



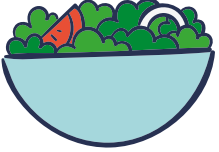



MEAL PLAN FOR 33-33-33 MACROS

A meal plan using the 33-33-33 macro split
could like the following:
2000 calories / 165 C / 165 P / 73 F

MEAL	NUTRITION	RECIPE
 MEAL 1	Calories - 344 Protein - 30g Carbs - 29g Fat - 12g	PB & J Smoothie
		1 ½ cup Frozen Strawberries 1 scoop Vanilla Protein Powder 1 tbsp Peanut Butter 1 cup Almond Milk
 MEAL 2	Calories - 173 Protein - 24g Carbs - 17g Fat - 1g	Greek Yogurt Bowl
		1 cup Greek Yogurt ½ cup Berries
 MEAL 3	Calories - 640 Protein - 41g Carbs - 47g Fat - 32g	Ground Chicken Hash
		5 oz Ground Chicken 1 cup Kale Slaw 1 cup Roasted Potatoes 1 oz Cheese
 MEAL 4	Calories - 92 Protein - 0g Carbs - 23g Fat - 0g	Mid Day Snack
		1 small Apple
 MEAL 5	Calories - 430 Protein - 35g Carbs - 32g Fat - 18g	Salmon Salad
		5 oz Salmon 1 oz Feta 2 cup Salad Greens ½ cup Cucumber 1 cup Sweet Potato ½ tbsp Olive Oil
 MEAL 6	Calories - 302 Protein - 35g Carbs - 18g Fat - 10g	Evening Snack
		2 Eggs ¾ cup Egg Whites 1 cup Grapes

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