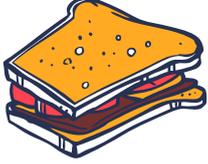


DAILY MEAL PLAN

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MEAL	NUTRITION	OPTION 1	OPTION 2
 <p>BREAKFAST</p>	<p>Calories - 700 Protein - 35g Carbs - 100g Fat - 18g</p>	<p>Peanut Butter Banana Chocolate Oatmeal</p> <p>3 packets (84g) plain instant oatmeal 1 cup (250ml) ultrafiltered skim milk 1½ tbsp (22g) peanut butter 1 tbsp (5g) unsweetened cocoa powder 1 large banana, sliced</p> <p><i>Prepare the oatmeal using 1 cup of ultrafiltered skim milk and stir in the cocoa powder and peanut butter. Top with sliced banana.</i></p>	<p>Mexican Black Bean Breakfast Scramble</p> <p>1 large egg 1 cup black beans (drained & rinsed) ½ cup canned corn (drained & rinsed) ⅓ cup (30g) shredded cheese ¼ cup (64g) salsa 2 flour tortillas Salt & pepper, to taste</p> <p><i>Scramble the egg and stir in the beans and corn to warm, then spoon into tortillas and top with shredded cheese and salsa.</i></p>
		<p>Smoked Salmon Bagel</p> <p>1 large plain bagel, toasted 1 oz (28g) plain cream cheese 3oz (85g) smoked salmon slices Small handful baby spinach leaves 1 large glass (12oz) orange juice</p> <p><i>Spread the cream cheese on the bagel and top with slices of smoked salmon. Garnish with baby spinach leaves.</i></p>	<p>Roast Beef Sandwiches</p> <p>4 slices rye bread 2 tbsp (30ml) light mayonnaise 4oz (113g) deli roast beef slices 1 large apple, sliced 1oz (28g) raisins</p> <p><i>Spread the mayonnaise on the bread. Divide the meat to make two sandwiches. Serve with sliced apple and raisins.</i></p>
 <p>LUNCH 1</p>	<p>Calories - 700 Protein - 35g Carbs - 100g Fat - 18g</p>	<p>Chicken-Cranberry Salad w/Rice</p> <p>2 large handfuls of mixed salad greens 5oz (140g) cooked boneless skinless chicken breasts, cut into strips ½ cup (90g) dry brown rice 1 tbsp (15ml) olive oil 1 tbsp lemon juice ¼ cup (30g) dried sweetened cranberries Salt & pepper, to taste</p> <p><i>Cook the rice according to package directions. While the rice cooks, prepare the salad & dressing. Combine the oil & lemon juice in a small glass jar and shake vigorously. Put the salad in a bowl and top with chicken pieces and dried cranberries. Drizzle with dressing and have rice on the side.</i></p>	<p>Crunchy Platter with Tuna</p> <p>1 can of tuna, packed in water (drained) 1 tbsp (15g) light mayonnaise Salt & pepper, to taste 1 oz (28g) avocado, cubed 2oz (56g) carrot sticks 2 oz (56g) celery sticks 20 saltine crackers 1 large glass (12oz) apple juice</p> <p><i>Mix the tuna and mayo in a small bowl and add salt & pepper to taste. Prepare a large plate with the avocado and tuna in the middle and crackers and veggie sticks around the edges. Serve the avocado on the crackers and dip the veggie sticks in the tuna mixture.</i></p>
		<p>Glazed Pork Tenderloin & Sweet Potato w/ Maple Brussels Sprouts</p> <p>4oz (113g) pork tenderloin, grilled 2 tbsp (30ml) maple syrup, divided 1 tsp (5ml) grainy Dijon mustard 3oz (85g) Brussels sprouts, roasted 6oz (170g) sweet potatoes, cubed and steamed 2 slices sourdough bread 2 tsp butter Salt & pepper to taste</p> <p><i>Mix 1 tbsp maple syrup with 1 tsp mustard to create a glaze for the pork before grilling. Use the other tbsp of maple syrup to coat the Brussels sprouts before roasting in the oven at 350 for 20-25 minutes. Peel and cube the sweet potatoes and steam until tender, ~15 minutes. Serve the meal with bread & butter on the side.</i></p>	<p>Flank Steak & Oven-Baked "Fries"</p> <p>4oz (113g) lean flank steak, cooked & cut in strips 6oz (170g) waxy white potatoes, cut into French fry shapes 3oz (85g) asparagus White baguette, 100g 2 tsp butter Handful of mixed salad greens 5 cherry tomatoes 1 tbsp (15ml) balsamic reduction Salt & pepper, to taste</p> <p><i>Preheat the oven to 400F. Arrange the potato pieces in a single layer on a baking sheet lined with parchment paper. Spritz lightly with non-stick cooking spray and sprinkle with salt and pepper. Bake for 15-20 minutes until crispy and golden brown. While the potato bakes, steam the asparagus and warm the flank steak if desired. Drizzle the balsamic reduction on the salad greens and tomatoes and serve the meal with bread and butter.</i></p>
 <p>DINNER</p>	<p>Calories - 700 Protein - 35g Carbs - 100g Fat - 18g</p>		

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 <p>SNACK 1</p>	<p>Calories - 400 Protein - 20g Carbs - 50g Fat - 13g</p>	<p>Yogurt, Apple & Almond Butter w/ Honey</p> <p>4oz (113g) vanilla 2% Greek yogurt ½ large apple, sliced 1 tbsp (15g) almond butter 1 tbsp (20g) honey</p> <p><i>Stir the honey into the yogurt and spread the almond butter on the apple slices.</i></p>	<p>Granola & Raisins</p> <p>½ cup high protein granola ½ cup (125ml) unsweetened cashew or almond mil 1 oz (28g) raisins</p> <p><i>Pour the granola into a bowl and top with non-dairy milk and raisins.</i></p>
 <p>SNACK 2</p>	<p>Calories - 400 Protein - 20g Carbs - 50g Fat - 13g</p>	<p>Deli Roll ups</p> <p>1 large wrap ½ oz (14g) avocado 2oz (56g) deli ham slices ½ oz (14g) Swiss cheese slice 3 oz (85g) sliced cantaloupe</p> <p><i>Smash the avocado to make a spread inside the wrap. Top with ham and cheese slices and pieces of cantaloupe. Roll up and cut into rounds to serve.</i></p>	<p>White Bean Hummus & Crackers</p> <p>¼ cup hummus 1 cup (260g) white kidney beans 1 tbsp lemon juice Salt & pepper, to taste 1 serving (20g) multigrain crackers</p> <p><i>Combine the hummus and beans in a mini food processor and blend until smooth. Add lemon juice as needed for a thinner texture and season with salt & pepper, to taste. Serve on crackers.</i></p>
 <p>SNACK 3</p>	<p>Calories - 400 Protein - 20g Carbs - 50g Fat - 13g</p>	<p>Chocolate Cherry Protein Shake</p> <p>1 cup (250mL) 1% chocolate milk ⅓ scoop (10g) chocolate protein powder 1 cup frozen sweet cherries 1 tbsp (15g) almond butter 1 handful of ice cubes</p> <p><i>Blend together until smooth.</i></p>	<p>Chocolate PB-Banana Protein Shake</p> <p>1 cup (250mL) of water ½ scoop (15g) chocolate protein powder 1 large banana 1½ tbsp (22g) smooth peanut butter 1 tbsp (30g) chocolate syrup 1 handful of ice cubes</p> <p><i>Blend together until smooth.</i></p>