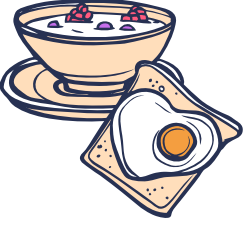
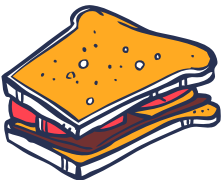




THE 1700 CALORIE BODYBUILDING MEAL PLAN

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 - 455 Protein - 35g Carbs - 45g Fat - 15g</p>	<p>Protein Oats</p>	<p>Egg sandwich</p>
		<p>½ cup / 45g oats 1 scoop / 35g protein powder 1 tbsp + 1 tsp / 20g peanut butter 1/2 cup / 75g strawberries</p>	<p>1 eggs ¼ cup / 60g egg whites 4 slices / 50g deli turkey 1 slice / 20g cheddar cheese 2 slices whole-wheat toast</p>
 <p>LUNCH</p>	<p>Calories - 455 Protein - 35g Carbs - 45g Fat - 15g</p>	<p>Taco Bowls</p>	<p>Ham and Cheese Sandwich</p>
		<p>4oz extra lean ground beef seasoned with taco seasoning ¼ cup / 50g basmati rice (measured when dry) 2 cups romaine lettuce ¼ cup / 45g halved cherry tomatoes ⅓ cup / 15g grated cheddar cheese 2 tbsp Greek yogurt Hot sauce as desired</p>	<p>2 slices whole-wheat bread 120g deli smoked ham 1 slice / 20g cheddar cheese 3oz baby carrots 3oz sliced cucumber</p>
 <p>DINNER</p>	<p>Calories - 455 Protein - 35g Carbs - 45g Fat - 15g</p>	<p>Southwest Turkey Hash</p>	<p>Beef and Broccoli</p>
		<p>5oz extra lean ground turkey with fajita seasoning 1 small / 75g red pepper 1 small / 75g onion ½ large / 175g potato, roasted ½ small / 50g avocado</p>	<p>4oz sirloin (trimmed), marinated in garlic and 2 tbsp soy sauce and pan fried 2 tsp sesame oil (use to pan cook the meat in) 1 cup / 150g broccoli, roasted 3 tbsp / 38g basmati rice (measured dry)</p>
 <p>SNACK</p>	<p>Calories - 336 Protein - 25g Carbs - 32g Fat - 12g</p>	<p>Cottage Cheese Toast</p>	<p>Chocolate Banana Smoothie</p>
		<p>¾ cup / 170g cottage cheese (2%) 1 whole-wheat English muffin, toasted 2 slices tomato ½ tbsp olive oil to drizzle Top with salt and pepper</p>	<p>1 scoop / 35g chocolate protein powder 1 small / 100g banana, frozen ½ small / 50g avocado, ideally frozen 1 cup unsweetened almond milk 1 handful spinach 1 handful of ice</p>