


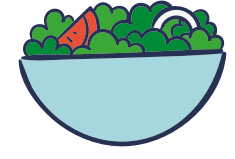


THE 1300 CALORIE BODYBUILDING MEAL PLAN

# DAILY MEAL PLAN

For a custom meal plan designed by our nutrition coaches visit: [feastgood.com/coaching-services](https://feastgood.com/coaching-services)

MEAL	NUTRITION	OPTION 1	OPTION 2
 <p><b>BREAKFAST</b></p>	<p><b>Calories - 375</b>  <b>Protein - 25g</b>  <b>Carbs - 44g</b>  <b>Fat - 11g</b></p>	<p><b>Egg, Sweet Potato &amp; Veggie Scramble</b></p> <p>1 egg            1/2 cup egg whites            3.5 oz cubed sweet potato            1/2 oz skim cheddar cheese            1/2 cup salsa</p>	<p><b>Oats, Berries, &amp; Egg whites</b></p> <p>1/3 cup quick oats            1/2 cup egg whites (cooked into oats)            1/4 sc. Whey protein powder (added to oats)            1 cup mixed berries            1 tbsp peanut butter (topping)</p>
 <p><b>SNACK 1</b></p>	<p><b>Calories - 274</b>  <b>Protein - 25g</b>  <b>Carbs - 30g</b>  <b>Fat - 6g</b></p>	<p><b>Peanut butter &amp; Banana Protein Smoothie</b></p> <p>3/4 sc. Vanilla whey protein powder            1 frozen banana            1 cup unsweetened almond milk            1 tbsp powdered peanut butter            ice</p>	<p><b>Greek Yogurt Chocolate Banana Bowl</b></p> <p>1/2 cup Non-fat Greek yogurt            1/2 sc. Chocolate whey protein powder            1/2 sliced banana (topping)            1 tbsp. mini dark chocolate chips</p>
 <p><b>LUNCH</b></p>	<p><b>Calories - 298</b>  <b>Protein - 25g</b>  <b>Carbs - 27g</b>  <b>Fat - 10g</b></p>	<p><b>Chicken Breast, Baby Potatoes &amp; Broccoli</b></p> <p>3 oz grilled and seasoned chicken breast            4 oz roasted baby potatoes            1 cup roasted broccoli            1 tbsp ranch dressing</p>	<p><b>Shrimp, Rice &amp; Veggie Stir-fry</b></p> <p>3 oz Tiger shrimp            1/3 cup wild rice            1 cup broccoli, chopped            1/2 cup frozen veggie mix (carrots, peas, mushrooms)            1 tbsp soy sauce            1/2 tbsp coconut oil</p>
 <p><b>DINNER</b></p>	<p><b>Calories - 359</b>  <b>Protein - 27g</b>  <b>Carbs - 29g</b>  <b>Fat - 15g</b></p>	<p><b>Extra Lean Ground Turkey Taco Salad</b></p> <p>3 oz extra lean ground turkey            1 oz 2% cheddar cheese            2 cups romaine lettuce            2 oz chopped tomato            1 small corn taco shell (crushed into salad)            1/4 cup salsa            2 tbsp low fat sour cream</p>	<p><b>Mahi Mahi with Quinoa &amp; Asparagus</b></p> <p>3 oz mahi mahi (garnished with lemon and spices)            1/3 cup cooked Quinoa            7-10 asparagus spears (cooked with 1 oz feta cheese)</p>