

REST DAY SAMPLE MEAL PLAN

For reference: current bodyweight 165lbs,
1800 calories target, 165 grams of protein,
76 grams of fat, 114 grams of carbs.

MEAL	NUTRITION	RECIPE
 MEAL 1	Calories - 389 Protein - 35g Carbs - 24g Fat - 17g	Smoothie
		1 cup frozen fruit 1 scoop vanilla protein powder 1.5 tbsp peanut butter 1 cup almond milk
 MEAL 2	Calories - 536 Protein - 53g Carbs - 36g Fat - 20g	Taco Bowl
		5 oz extra lean ground beef 1 cup kale slaw ¼ cup corn ¼ cup black beans ½ avocado 2 tbsp salsa
 MEAL 3	Calories - 347 Protein - 29g Carbs - 24g Fat - 15g	Greek Yogurt Bowl
		1 cup greek yogurt ½ cup berries 1 oz mixed nuts
 MEAL 4	Calories - 397 Protein - 37g Carbs - 21g Fat - 15g	Sheet Pan Chicken, Broccoli, Potatoes
		5 oz chicken ½ cup roasted potatoes (with ½ tbsp avocado oil) 1 cup broccoli ¼ cup cheese
 MEAL 5	Calories - 127 Protein - 7g Carbs - 9g Fat - 7g	Snack Plate
		½ cup grapes 1 oz cheese

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