

# NUTRITION PLAN

## SAMPLE MEAL PLAN



### SAMPLE MEAL PLAN 1:

**MEAL 1:** 4-5 scrambled egg whites with spinach, 2 pieces of whole wheat toast or a meal replacement shake

**MEAL 2:** Non-fat yogurt with an apple or any other protein/carb combo

**MEAL 3:** 4-6 oz of grilled chicken, medium sized sweet potato and steamed broccoli

**MEAL 4:** Meal replacement shake

**MEAL 5:** Extra lean beef burger with a whole wheat bun, 2-3 slices of avocado, lettuce, tomato, onion

**MEAL 6:** 4-5 scrambled egg whites with pico de gallo and spinach, 1/3 cup of oatmeal (measured dry, then cooked)

### SAMPLE MEAL PLAN 2:

**MEAL 1:** Meal replacement shake

**MEAL 2:** Meal replacement bar

**MEAL 3:** 4 oz of grilled chicken, 3/4 cup of hash browns, steamed broccoli

**MEAL 4:** Meal replacement shake

**MEAL 5:** 5 scrambled egg whites, spinach, salsa with 2 pieces of whole wheat toast, 2 slices of avocado

**MEAL 6:** 6 oz yogurt, 2-3 rice cakes

**MEAL 7:** 4-6 oz extra lean ground turkey with salsa and steamed veggies

### SAMPLE MEAL PLAN 3:

**MEAL 1:** 5 scrambled egg whites with 1/2 cup of berries or a banana

**MEAL 2:** Meal replacement bar

**MEAL 3:** 4 oz of baked mahi, 1/2 cup of quinoa, steamed asparagus or green beans

**MEAL 4:** Meal replacement shake

**MEAL 5:** 5 scrambled egg whites, spinach, salsa with 2 pieces of whole wheat toast, 2 slices of avocado

**MEAL 6:** Meal replacement shake

**MEAL 7:** 4-6 oz extra lean ground turkey with salsa and steamed veggies

### SAMPLE MEAL PLAN 4:

**MEAL 1:** Meal replacement shake

**MEAL 2:** 6 oz Greek yogurt with a small apple

**MEAL 3:** 4 oz of grilled lean steak, medium sized baked potato, salad

**MEAL 4:** Meal replacement shake

**MEAL 5:** 5 scrambled egg whites mixed with 4 oz hash browns and 2 tablespoons of salsa

**MEAL 6:** Meal replacement bar

**MEAL 7:** 1/2 cup low-fat cottage cheese with pepper and 1 piece of wheat toast

### SAMPLE MEAL PLAN 5:

**MEAL 1:** 4 egg white french toast (2 pieces on whole wheat bread)

**MEAL 2:** Meal replacement shake

**MEAL 3:** 4 oz extra lean beef burger, 1 wheat sandwich round and veggies

**MEAL 4:** 5 oz baked mahi, 2 slices of avocado, 1/2 cup quinoa, veggies

**MEAL 5:** Meal replacement shake

**MEAL 6:** Meal replacement bar

### SAMPLE MEAL PLAN 6:

**MEAL 1:** 5 egg white protein pancake

**MEAL 2:** Meal replacement bar

**MEAL 3:** Meal replacement shake

**MEAL 4:** 6 oz greek yogurt, 1 medium red apple

**MEAL 5:** 4 oz salmon, 4 oz sweet potato, salad

**MEAL 6:** 1/2 fat free cottage cheese with 1-2 rice cakes

### SAMPLE MEAL PLAN 7:

**MEAL 1:** Meal replacement shake

**MEAL 2:** 5 egg whites, 4 oz cooked hash browns with salsa and cooked spinach

**MEAL 3:** Meal replacement bar

**MEAL 4:** Meal replacement shake

**MEAL 5:** 4-5 oz grilled chicken, small baked potato, grilled asparagus

**MEAL 6:** 4 oz extra lean turkey cooked with low sodium taco seasoning, salad and salsa