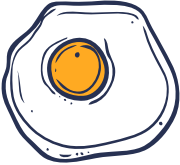
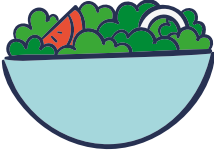




LOW-CARB CYCLING DAYS: SAMPLE MEAL PLAN

Calories: 1600
Macros: Carbs - 80 grams | Protein - 120 grams |
Fat - 89 grams

MEAL	NUTRITION	RECIPE
 BREAKFAST	Calories - 399 Protein - 19.5g Carbs - 33.5g Fat - 25g	Egg Scramble with Berries 2 eggs ½ cup of egg whites 1 cup spinach sauteed in omelet 1 oz 2% cheddar cheese 1 cup strawberries and blueberries
 LUNCH	Calories - 612 Protein - 25g Carbs - 40g Fat - 38g	Chicken Thighs with a Green Salad 2 medium chicken thighs 2 cups romaine lettuce 1 small granny smith apple chopped in salad 1/3 cup cherry tomatoes ½ cup chopped cucumber 2 oz feta cheese 1 tbsp blue cheese dressing
 SNACK	Calories - 246 Protein - 16g Carbs - 18g Fat - 8g	Protein Greek yogurt w/ Chia seeds ½ cup nonfat Greek yogurt ½ scoop whey protein powder 2 tbsp chia seeds
 DINNER	Calories - 356 Protein - 19.5g Carbs - 28.5g Fat - 18g	Salmon with Roasted Asparagus & Sweet Potato Mash 4 oz Atlantic salmon w/ lemon, salt, and pepper 7 medium asparagus spears 1 tbsp olive oil ½ cup mashed sweet potato

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