

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!



- 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 Pistacchio
- 1.5 Tablespoon of of

Any Cooking Oil (NO vegetable/canola oil)



PROTEIN (Palm)

- 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 o% Cottage Cheese
- 1 Cup o% Greek Yogurt

(Fist)

- 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



(Cup)

- 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

















SHAKE



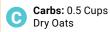


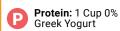






SAMPLE **BREAKFAST**

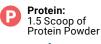




Veggies: 1 Cup Green Beans



SAMPLE SHAKE













Veggies: 1 Cup of Asparagus



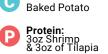
SAMPLE SHAKE





DINNER Carbs: 3/4 Med

SAMPLE





Veggies: 1 Cup of Cauliflower



SHOPPING LIST



FAT (Thumb)

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)



PROTEIN (Palm)

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)



CARBOHYDRATES (Fist)

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



VEGETABLE (Cup)

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 teh 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: