
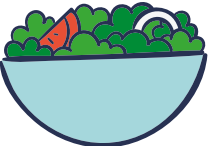




DAILY MEAL PLAN

For a custom meal plan designed by our nutrition coaches visit:

feastgood.com/coaching-services

MEAL	NUTRITION	OPTION 1	OPTION 2
 BREAKFAST	Calories - 400 Protein - 27g Carbs - 40g Fat - 13g	Nutty Raspberry Oats & Yogurt	Mexican Black Bean Breakfast Scramble
		1 packet (28g) plain instant oatmeal 1 oz (28g) raw chopped cashews ¾ cup (175g) plain non-fat Greek yogurt 3 oz (85g) fresh raspberries Optional sprinkle of cinnamon <i>Prepare the oatmeal according to package directions and stir in the chopped cashews. In a separate bowl, combine the yogurt & raspberries.</i>	1 large egg + 1 large egg white ¾ cup black beans (drained & rinsed) 2 large handfuls baby spinach 1 ½ oz (42g) low-fat shredded cheese ¼ cup (64g) sugar-free salsa 2 slices tomato, for garnish Salt & pepper, to taste <i>Scramble the egg + egg white and saute the spinach in a non-stick pan. Stir in the beans to warm, then top with shredded cheese and salsa.</i>
 LUNCH	Calories - 400 Protein - 27g Carbs - 40g Fat - 13g	Mixed Green Salad w/ Chicken & Rice	Crunchy Platter with Tuna
		2 large handfuls of mixed salad greens 4oz (112g) cooked boneless skinless chicken breasts, cut into strips ¼ cup (45g) dry brown rice ½ tbsp (7mL) olive oil 1 tbsp balsamic vinegar 1 tbsp chopped walnuts 1 tbsp dried cranberries Salt & pepper, to taste <i>Cook the rice according to package directions. While the rice cooks, prepare the salad & dressing. Combine the oil & lemon juice in a small glass jar and shake vigorously. Put the salad in a bowl and top with chicken pieces, walnuts & cranberries. Drizzle with dressing and have rice on the side.</i>	¾ can of tuna, packed in water (drained) 1 tbsp (15g) light mayonnaise Salt & pepper, to taste 1 oz (28g) avocado, cubed 4oz (113g) carrot sticks 4 oz (113g) celery sticks 4 multigrain Ryvita crackers (42g) <i>Mix the tuna and mayo in a small bowl and add salt & pepper to taste. Prepare a large plate with the avocado and tuna in the middle and crackers and veggie sticks around the edges. Serve the avocado on the crackers and dip the veggie sticks in the tuna mixture.</i>
 DINNER	Calories - 400 Protein - 27g Carbs - 40g Fat - 13g	Pork Tenderloin & Sweet Potato	Flank Steak & Oven-Baked "Fries"
		4oz (113g) pork tenderloin, grilled 1 tsp hot mustard, optional 5oz (140g) sweet potatoes, cubed and steamed 4oz (113g) broccoli, steamed 2 tsp butter Salt & pepper to taste <i>Plate the pork, sweet potatoes, and broccoli. Spread the hot mustard on the pork, if using. Spread the butter on the potatoes and broccoli and sprinkle with salt and pepper, if desired.</i>	4oz (113g) lean flank steak, cooked & cut in strips 5oz (140g) waxy white potatoes, cut into French fry shapes 4oz (113g) asparagus 1 tsp butter 15 cherry tomatoes Salt & pepper, to taste <i>Preheat the oven to 400F. Arrange the potato pieces in a single layer on a baking sheet lined with parchment paper. Spritz lightly with non-stick cooking spray and sprinkle with salt and pepper. Bake for 15-20 minutes until crispy and golden brown. While the potato bakes, steam the asparagus and warm the flank steak if desired. Serve the butter on the asparagus and cherry tomatoes on the side.</i>
 SNACK 1	Calories - 150 Protein - 15g Carbs - 15g Fat - 5g	Peanut Butter-Banana Protein Shake	Yogurt, Apple & Almond Butter
		1 cup (250mL) of water ½ scoop (15g) vanilla protein powder ½ small banana ½ tbsp (7.5g) peanut butter 1 handful of ice cubes <i>Blend together until smooth.</i>	4oz (113g) plain non-fat Greek yogurt ½ small apple, sliced ½ tbsp (7.5g) almond butter <i>Spread the almond butter on the apple slices and/or into the yogurt.</i>
 SNACK 2	Calories - 150 Protein - 15g Carbs - 15g Fat - 5g	Deli Roll ups	Chocolate Blueberry Protein Shake
		2oz (56g) extra lean deli ham slices ¾ oz (21g) light Swiss cheese slice, cut into small pieces ½ small apple, sliced <i>Place 1 piece of cheese and 1 apple slice inside each slice of ham and roll up. Hold in place with a toothpick.</i>	1 cup (250mL) of water ½ scoop (15g) chocolate protein powder ½ cup fresh or frozen blueberries ½ tbsp (7.5g) almond butter 1 handful of ice cubes <i>Blend together until smooth.</i>