

# DAILY MEAL PLAN

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MEAL	NUTRITION	OPTION 1	OPTION 2
 <p><b>BREAKFAST</b></p>	<p><b>Calories - 300</b> <b>Protein - 20g</b> <b>Carbs - 30g</b> <b>Fat - 10g</b></p>	<p><b>Nutty Raspberry Oats &amp; Yogurt</b></p> <p>1 packet (28g) plain instant oatmeal                      ½ oz (14g) raw chopped walnuts                      ¾ cup (175g) plain non-fat Greek yogurt                      1 oz (28g) fresh raspberries                      Optional sprinkle of cinnamon</p> <p><i>Prepare the oatmeal according to package directions and stir in the chopped walnuts. In a separate bowl, combine the yogurt &amp; raspberries.</i></p>	<p><b>Mexican Black Bean Breakfast Scramble</b></p> <p>2 eggs                      ⅓ cup / 80g egg whites                      1 handful of spinach                      ¼ medium / 25g avocado                      1 English muffin with 1 tbsp no sugar added jam                      1 cup / 150g berries</p> <p><i>Scramble the egg and saute the spinach in a non-stick pan. Stir in the beans to warm, then top with shredded cheese and salsa.</i></p>
		<p><b>Mixed Green Salad w/ Chicken &amp; Rice</b></p> <p>2 large handfuls of mixed salad greens                      3oz (85g) cooked boneless skinless chicken breasts, cut into strips                      ¼ cup (45g) dry brown rice                      ½ tbsp (7mL) olive oil                      1 tbsp lemon juice                      Salt &amp; pepper, to taste</p> <p><i>Cook the rice according to package directions. While the rice cooks, prepare the salad &amp; dressing. Combine the oil &amp; lemon juice in a small glass jar and shake vigorously. Put the salad in a bowl and top with chicken pieces. Drizzle with dressing and have rice on the side.</i></p>	<p><b>Crunchy Platter with Tuna</b></p> <p>½ can of tuna, packed in water (drained)                      1 tbsp (15g) light mayonnaise                      Salt &amp; pepper, to taste                      1 oz (28g) avocado, cubed                      4oz (113g) carrot sticks                      2 multigrain Ryvita crackers</p> <p><i>Mix the tuna and mayo in a small bowl and add salt &amp; 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></p>
 <p><b>LUNCH</b></p>	<p><b>Calories - 300</b> <b>Protein - 20g</b> <b>Carbs - 30g</b> <b>Fat - 10g</b></p>	<p><b>Pork Tenderloin &amp; Sweet Potato</b></p> <p>3oz (85g) pork tenderloin, grilled                      1 tsp hot mustard, optional                      4oz (113g) sweet potatoes, cubed and steamed                      3oz (85g) broccoli, steamed                      2 tsp butter                      Salt &amp; pepper to taste</p> <p><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></p>	<p><b>Flank Steak &amp; Oven-Baked "Fries"</b></p> <p>3oz (85g) lean flank steak, cooked &amp; cut in strips                      4oz (113g) waxy white potatoes, cut into French fry shapes                      3oz (85g) asparagus                      1 tsp butter                      10 cherry tomatoes                      Salt &amp; pepper, to taste</p> <p><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></p>
		<p><b>Dinner</b></p> <p><b>Calories - 300</b> <b>Protein - 20g</b> <b>Carbs - 30g</b> <b>Fat - 10g</b></p>	<p><b>Peanut Butter-Banana Protein Shake</b></p> <p>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</p> <p><i>Blend together until smooth.</i></p>
 <p><b>SNACK 1</b></p>	<p><b>Calories - 150</b> <b>Protein - 15g</b> <b>Carbs - 15g</b> <b>Fat - 5g</b></p>	<p><b>Deli Roll ups</b></p> <p>2oz (56g) extra lean deli ham slices                      ¾ oz (21g) light Swiss cheese slice, cut into small pieces                      ½ small apple, sliced</p> <p><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></p>	<p><b>Chocolate Blueberry Protein Shake</b></p> <p>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</p> <p><i>Blend together until smooth.</i></p>
		<p><b>SNACK 2</b></p> <p><b>Calories - 150</b> <b>Protein - 15g</b> <b>Carbs - 15g</b> <b>Fat - 5g</b></p>	<p><b>Chocolate Blueberry Protein Shake</b></p> <p>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</p> <p><i>Blend together until smooth.</i></p>