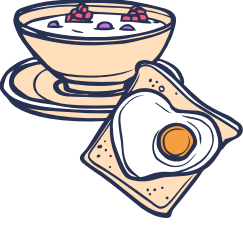





THE 2000 CALORIE BODYBUILDING MEAL PLAN

DAILY MEAL PLAN

For a custom meal plan designed by our nutrition coaches visit: feastgood.com/coaching-services

MEAL	NUTRITION	OPTION 1	OPTION 2
 <p>BREAKFAST</p>	<p>Calories - 475 Protein - 35g Carbs - 50g Fat - 15g</p>	<p>Protein Oats</p> <p>½ cup / 45g oats 2 tsp / 6g chia seeds 1 scoop / 30g protein powder 1 tbsp / 15g peanut butter 1 cup / 150g berries</p>	<p>Veggie Omelette</p> <p>2 eggs ½ cup / 125g egg whites 1 handful spinach 2 tbsp chopped peppers 2 slices whole-wheat toast 1 cup / 150g berries</p>
		<p>Chicken Burrito Bowls</p> <p>6oz extra lean ground chicken seasoned with taco seasoning ¼ cup / 50g basmati rice (measured when dry) ½ / 80g red bell pepper sauteed ½ / 80g onion sauteed ½ large / 75g avocado Top with cilantro</p>	<p>BLT Wrap</p> <p>1 large whole wheat tortilla 5oz chicken breast A handful of romaine lettuce 2-3 slices of tomato 2 slices of cooked bacon</p>
 <p>LUNCH</p>	<p>Calories - 600 Protein - 45g Carbs - 60g Fat - 20g</p>	<p>Roast Chicken</p> <p>5oz roasted skin on chicken thighs ⅓ cup / 66g basmati rice (measured when dry) 1 cup / 150g roasted broccoli</p>	<p>Steak and Potatoes</p> <p>4oz sirloin steak (fat trimmed off) 1 medium / 250g potato Salad made with lettuce and desired combination of carrots, cucumber, tomatoes, onions and peppers Salad dressing of 1 tbsp olive oil + ½ - 1 tbsp of balsamic vinegar</p>
		<p>Greek Yogurt Parfait</p> <p>¾ cup / 175g fat-free greek yogurt ½ cup / 75g berries ¼ cup / 30g granola 2 tsp / 10g peanut butter</p>	<p>Chocolate and Peanut Butter Smoothie</p> <p>1 scoop / 30g chocolate protein powder 1 small / 100g banana 1 tbsp / 15g peanut butter 1 tsp / 2g cocoa powder 1 handful spinach 1 handful of ice ½ cup almond milk (more if thinner consistency is desired)</p>
 <p>DINNER</p>	<p>Calories - 600 Protein - 45g Carbs - 60g Fat - 20g</p>	<p>Chocolate and Peanut Butter Smoothie</p> <p>1 scoop / 30g chocolate protein powder 1 small / 100g banana 1 tbsp / 15g peanut butter 1 tsp / 2g cocoa powder 1 handful spinach 1 handful of ice ½ cup almond milk (more if thinner consistency is desired)</p>	<p>Greek Yogurt Parfait</p> <p>¾ cup / 175g fat-free greek yogurt ½ cup / 75g berries ¼ cup / 30g granola 2 tsp / 10g peanut butter</p>
 <p>SNACK</p>	<p>Calories - 325 Protein - 25g Carbs - 30g Fat - 12g</p>	<p>Roast Chicken</p> <p>5oz roasted skin on chicken thighs ⅓ cup / 66g basmati rice (measured when dry) 1 cup / 150g roasted broccoli</p>	<p>Steak and Potatoes</p> <p>4oz sirloin steak (fat trimmed off) 1 medium / 250g potato Salad made with lettuce and desired combination of carrots, cucumber, tomatoes, onions and peppers Salad dressing of 1 tbsp olive oil + ½ - 1 tbsp of balsamic vinegar</p>