
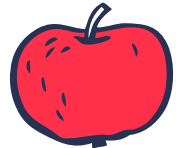


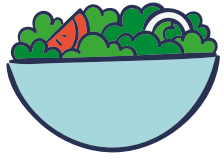
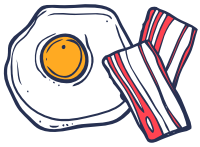


MEAL PLAN FOR 50-30-20 MACROS

Total Daily Nutrition:
2300 calories | 288g carbs | 173g protein | 51g fat

MEAL	NUTRITION	RECIPE
 MEAL 1	Calories - 499 Protein - 36g Carbs - 73g Fat - 7g	Protein Oatmeal
		1 ½ cup oatmeal 1 scoop protein powder 1 banana
 MEAL 2	Calories - 233 Protein - 4g Carbs - 49g Fat - 7g	Trailmix
		3 tbsp trail mix 1 medium apple
 MEAL 3	Calories - 523 Protein - 39g Carbs - 49g Fat - 19g	Ground Turkey Hash
		5 oz ground turkey 1 ½ cup sweet potato 1 bell pepper 1 oz cheese
 MEAL 4	Calories - 265 Protein - 24g Carbs - 40g Fat - 1g	Greek Yogurt Bowl
		1 cup Greek yogurt ½ cup berries such as strawberries or blueberries 1 tbsp honey
 MEAL 5	Calories - 489 Protein - 38g Carbs - 73g Fat - 6g	Mediterranean Salmon Salad
		4 oz salmon 1 cup mixed greens ¾ cup rice ¼ cup chickpeas 2 tbsp Greek yogurt tzatziki
 MEAL 6	Calories - 295 Protein - 32g Carbs - 17g Fat - 11g	Breakfast Plate
		1 cup grapes 2 eggs 3 slices turkey bacon

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