



APPROVED CONDIMENTS & SPICES

Pink Himalayan Sea Salt
Black Pepper
Red Pepper Flakes
Chili Powder
Cayenne Pepper Powder
Garlic Powder
Paprika
Smoked Paprika
Cumin
Ground Cumin
Oregano
Coriander
Majoram
Dried Bay Leaves
Dried Sage
Cilantro
Basil
Turmeric
Vinegar
Low Sodium Soy Sauce
Hot Sauce
Sriracha
Mustard
Lemon Juice

Before beginning the meal plan and making any of the recipes, you **MUST** purchase a food scale and be ready to weigh everything out in its exact portions.

NAME: _____ DATE: _____ BMI: _____ WEIGHT: _____

FOOD TYPES & QUANTITIES

****ALL FOODS SHOULD BE MEASURED AND ALL MEAT SHOULD BE MEASURED RAW/UNCOOKED****

QUICK TIP: Food Should Be Consumed 90+ Minutes Prior to Workout!

F FAT (Thumb)	P PROTEIN (Palm)	C CARBS (Fist)	V VEGETABLE (Cup)
<ul style="list-style-type: none"> 2 Tablespoons of Peanut Butter 2 Tablespoons of Almond Butter 2 Tablespoons of Cashew Butter 1/2 Cup of Avocado 1/4 Cup of Peanuts 1/4 Cup of Almond 1/4 Cup of Walnut 1/4 Cup of Pistachio 1.5 Tablespoon of Any Cooking Oil (NO vegetable/canola oil) 	<ul style="list-style-type: none"> 6 oz Chicken Breast 6 oz Turkey Breast 6 oz Tilapia 6 oz Tuna 6 oz Top Round Steak 6 oz Shrimp 6 oz Bison 4 oz Pork Tenderloin 10 Egg Whites 1 Cup of Egg Whites (Carton) 1.5 Scoops of Protein Powder 1 Cup 0% Cottage Cheese 1 Cup 0% Greek Yogurt 	<ul style="list-style-type: none"> 0.5 Cup of Cooked Brown Rice 0.5 Cup of Cooked Quinoa 0.5 Cup of Dry Oats 0.5 Cup of Cooked Beans 0.5 Cup of Cooked Pasta 3/4 Medium Baked Potato 3/4 Medium Red Potato 1 Medium Sweet Potato 1.5 Slice of Whole Wheat Bread 1 Medium Fruit 	<ul style="list-style-type: none"> 2/3 Cup of of Frozen Mixed Veggies 1 Cup of Cooked Spinach 1 Cup of Green Beans 1 Cup of Asparagus 1 Cup of Broccoli 1 Cup of Brussel Sprouts 1 Cup of Carrots 1 Cup of Cauliflower 2 Cup of Mushroom Unlimited Dark Leafy Green Veggies

MEAL BUILD EXAMPLES

	BREAKFAST C P V	SHAKE P	LUNCH F P V	SHAKE P	DINNER C P V
SAMPLE DAY	<p>SAMPLE BREAKFAST</p> <ul style="list-style-type: none"> C Carbs: 0.5 Cups Dry Oats P Protein: 1 Cup 0% Greek Yogurt V Veggies: 1 Cup Green Beans 	<p>SAMPLE SHAKE</p> <ul style="list-style-type: none"> P Protein: 1.5 Scoop of Protein Powder 	<p>SAMPLE LUNCH</p> <ul style="list-style-type: none"> F Fat: 1/4 cup of peanuts P Protein: 6 oz of Turkey Breast V Veggies: 1 Cup of Asparagus 	<p>SAMPLE SHAKE</p> <ul style="list-style-type: none"> P Protein: 1.5 Scoop of Protein Powder 	<p>SAMPLE DINNER</p> <ul style="list-style-type: none"> C Carbs: 3/4 Med Baked Potato P Protein: 3oz Shrimp & 3oz of Tilapia V Veggies: 1 Cup of Cauliflower

SHOPPING LIST

F FAT (Thumb)	P PROTEIN (Palm)	C CARBOHYDRATES (Fist)	V VEGETABLE (Cup)
<ul style="list-style-type: none"> 16 oz Jar of Peanut Butter (13 Servings) 16 oz Jar of Almond Butter (13 Servings) 16 oz Jar of Cashew Butter (13 Servings) 5 Avocados 16 oz Jar of Peanuts (16 Servings) 16 oz Bag of Almonds (16 Servings) 16 oz Bag of Walnuts (16 Servings) 16 oz Bag of Pistacchios (16 Servings) 1 Bottle of Oil (NO Vegetable or Canola Oil) 	<ul style="list-style-type: none"> 4 lb of Chicken (10 Servings) 4 lb of Turkey (10 Servings) 4 lb of Tilapia (10 Servings) 4 lb of Tuna (10 Servings) 4 lb of Top Round Steak (10 Servings) 4 lb of Shrimp (10 Servings) 4 lb of Bison (10 Servings) 3 lb of Pork Tenderloin (12 Servings) 32 oz Carton of Egg Whites (4 Servings) 5 lb Bag of Protein Powder 24 oz of Cottage Cheese (3 Servings) 32 oz of Greek Yogurt (4 Servings) 4 lb of Chicken (10 Servings) 	<ul style="list-style-type: none"> 1 Bag of Brown Rice 1 Bag of Quinoa 18 oz of Oats (13 Servings) 4 Cans of Beans (14 Servings) 16 oz of Pasta (16 Servings) 3 lb Bag of Gold/Russet Potatoes 3 lb Bag of Red Potatoes 3 lb Bag of Sweet Potatoes 1 Loaf of Bread 	<ul style="list-style-type: none"> 16 oz of Frozen Mixed Veggies (5 Servings) 16 oz of Spinach (1 Serving) 20 oz of Frozen Green Beans (4 Servings) 16 oz of Frozen Broccoli (5 Servings) 1 lb of Asparagus (3 Servings) 16 oz of Frozen Brussel Sprouts (3 Servings) 1 lb of Carrots (3 Servings) 2 lb of Cauliflower (3 Servings) 16 oz of Mushrooms (3 Servings)

****Protein Powder Should Have 20+ Grams of Protein/Scoop and Less Than 120 Calories****

QUICKTIP: Always Circle Around Store Perimeter For Veggies & Meat!

- STEP 1: Make a list of all of the food and spices you will need for the week.
- STEP 2: Plan a time to go grocery shopping and do all the cooking.
- STEP 3: Execute!

NOTES: _____

SHOPPING LIST: _____
