

Balanced Approach Macro Meals*

RECIPES

BREAKFAST OPTIONS:

Raw Cereal Blend:

¼ cup Grape Nuts
½ Tbsp. nuts or seeds (slivered almonds, pumpkin or sunflower seeds)
¼ cup old fashioned rolled oats
Pinch of flax seeds
2 tsp honey
1 serving fruit or 2 Tbsp. raisins
½ cup fat free milk
Mix first four ingredients together. Add honey, fruit and milk—Enjoy!

Substitutions: You may trade milk for almond or coconut milk. You may also use other cereals such as Shredded Wheat, Fiber Wise or Fiber One. Macro nutrients will differ based upon substitutions and brands.

Calories: 340 Carbs:65g Protein:12g Fat:5g

Kodiak Cakes:

½ cup prepared Kodiak Mix
3 Tbsp. egg whites
¼ cup blueberries sweetened with stevia (optional)
1 Tbsp. pure maple syrup
Prepare pancake mix according to package and add 3 Tbsp egg whites to 1/2 cup prepared mix. Spray griddle gently and add mix. Recipe should make about three 4" pancakes. Top with blueberries and maple syrup.

Calories: 305 Carbs:55 Protein:20 Fat:2

Overnight Oatmeal:

1 cup vanilla Greek yogurt
½ cup rolled oats
2 Tbsp. chopped pecans (optional)
1 peeled and chopped apple
1 banana peeled and sliced
½ cup sliced strawberries (or other berry)
Split all ingredients in half and either layer in 2 mason jars or mix in bowl and split between mason jars. Seal and refrigerate overnight. You may add stevia or honey to sweeten further. Some people choose to add banana right before eating instead of the day before due to browning.

Calories: 300 Carbs:51 Protein:11 Fat:7 (per 1 serving/-mason jar)



Southwest Egg Whites and Toast:

12 Tbsp. egg whites (from carton) or 4 large egg whites
2 Tbsp. green chile
1 slice Dave's Good Seed Bread
1 wedge Laughing Cow Light Swiss
Whisk egg whites in bowl with green chile. Spray pan with cooking spray and egg white mixture and scramble. Toast bread, spread cheese on top and eat with eggs.

Calories: 265 Carbs:30 Protein:29 Fat:4.5

LUNCH / DINNER OPTIONS:

Green Salad with Protein:

4 cups green leaf lettuce or spring mix
¼ large yellow bell pepper
¼ cucumber
¼ tomato
¼ cup broccoli
1 Tbsp. Good Seasons dressing—prepared with expeller pressed, extra virgin oil
2 Tbsp. vinegar (optional)
1 tsp Flavor God Seasonings (optional)
3 oz. chopped chicken or other lean protein source
Chop all vegetables/protein and mix in large bowl. Add dressing and other seasonings.
Substitutions: You may add any raw vegetables you like. The darker the color the more nutrients! If you are adding avocado, only use 1-2 Tbsp as to not add additional fat.

Calories: 255 Carbs:10 Protein:30 Fat:10

Chicken Fajitas:

4oz chopped chicken breast
½ cup sliced white or yellow onion
½ cup sliced green, red or yellow bell pepper
1 tsp extra virgin olive oil
2 corn tortillas
Bake chicken at 350 for 30-40 minutes. I find it easiest to cut and season chicken before putting in oven as it cooks faster. You may season with any flavor *Flavor God*. Add oil to skillet and warm. Add peppers and onion to skillet with 2 Tbsp. water—season. Add sliced chicken and serve on

Continued

**all macro amounts are approximate*

steamed corn tortillas. You may add tomatoes, lettuce, jalapenos, and/or salsa. You may also add avocado/ guacamole just keep under 2 Tbsp.
Calories 275 Carbs:31 Protein:30 Fat:8

Turkey Sandwich:

2 slices whole grain bread (Dave's Killer Bread, Thin)

4oz turkey deli meat (nitrite free)

Sliced tomato

Lettuce

Sliced onion

1Tbsp mustard (optional)

Pickles (optional)

You may add other vegetables as desired. Limit avocado to 2 slices.

Substitutions: Tuna fish or other lean meat instead of turkey. No mayo. No cheese.

Calories: 260 Carbs:36 Protein:35 Fat:6



Fish with Brown Rice and Veggies:

4oz Tilapia

½ cup cooked brown rice

1 cup broccoli

Lemon

Broil fish—you may season with any flavor Flavor God or Mrs. Dash Seasoning with lemon. Cook rice according to package and steam 1 cup broccoli.

Calories: 230 Carbs:26 Protein:25 Fat:3.5

Pasta and T Burger:

2oz whole grain penne pasta

½ cup marinara

3oz extra lean turkey burger

1 cup zucchini

Boil pasta according to package. Warm marinara sauce. You may make your own or a good option is Victoria. Fry turkey burger in skillet—to help with dryness, you can add some vegetable stock or water. Steam 1 cup zucchini or have a small side salad with vinegar and extra virgin olive oil or 2 tsp good seasons dressing.

Calories: 380 Carbs:53 Protein:30 Fat:6.5

Chicken with Brown Rice and Veggies:

4oz chicken tenderloin

1/3 Tbsp. expeller pressed oil plus 1 Tbsp. water

1/2 cup cooked brown rice

1 Tbsp. teriyaki sauce (Soy Vay contains no high fructose corn syrup)

1 cup steamed veggies (broccoli, snap peas, zucchini, etc.)

Add oil to skillet and warm. Add chicken and cook 2 min on both sides—if they start to stick add

water. Remove from skillet and bake in pre-heated oven at 375 for 25 min. Cook rice according to package while steaming veggies. Put rice and veggies in bowl and top with chicken and teriyaki sauce.

Calories: 350 Carbs:38 Protein:28 Fat:8

Stuffed Bell Pepper:

4oz extra lean turkey burger

¼ cup instant rice

½ cup red onion

½ cup marinara sauce (Victoria has minimal sugar)

1 large bell pepper cut in half

¼ cup mozzarella cheese

Cook turkey burger in skillet with red onion. You may add extra water and/or vegetable broth to help with dryness. Cook entire package of meat and save for meal prep. Cook rice according to package, add meat mixture and rice in a bowl with marinara sauce. Cut the bell pepper in half-length wise and stuff with meat mixture. Top with cheese and bake in dish for 30 minutes at 365.

Calories: 380 Carbs:34 Protein:40 Fat:12

Chicken Burrito:

1 Wheat tortilla

4 oz. shredded chicken tenderloin (cooked in crock pot)

¼ cup shredded cabbage

2Tbsp red onion

¼ cup mango

Salsa (of your choice)

Cilantro to taste

Lemon to taste

Cook 10-12 chicken tenderloin pieces in crock pot 4-5 hours on low seasoned with *Flavor God* Everything seasoning and garlic salt. After it cooks let it cool, then shred. Save extra chicken for other recipes. Use pre-packaged cabbage (or chop a ¼ cup cabbage from head), add onion, cilantro and mango with lemon to bowl and mix. Warm tortilla and add chicken, cabbage mixture and salsa. Roll and enjoy.

Calories:270 Carbs:30 Protein:30 Fat:4

Mini Pizzas:

1 wheat English muffin

¼ cup pizza sauce

¼ cup pineapple

¼ cup onion, peppers, olives and/or mushrooms (really any veggie you like)

1 oz. mozzarella cheese

Cut English muffin in half and toast in toaster.

Place on cookie sheet and top with divided sauce,

Continued

pineapple, veggie and cheese. Put under broiler and keep a close eye on them—when cheese starts to bubble remove from oven.

Calories: 260 Carbs:35 Protein:14 Fat:8

Baked Nachos:

16 Baked Tostitos

4 oz. shredded chicken tenderloin

½ oz. cheddar cheese

¼ cup tomato

1-2 Tbsp. diced green onion

1-2 Tbsp. green chile

Salsa to taste

Arrange chips on foil covered baking sheet and top with cheese and chicken. Broil for 3-5 minutes—keep a close eye on it. Take out of oven and top with tomato, green chile, green onion and salsa. Season with *Flavor God* if desired.

Calories: 315 Carbs:27 Protein:31 Fat:9

Fish Tacos:

6 oz Tilapia

2 Corn Tortillas

½ cup shredded cabbage

1 Tbsp chopped cilantro

½ Tbsp honey

½ lime

¼ medium avocado

Broil fish until done. You may use *Flavor God* seasonings to season fish. Add cabbage, honey, cilantro, lime and salt to bowl and mix well. Wrap tortillas in damp paper towel and warm in microwave for 30 seconds. Top tortillas with fish, cabbage mixture and avocado.

Calories:368 Carbs:39 Protein:33 Fat:11

Chicken Foil Dinner:

4oz chicken tenderloin

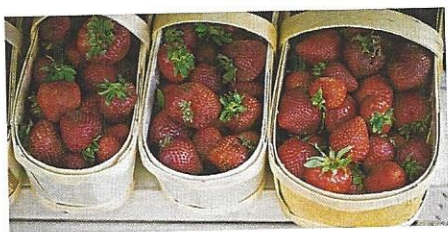
1 Sweet potato (5 inch long) sliced

¼ cup onion

½ cup mushroom

Season chicken with *Flavor God* or salt and pepper. Place potato slices on a piece of aluminum foil top with chicken, onion and mushrooms and season. Fold foil over and seal edges. Place on baking sheet and bake for 20 min at 375 degrees until chicken is no longer pink in the middle.

Calories: 235 Carbs: 31 Protein: 25 Fat: 1



SNACK OPTIONS:

Roasted Veggies:

1 cup mushrooms

½ cup chopped red onion

1 cup sliced zucchini

1 cup chopped asparagus

1 Tbsp. extra virgin olive oil

Lemon (to taste)

Seasoning (to taste)

Put all veggies in bowl with oil and *Flavor God* seasoning (I like Garlic/Lemon flavor) and mix. Cover baking sheet in foil and top with veggies. Bake at 400 for 20 minutes. Keep a close eye on it and mix at 10 minutes. Once cooked add lemon. Makes 2-3 1 cup servings

Calories:53 Carbs:5 Protein:2 Fat:3.5

Complete Nutrition Plus in water:

Mix one scoop CN+ in 8oz water

Calories: 125 Carbs:9 Protein:20 Fat:1

Complete Nutrition Plus with PB2:

1 scoop CN+

8oz Almond milk

2 Tbsp. PB2

1/3 banana

1 Stevia packet

1 cup ice

Combine all ingredients in blender and blend until smooth

Calories: 265 Carbs:32 Protein:26 Fat:5

Fruit and Veggie Plus in water:

Mix one scoop Fruit and Veggie Plus in 8 oz water

Calories:60 Carbs:12 Protein: ½ g Fat: ½ g

Apple with 1 Tbsp Peanut Butter:

1 Gala apple

1 Tbsp Peanut butter (use non-hydrogenated oil)

Cut apple and dip in peanut butter—Enjoy!

Calories: 175 Carbs:25 Protein:3.5 Fat:8

Serving of fruit:

Calories:80 Carbs:20 Protein:1 Fat:0 (approximate numbers)

Chobani Greek Yogurt: 6oz OR like yogurt

Calories:136 Carbs:20 Protein:14 Fat:0

Pretzels w/ Lite Laughing Cow Wedge:

Calories: 145 Carbs:26 Protein:5 Fat:1.5

Continued

BAMM ~ 1400 / 1700 Macro Plans*

WEEK 1: 1400 / 1700 CALORIE PLANS:

If at the end of the day you do not feel satisfied with the amount of food you ate or if you just find yourself hungry, you may have a serving of Complete Nutrition Plus in water or another serving of the raw cereal blend. If you are following the 1700 calorie macro plan, add a "Builder Bar" (or similar snack) as a third snack. Please note: These macros are already added into the 1700 calorie plan

DAY 1:

1400 Calorie Plan:

Calories: 1350 ~Carbs:178g~Protein:112g~Fat:28g

1700 Calorie Plan:

Calories: 1620 ~Carbs:208g~Protein:132g~Fat:37g

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/ Protein

Meal 3: Chicken Fajita

Snack 1: Complete Nutrition w/PB2

Snack 2: Greek Yogurt w/ Fruit

DAY 2:

1400 Calorie Plan:

Calories: 1373 ~Carbs:168g~Protein:106g~Fat:34g

1700 Calorie Plan:

Calories: 1643 ~Carbs:198g~Protein:126g~Fat:43g

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/Protein

Meal 3: Turkey Sandwich

Snack 1: Complete Nutrition w/PB2

Snack 2: Apple w/ Peanut Butter

DAY 3:

1400 Calorie Plan:

Calories: 1318 ~Carbs:163g~Protein:98g~Fat:34g

1700 Calorie Plan:

Calories: 1588 ~Carbs:193g~Protein:118g~Fat:43g

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/Protein

Meal 3: Fish w/ Brown Rice

Snack 1: Complete Nutrition w/PB2

Snack 2: Apple w/ Peanut Butter and Roasted Veggies

DAY 4:

1400 Calorie Plan:

Calories: 1415 ~Carbs:185g~Protein:101g~Fat:34g

1700 Calorie Plan:

Calories: 1685 ~Carbs:215g~Protein:121g~Fat:43g

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/Protein

Meal 3: Pasta w/ T Burger

Snack 1: Complete Nutrition w/PB2

Snack 2: Apple w/ Peanut Butter

DAY 5:

1400 Calorie Plan:

Calories: 1263 ~Carbs:150g~Protein:98g~Fat:31g

1700 Calorie Plan:

Calories: 1533 ~Carbs:180g~Protein:118g~Fat:40g

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/ Protein

Meal 3: Chicken w/ Brown Rice & Veggies

Snack 1: Complete Nutrition w/PB2

Snack 2: Roasted Veggies

DAY 6:

1400 Calorie Plan:

Calories: 1320 ~Carbs:161g~Protein:108g~Fat: 32g

1700 Calorie Plan:

Calories: 1590 ~Carbs:191g~Protein:128g~Fat:41g

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/Protein

Meal 3: Stuffed Bell Pepper

Snack 1: Complete Nutrition w/PB2

Snack 2: Serving of Fruit

DAY 7:

1400 Calorie Plan:

Calories: 1410 ~Carbs:171g~Protein:106g~Fat:34g

1700 Calorie Plan:

Calories: 1680 ~Carbs:201g~Protein:126g~Fat:43g

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/Protein

Meal 3: Chicken Burrito

Snack 1: Complete Nutrition w/PB2

Snack 2: Pretzels w/ Cheese Wedge & ½ Apple w/ Peanut Butter

WEEK 2: 1400 / 1700 CALORIE PLANS:

DAY 8:

1400 Calorie Plan:

Calories: 1256 ~Carbs:162g~Protein:96g~Fat:28g

1700 Calorie Plan:

Calories: 1526 ~Carbs:192g~Protein:116g~Fat:37g

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/Protein

Meal 3: Mini Pizza

Snack 1: Complete Nutrition w/PB2

Snack 2: Greek Yogurt w/ Serving of Fruit



Continued

*all macro amounts are approximate

DAY 9:**1400 Calorie Plan:****Calories: 1360 ~Carbs:170g~Protein:104g~Fat:31g****1700 Calorie Plan:****Calories: 1630 ~Carbs:200g~Protein:124g~Fat:40g**

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/ Protein

Meal 3: Baked Nachos

Snack 1: Complete Nutrition Plus w/ PB2

Snack 2: Pretzels w/ Cheese Wedge & ½ Serving Fruit

DAY 10:**1400 Calorie Plan:****Calories: 1316 ~Carbs:153g~Protein:100g~Fat:38g****1700 Calorie Plan:****Calories: 1586 ~Carbs:183g~Protein:120g~Fat:47g**

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/ Protein

Meal 3: Fish Tacos

Snack 1: Complete Nutrition in Water & Apple w/

Peanut Butter

Snack 2: Roasted Veggies

DAY 11:**1400 Calorie Plan:****Calories: 1375 ~Carbs:179g~Protein:101g~Fat:30g****1700 Calorie Plan:****Calories: 1645 ~Carbs:209g~Protein:121g~Fat:39g**

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/ Protein

Meal 3: Chicken Foil

Snack 1: Complete Nutrition w/ PB2

Snack 2: Greek Yogurt and ½ Serving Fruit w/ Peanut Butter

DAY 12:**1400 Calorie Plan:****Calories: 1351 ~Carbs:178g~Protein:112g~Fat:28g****1700 Calorie Plan:****Calories: 1621 ~Carbs:208g~Protein:132g~Fat:37g**

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/ Protein

Meal 3: Chicken Fajita

Snack 1: Complete Nutrition Plus w/ PB2

Snack 2: Greek Yogurt w/ Fruit

DAY 13:**1400 Calorie Plan:****Calories: 1403 ~Carbs:175g~Protein:102g~Fat:34g****1700 Calorie Plan:****Calories: 1673 ~Carbs:205g~Protein:122g~Fat:43g**

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/ Protein

Meal 3: Turkey Sandwich

Snack 1: Complete Nutrition w/ PB2

Snack 2: Apple w/ Peanut Butter

**DAY 14:****1400 Calorie Plan:****Calories: 1335 ~Carbs:168g~Protein:96g~Fat:31g****1700 Calorie Plan:****Calories: 1605 ~Carbs:198g~Protein:116g~Fat:40g**

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/ Protein

Meal 3: Fish w/ Brown Rice

Snack 1: Complete Nutrition w/ PB2 & ½ Serving Fruit

Snack 2: Apple w/ Peanut Butter

WEEK 3:**1400 / 1700 CALORIE PLANS:****DAY 15:****1400 Calorie Plan:****Calories: 1323 ~Carbs:178g~Protein:108g~Fat:24g****1700 Calorie Plan:****Calories: 1593 ~Carbs:208g~Protein:128g~Fat:33g**

Meal 1: Kodiak Cakes

Meal 2: Turkey Sandwich

Meal 3: Pasta w/ T Burger

Snack 1: Apple w/ Peanut Butter

Snack 2: Complete Nutrition in Water

DAY 16:**1400 Calorie Plan:****Calories: 1355 ~Carbs:167g~Protein:100g~Fat:31g****1700 Calorie Plan:****Calories: 1625 ~Carbs:197g~Protein:120g~Fat:40g**

Meal 1: Overnight Oatmeal

Meal 2: Green Salad w/ Protein

Meal 3: Chicken w/ Brown Rice and Veggies

Snack 1: Complete Nutrition w/ PB2

Snack 2: Pretzels w/ Cheese Wedge & 1 Serving Fruit

DAY 17:**1400 Calorie Plan:****Calories: 1338 ~Carbs:171g~Protein:112g~Fat:32g****1700 Calorie Plan:****Calories: 1608 ~Carbs:201g~Protein:132g~Fat:41g**

Meal 1: Southwest Egg White w/ Toast

Meal 2: Turkey Sandwich

Meal 3: Stuffed Bell Pepper

Snack 1: Apple w/ Peanut Butter

Snack 2: Pretzels w/ Cheese Wedge & 1 Serving Fruit

Continued

DAY 18:**1400 Calorie Plan:****Calories: 1388 ~Carbs:188g~Protein:106g~Fat:28g****1700 Calorie Plan:****Calories: 1658 ~Carbs:218g~Protein:126g~Fat:37g**

Meal 1: Raw Cereal Blend

Meal 2: Turkey Sandwich

Meal 3: Chicken burrito

Snack 1: Apple w/ Peanut Butter

Snack 2: Complete Nutrition w/ PB2

DAY 19:**1400 Calorie Plan:****Calories: 1421 ~Carbs:177g~Protein:107g~Fat:33g****1700 Calorie Plan:****Calories: 1691 ~Carbs:207g~Protein:127g~Fat:42g**

Meal 1: Kodiak Cakes

Meal 2: Green Salad w/ Protein

Meal 3: Mini Pizza and Apple w/ Peanut Butter

Snack 1: Complete Nutrition w/ PB2

Snack 2: Greek Yogurt w/ 1 Serving Fruit

DAY 20:**1400 Calorie Plan:****Calories: 1398 ~Carbs:174g~Protein:105g~Fat:32g****1700 Calorie Plan:****Calories: 1668 ~Carbs:204g~Protein:125g~Fat:41g**

Meal 1: Overnight Oatmeal

Meal 2: Turkey Sandwich

Meal 3: Baked Nachos

Snack 1: Pretzel w/ Cheese Wedge

Snack 2: Complete Nutrition in water and Apple w/ Peanut Butter

DAY 21:**1400 Calorie Plan:****Calories: 1371 ~Carbs:176g~Protein:105g~Fat:31g****1700 Calorie Plan:****Calories: 1641 ~Carbs:206g~Protein:125g~Fat:40g**

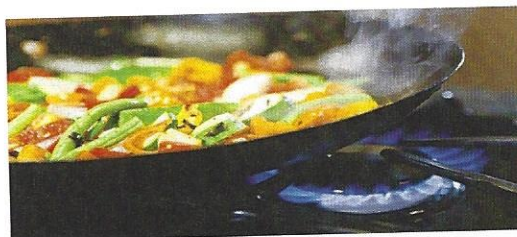
Meal 1: Southwest Egg White w/ Toast

Meal 2: Turkey Sandwich & Apple w/ Peanut Butter

Meal 3: Fish Tacos

Snack 1: 1 Serving Fruit

Snack 2: Pretzels w/ Cheese Wedge



WEEK 4: 1400 / 1700 CALORIE PLANS:

DAY 22:**1400 Calorie Plan:****Calories: 1266 ~Carbs:160g~Protein:104g~Fat:26g****1700 Calorie Plan:****Calories: 1536 ~Carbs:190g~Protein:124g~Fat:35g**

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/ Lean Protein

Meal 3: Chicken Foil Dinner

Snack 1: Greek Yogurt w/ 1 Serving Fruit

Snack 2: Complete Nutrition in water & Apple w/ Peanut Butter

DAY 23:**1400 Calorie Plan:****Calories: 1358 ~Carbs:180g~Protein:108g~Fat:30g****1700 Calorie Plan:****Calories: 1628 ~Carbs:210g~Protein:128g~Fat:39g**

Meal 1: Kodiak Cakes

Meal 2: Turkey Sandwich on whole grain bread w/ ¼ avocado

Meal 3: Chicken Fajitas

Snack 1: Apple w/ Peanut Butter

Snack 2: Complete Nutrition in water w/ 1 Serving Fruit

DAY 24:**1400 Calorie Plan:****Calories: 1275 ~Carbs:165g~Protein:97g~Fat:27g****1700 Calorie Plan:****Calories: 1545 ~Carbs:195g~Protein:117g~Fat:36g**

Meal 1: Overnight Oatmeal

Meal 2: Green Salad with Protein

Meal 3: Fish w/ Brown Rice

Snack 1: Complete Nutrition w/ PB2

Snack 2: Pretzels w/ Cheese Wedge & 1 Serving Fruit

DAY 25:**1400 Calorie Plan:****Calories: 1419 ~Carbs:191g~Protein:102g~Fat:26g****1700 Calorie Plan:****Calories: 1689 ~Carbs:221g~Protein:122g~Fat:35g**

Meal 1: Southwest Egg White w/ Toast

Meal 2: Turkey Sandwich

Meal 3: Pasta w/ T burger

Snack 1: Apple w/ Peanut Butter

Snack 2: Pretzels w/ Cheese Wedge & 1 Serving Fruit

Continued

DAY 26:**1400 Calorie Plan:****Calories: 1385 ~Carbs:170g~Protein:100g~Fat:36g****1700 Calorie Plan:****Calories: 1655 ~Carbs:200g~Protein:120g~Fat:45g**

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/Protein

Meal 3: Chicken w/Brown Rice & Veggies

Snack 1: Complete Nutrition w/PB2

Snack 2: Apple w/Peanut Butter

DAY 27:**1400 Calorie Plan:****Calories: 1343 ~Carbs:176g~Protein:103g~Fat:30g****1700 Calorie Plan:****Calories: 1613 ~Carbs:206g~Protein:123g~Fat:39g**

Meal 1: Kodiak Cakes

Meal 2: Turkey Sandwich

Meal 3: Stuffed Bell Pepper

Snack 1: Pretzels w/Cheese Wedge

Snack 2: Apple w/Peanut Butter

DAY 28:**1400 Calorie Plan:****Calories: 1315 ~Carbs:169g~Protein:102g~Fat:28g****1700 Calorie Plan:****Calories: 1585 ~Carbs:199g~Protein:122g~Fat:37g**

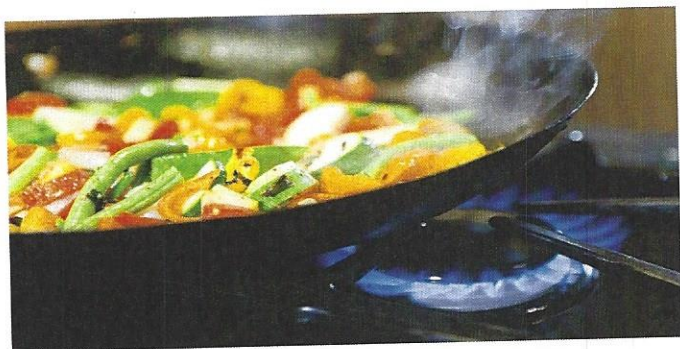
Meal 1: Overnight Oatmeal

Meal 2: Green Salad w/Protein

Meal 3: Chicken Burrito

Snack 1: Complete Nutrition w/PB2

Snack 2: 1 Serving Fruit & Pretzels w/Cheese Wedge

**WEEK 5:****1400 / 1700 CALORIE PLANS:****DAY 29:****1400 Calorie Plan:****Calories: 1303 ~Carbs:158g~Protein:107g~Fat:32g****1700 Calorie Plan:****Calories: 1573 ~Carbs:188g~Protein:127g~Fat:41g**

Meal 1: Southwest Egg Whites w/Toast

Meal 2: Turkey Sandwich

Meal 3: Mini Pizza

Snack 1: Complete Nutrition w/PB2

Snack 2: Apple w/Peanut Butter

DAY 30:**1400 Calorie Plan:****Calories: 1400 ~Carbs:180g~Protein:104g~Fat:31g****1700 Calorie Plan:****Calories: 1670 ~Carbs:210g~Protein:124g~Fat:40g**

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/Protein

Meal 3: Baked Nachos

Snack 1: Pretzels w/Cheese Wedge & 1 Serving Fruit

Snack 2: Complete Nutrition Plus w/PB2

DAY 31:**1400 Calorie Plan:****Calories: 1412 ~Carbs:182g~Protein:128g~Fat:24g****1700 Calorie Plan:****Calories: 1682 ~Carbs:212g~Protein:148g~Fat:33g**

Meal 1: Kodiak Cakes

Meal 2: Turkey Sandwich

Meal 3: Fish Tacos

Snack 1: Greek Yogurt

Snack 2: Complete Nutrition w/PB2

DAY 32:**1400 Calorie Plan:****Calories: 1326 ~Carbs:183g~Protein:89g~Fat:28g****1700 Calorie Plan:****Calories: 1596 ~Carbs:213g~Protein:109g~Fat:37g**

Meal 1: Overnight Oatmeal

Meal 2: Green Salad w/Protein

Meal 3: Chicken Foil

Snack 1: Apple w/Peanut Butter

Snack 2: Greek Yogurt w/1 Serving Fruit &

Pretzels w/Cheese Wedge

DAY 33:**1400 Calorie Plan:****Calories: 1398 ~Carbs:174g~Protein:123g~Fat:31g****1700 Calorie Plan:****Calories: 1668 ~Carbs:204g~Protein:143g~Fat:40g**

Meal 1: Southwest Egg Whites and Toast w/1

Serving Fruit

Meal 2: Turkey Sandwich

Meal 3: Chicken Fajitas

Snack 1: Complete Nutrition w/PB2

Snack 2: Apple w/Peanut Butter

DAY 34:**1400 Calorie Plan:****Calories: 1270 ~Carbs:161g~Protein:95g~Fat:29g****1700 Calorie Plan:****Calories: 1540 ~Carbs:191g~Protein:115g~Fat:38g**

Meal 1: Raw cereal blend

Meal 2: Green Salad with protein

Meal 3: Fish w/ Brown Rice

Snack 1: Pretzels w/ Cheese Wedge

Snack 2: Apple w/ Peanut Butter & Complete

Nutrition in water

Continued

DAY 35:**1400 Calorie Plan:****Calories: 1392 ~Carbs:192g~Protein:89g~Fat:27g****1700 Calorie Plan:****Calories: 1662 ~Carbs:222g~Protein:109g~Fat:36g**

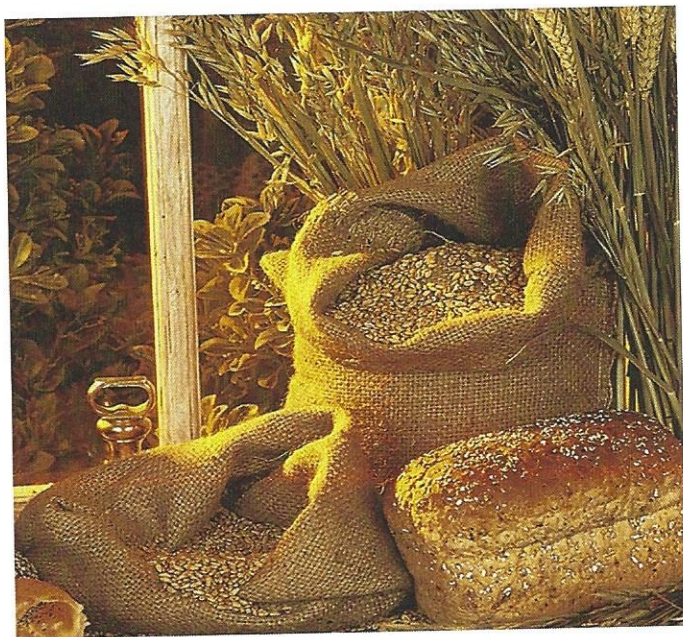
Meal 1: Kodiak Cakes

Meal 2: Turkey sandwich w/ avocado

Meal 3: Pasta w/ T Burger

Snack 1: Apple w/ Peanut Butter

Snack 2: Greek Yogurt

**WEEK 6:****1400 / 1700 CALORIE PLANS:****DAY 36:****1400 Calorie Plan:****Calories :1395 ~Carbs:177g~Protein:100g~Fat:32g****1700 Calorie Plan:****Calories: 1665 ~Carbs:207g~Protein:120g~Fat:41g**

Meal 1: Overnight Oatmeal

Meal 2: Green Salad w/ protein

Meal 3: Chicken w/ Brown Rice & Veggies

Snack 1: Complete Nutrition w/ PB2

Snack 2: Pretzels w/ Cheese Wedge & 1 Serving Fruit

DAY 37:**1400 Calorie Plan:****Calories: 1383 ~Carbs:171g~Protein:112g~Fat:32g****1700 Calorie Plan:****Calories: 1653 ~Carbs:201g~Protein:132g~Fat:41g**

Meal 1: Southwest Egg White w/ Toast

Meal 2: Turkey Sandwich

Meal 3: Stuffed Bell Pepper

Snack 1: Pretzel w/ Cheese Wedge & 1 Serving Fruit

Snack 2: Apple w/ Peanut Butter

DAY 38:**1400 Calorie Plan:****Calories: 1305 ~Carbs:162g~Protein:101g~Fat:32g****1700 Calorie Plan:****Calories: 1575 ~Carbs:192g~Protein:121g~Fat:41g**

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/ protein

Meal 3: Chicken Burrito

Snack 1: Complete Nutrition w/ PB2

Snack 2: Apple w/ Peanut Butter

DAY 39:**1400 Calorie Plan:****Calories: 1313 ~Carbs:184g~Protein:100g~Fat:23g****1700 Calorie Plan:****Calories: 1583 ~Carbs:214g~Protein:120g~Fat:32g**

Meal 1: Kodiak Cakes

Meal 2: Turkey Sandwich

Meal 3: Mini Pizza

Snack 1: Complete Nutrition w/ PB2

Snack 2: Pretzels w/ Cheese Wedge

DAY 40:**1400 Calorie Plan:****Calories :1360 ~Carbs:166g~Protein:103g~Fat:33g****1700 Calorie Plan:****Calories: 1630 ~Carbs:196g~Protein:123g~Fat:42g**

Meal 1: Overnight Oatmeal

Meal 2: Green Salad w/ Protein

Meal 3: Baked Nachos

Snack 1: Complete Nutrition w/ PB2

Snack 2: Pretzels w/ Cheese Wedge & 1 Serving Fruit

DAY 41:**1400 Calorie Plan:****Calories: 1362 ~Carbs:170g~Protein:114g~Fat:30g****1700 Calorie Plan:****Calories: 1632 ~Carbs:200g~Protein:134g~Fat:39g**

Meal 1: Southwest Egg Whites w/ Toast

Meal 2: Turkey Sandwich

Meal 3: Fish Tacos

Snack 1: Apple w/ Peanut Butter

Snack 2: Greek Yogurt w/ 1 Serving Fruit

DAY 42:**1400 Calorie Plan:****Calories: 1270 ~Carbs:163g~Protein:96g~Fat:29g****1700 Calorie Plan:****Calories: 1540 ~Carbs:193g~Protein:116g~Fat:38g**

Meal 1: Raw Cereal Blend

Meal 2: Green Salad w/ Protein

Meal 3: Chicken Foil

Snack 1: Complete Nutrition w/ PB2

Snack 2: Apple w/ Peanut Butter