all over, about 2 minutes per side. 7. Add the apple cider and broth to the pan and heat until boiling. Cover, reducing heat to medium-low and simmer until the chicken is cooked through to 165 degrees F on a thermometer. 8. Return the apples and onions to the pan with the chicken and sauce. Add the cream and stir to combine. Increase the heat to medium-high and cook until the sauce has thickened slightly, about 2 minutes. 9. Stir in the cider vinegar and adjust seasoning by adding salt and pepper to taste, if needed. Sprinkle with fresh thyme, if desired, then serve with the sauce, apples, and onions spooned over the chicken.

Dairy Free Yogurt Mix

This is similar to Greek yogurt and is approved by us due to increased protein amount. We suggest sticking to the 70% yogurt and 30% protein powder ratio in terms of calories.

Example meal is 100 calories of yogurt 1. Do about 70 calories worth of your favorite DF yogurt then mix in about 30 calories of protein powder that fits into the parameters listed in e-book. This will allow you to better attain the amount of protein to meet your macronutrients listed on plan.

Protein Collagen Vitamins

*****IF YOU CANNOT STOMACH PROTEIN SHAKES: THE REPLACEMENT IS A LEAN PROTEIN SOURCE FROM THE BYOO LIST. (EXAMPLE IS 100 CALORIES OF PROTEIN IS 2.5OZ BONELESS SKINLESS CHICKEN BREAST)*****

Please see FAQ in our E-Book for guidance on protein, collagen and vitamins.

Marinades, Seasonings, Sauces, and Dressings

You may only use non-stick cooking spray unless your plan explicitly says oil.

You can use any marinade for your protein sources that do not have oils - throw in a freezer bag and dump the marinade in (grilling the next day works best for flavor and texture- baking turns out rubbery in my opinion)

Flavor God, Mrs. Dash, Pink Himalayan Sea Salt, Redmond's Salt, pepper, garlic, Pico de Gallo, sugar free.

Sauces you should avoid: Ketchup, BBQ Sauce, mayonnaise, wing sauces (unless used in the marinade and grilled), dressings (unless noted on your plan)

Sauces to use sparingly: soy sauce (super high in sodium), Greek yogurt dressings (have to account for calories on your own)

Green light sauces: Mustard, Franks Red Hot, Tapatio, Cholula, basically any hot sauce in that category.

*****THIS IS A VERY CONDENSED GUIDELINE, PLEASE SEE OUR EBOOK FOR MORE MEAL PREPPING TIPS AND GUIDANCE.****

Substitutions, choices, & notes

Avocado Sub:

Nuts, oils, nut butters (1/2 avocado= 20 grams raw almonds)

Fruit:

Any fruit that you would like, if it says just a #oz fruit that means we used pineapple as a generic measurement.

Dairy Free Subs:

-If you have Greek yogurt on your plan: swap for almond or coconut milk yogurt.

-Cheese: use dairy free cheese

-If you do not eat eggs: swap for one serving of chicken sausage or turkey sausage

-Instead of chicken alfredo meal: use marinara sauce and 6oz ground turkey

-For Ben n Jerrys froyo- use vegan ice cream -For butter- use the same amount of olive oil, or dairy free butter

Egg Subs:

1 large egg = 72 calories

1 egg whites= 17 calories

1oz 85% Jennie O ground turkey= 55 calories

2 strips Jennie O turkey bacon = 60 calories

1 link Johnsonville breakfast sausage = 75 calories

1 Slice thick cut bacon (2 thinner reg slices)= 80calories

1/3 scoop Biohealth Phyto Perfect Protein = 60 calories

1/2 scoop Biohealth Precision blend protein= 75 calories

60 grams Nasoya brand Tofu = 60 calories

****ANY VARIANCE TO PLAN YOU CREATE WILL BE CALCULATED BY YOU AND IS YOUR RESPONSIBILITY****

Build your own option (BYOO)

FOR MEAL 5 BOTH MWFSU, AND TTHSA!

If you do not love the recipes or are egg free, or wish to do your own thing, you may! Simply “build your own meal” using the step by step chart! (You do NOT need to use MyFitnessPal! You can add up your items with this chart!) If you wish to use MyFitnessPal to build yours, be VERY careful when entering in your food, and specify cooked or raw on your entries. Our chart is entirely cooked unless noted, so we recommend simply using the chart!

Protein is your main focus, then you can build the rest to your own preference! The only requirement is that you have a minimum of oz for protein source based on your plan letter- this is listed below! Your macros are your CHOICE beyond the protein requirement! Utilize freedom! We will place examples further down the plan! Also- by building your own meal, just know that your daily macros will not match ours as we are all entering different things! If you follow your protein guidelines, let the rest fall however you choose! You may not be able to get it to match that calorie amount “perfectly”, just make sure you are within 10-15 calories of your allotted amount for that meal. You will see brands listed for some items- this is simply for convenience if you want to compare store brand calories to the ones I have listed for you!

***IF YOU WISH TO USE MYFITNESSPAL TO TRACK THAT MEAL BUT ARE INEXPERIENCED WITH MFP, PLEASE WATCH THIS VIDEO!**

<https://www.youtube.com/watch?v=H-Kqmzxmi2A>

Build your own option (BYOO)

STEP 1: PICK YOUR PROTIEN

(PLEASE SEE PROTEIN REQUIREMENTS BASED ON THE PLAN LETTER!)

A-C must have a *minimum* of 3oz

D-I must have a *minimum* of 4oz

J-O must have a *minimum* of 5oz

P-S must have a *minimum* of 6oz

LEAN PROTEINS (PER OUNCE):

- Sirloin- 47cal
- Chicken Breast- anywhere 40-48cal (depending on trimmings)
- Chicken Tenderloins- 25-35cal
- Shrimp (raw)- 29cal
- Cod- 34cal
- Wild Caught Salmon- 43cal
- Venison- 42 calories (pretty close to all game meat)
- Pork chop (fat removed)- 39 cal
- Pork Tenderloin- 46cal
- 93/7 turkey-40 calories

HIGH FAT PROTEINS (PER OUNCE):

- Boneless Skinless Chicken Thigh- 50 cal
- 93% Ground Beef- 59 cal
- 85% Ground Turkey- 60 cal
- Atlantic Salmon (farm)- 60 cal
- Rib Eye- 50-60 calories
- Pulled Pork (pork shoulder)- 82 cal

STEP 3: PICK YOUR VEGGIES

PER OUNCE COOKED, UNLESS NOTED

- Broccoli- 10 calories
- Green Beans- 10 calories
- Carrots- 10 calories
- Asparagus- 6 calories
- Zucchini- 5 calories
- Bell Pepper (raw)- 6 calories
- Fiddlehead (raw)- 10 calories
- Cauliflower- 10 calories
- Okra (raw)- 9 calories
- Brussel Sprouts (raw)- 11 calories
- Yellow Squash- 5 calories
- Acorn squash- 16 calories
- Cabbage 1 cup chopped (raw)- 22 cal
- Lettuce 1 cup finely chopped/shredded (raw)- 5 calories
- Spinach 1 cup (raw)- 7 calories

STEP 2: PICK YOUR CARBOHYDRATES

PER OUNCE COOKED, UNLESS NOTED

- Pasta (cooked)-75g = 120 calories
- Yam (raw)- 3oz = 100 calories
- Oats(dry)- 40g = 148 calories
- White Rice (Cooked)- ½ cup = 102 cal
- Brown Rice (Cooked)- ½ cup = 75 cal
- Potato, russet (white flesh) (raw)- 1 oz = 21 calories
- Lentils (cooked)- ½ cup= 115 calories
- Black Beans (canned)- ½ cup= 110 cal
- Quinoa (cooked)- ½ cup= 111 calories

Build your own option (BYOO) Con't

OTHER FOOD ITEMS

FRUITS	FAT SOURCES OR SAUCES OF CHOICE:
<ul style="list-style-type: none"> • <u>Apple</u> 193g = 100calories • <u>Banana</u> 112g = 100 calories • <u>Orange</u> 212g = 100 calories • <u>Pineapple(fresh)</u> 200g = 100 calories • <u>Pineapple(canned, drained)</u> 166g = 100cal • <u>Grapes</u> 145g = 100 calories • <u>Watermelon</u> 335g = 100 calories • <u>Cantaloupe</u> 295g = 100 calories • <u>Honeydew</u> 278g = 100 calories • <u>Pear</u> 175g = 100 calories • <u>Blueberries</u> 88g = 50 calories • <u>Raspberries</u> 96g = 50 calories • <u>Strawberries</u> 155g = 50 calories • <u>Mango</u> 167g = 100 calories • <u>Peach</u> 238g = 100 calories <p>*FRUIT CAN BE ANY CARB SOURCE REPLACEMENT*</p> <p>*Calorie amounts will vary for some foods*</p>	<ul style="list-style-type: none"> • <u>Olive Oil</u> 1 tbsp = 119 calories • <u>Coconut Oil</u> 1 tbsp = 121 calories • <u>Butter</u> 1 tbsp = 100 calories • <u>Canola Oil</u> 1 tbsp = 120 calories • <u>Shredded mexican blend cheese</u> 28g = 100 calories • <u>Cheddar cheese</u> 25g = 102 calories • <u>Mozzarella Cheese</u> 40g = 99 calories • <u>Avocado</u> 62g = 99 calories • <u>Cream Cheese</u> 1 tbsp = 40 calories (Philadelphia brand) • <u>Sour Cream</u> 37g = 50 calories • <u>Reduced fat cream cheese</u> 44g = 100 cal • <u>Regular fat cream cheese</u> 40g = 100 cal • <u>Heavy Cream</u> 1 tbsp = 50 calories (generic store brand) • <u>Peanut butter</u> 1 tbsp (17g) = 101 calories • <u>Almonds</u> 17g = 98 calories <p><u>OR:</u> calorically add in ANY sauce (or sugar) of your choosing using the measurement on the bottle!</p>
TOPPINGS:	MISCELLANEOUS FOODS:
<ul style="list-style-type: none"> • <u>Jam</u>= 10g 25 calories • <u>Nonfat plain greek yogurt</u> 85g = 50 cal • <u>Plain greek yogurt full fat (5%)</u> 54g = 50 calories 	<ul style="list-style-type: none"> • <u>Cottage cheese 0%</u> 141g = 100 calories • <u>Cottage cheese 2%</u> 124g = 100 calories • <u>Cottage cheese 4%</u> 102g = 100 calories • <u>Nonfat flavored greek yogurt</u> 134g = 100 calories

MEAL Examples

270	CALORIE MEAL
STEP 1:	3 oz Chicken breast (43 cal x 3 oz = 129 cal)
STEP 2:	½ cup Brown rice (= 75 cal)
STEP 3:	4 oz Zucchini (5 cal x 4 = 20 cal)
STEP 4:	which means 270 - 224 = 46 cal remaining Bonus: + 2 tbsp Shredded Mexican cheese = 50 cal
MEAL TOTAL	29+75+20+50 = 274 Calories
370	CALORIE MEAL
STEP 1:	4 oz Grilled Sirloin (47 cal x 4 =188 cal)
STEP 2:	6.5 oz Raw Idaho Potato (21 cal x 6.5 = 135 cal)
STEP 3:	4 oz Asparagus (6 cal x 4 = 24 cal)
STEP 4:	which means 350 - 320 = 30 cal remaining Bonus: 1 tbsp Sour Cream = 25 cal
MEAL TOTAL	188+132+24+25 = 369 Calories
450	CALORIE MEAL
STEP 1:	4 oz Grilled Ribeye (50 cal x 4 = 200 cal)
STEP 2:	½ c Black Beans (= 110 cal)
STEP 3:	3 oz Bell Pepper (6 cal x 3= 18 cal)
STEP 4:	which means 450 - 328 = 122 cal remaining Bonus: 2 oz Avocado = 90 cal + 1 tbsp Sour Cream = 25 cal
MEAL TOTAL	200+110+18+90+25 = 443 Calories
575	CALORIE MEAL
STEP 1:	5 oz Baked Salmon (60 cal x 5 = 300 cal)
STEP 2:	1 cup White Rice (= 204 cal)
STEP 3:	3 oz Green Beans (= 30 cal)
STEP 4:	which means 575 - 534 = 41 cal remaining Bonus: ½ tbsp Butter (50 cal)
MEAL TOTAL	300+204+30+50 = 584 Calories!

MEAL *Examples Con't*

650	CALORIE MEAL
STEP 1:	6 oz Chicken Thigh (50 cal x 6 = 300 cal)
STEP 2:	3 oz Yam (= 100 cal)
STEP 3:	4 oz Broccoli (10 cal x 4 = 40 cal)
STEP 4:	which means $650 - 440 = 210$ remaining Bonus: 2 tbsp Butter (100 cal x 2= 200 cal)
MEAL TOTAL	$300+100+40+210+200 = 640$ Calories

NOTES

Coffee creamer is input as the protein powder options. Your macronutrients are based off that, if you choose to put regular cream, half and half, or anything else just stay in the caloric parameters and you will be ok.

DISCLAIMER

Not every food that we use to create plan will be perfect in My Fitness Pal and we do the best we can. Some variances in calories, macronutrients, sizes, and brands will vary. These plans are made by hand and are not made by a program automatically. If you come across something that seems out of the norm message the Habitual Fitness LLC business Facebook page, or address it in the Meal Plan Questions thread in the group once all the plans are distributed.

An example is that Halo Top will always throw the Macronutrient count off for the day because of how much insoluble fiber is in the food item. On your plan given the calories are correct, but the macronutrients will be off on the days that you have Halo Top. It will essentially subtract carbohydrates from the total count for the day. This happens a ton in My Fitness Pal, this is just one example.