
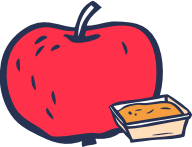




THE 1000 CALORIE BODYBUILDING MEAL PLAN

DAILY MEAL PLAN

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

MEAL	NUTRITION	OPTION 1	OPTION 2
 <p>BREAKFAST</p>	<p>Calories - 273 Protein - 17g Carbs - 31g Fat - 9g</p>	<p>Egg and Veggie Scramble with Blueberries</p> <p>2 eggs + 1 egg white 1 cup spinach 1/2 cup mushrooms 1/4 cup onion 1 cup blueberries</p>	<p>Chocolate Oatmeal and Raspberries</p> <p>1/3 cup quick oats 1/2 scoop chocolate whey protein powder 1/2 cup raspberries 1/2 tbsp peanut butter</p>
		<p>Berry and Chia Seed Pudding</p> <p>1/2 cup frozen mixed berries 2 tbsp chia seeds 1 cup unsweetened almond milk</p>	<p>Sliced Apple with Peanut Butter</p> <p>1/2 apple, sliced 1 1/2 tbsp peanut butter 1 tsp cinnamon</p>
 <p>SNACK</p>	<p>Calories - 212 Protein - 5g Carbs - 21g Fat - 12g</p>	<p>Ground Chicken, Sweet Potato and Broccoli</p> <p>3 oz extra lean ground chicken 3 oz mashed sweet potato 1 cup steamed broccoli 1 tbsp low sugar ketchup</p>	<p>Shrimp and Veggie Stir-fry</p> <p>3 oz tiger shrimp 1/3 cup basmati rice 1 cup frozen veggie mix (carrots, peas, mushrooms) 1 tbsp soy sauce</p>
		<p>Chicken, Avocado and Spinach Salad</p> <p>3 oz chicken breast 2 cups chopped spinach 1/4 cup chopped red onion 1/3 cup chopped strawberries 40 grams of sliced avocado 1 tbsp low calorie raspberry vinaigrette dressing</p>	<p>Extra Lean Ground Bison and Spaghetti Squash</p> <p>3 oz extra lean ground bison 1 cup spaghetti squash 1/3 cup no sugar added tomato sauce 1 oz skim mozzarella cheese 7 roasted asparagus spears</p>
 <p>LUNCH</p>	<p>Calories - 251 Protein - 27g Carbs - 29g Fat - 3g</p>	<p>Chicken, Avocado and Spinach Salad</p> <p>3 oz chicken breast 2 cups chopped spinach 1/4 cup chopped red onion 1/3 cup chopped strawberries 40 grams of sliced avocado 1 tbsp low calorie raspberry vinaigrette dressing</p>	<p>Extra Lean Ground Bison and Spaghetti Squash</p> <p>3 oz extra lean ground bison 1 cup spaghetti squash 1/3 cup no sugar added tomato sauce 1 oz skim mozzarella cheese 7 roasted asparagus spears</p>
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 <p>DINNER</p>	<p>Calories - 282 Protein - 29g Carbs - 19g Fat - 10g</p>	<p>Chicken, Avocado and Spinach Salad</p> <p>3 oz chicken breast 2 cups chopped spinach 1/4 cup chopped red onion 1/3 cup chopped strawberries 40 grams of sliced avocado 1 tbsp low calorie raspberry vinaigrette dressing</p>	<p>Extra Lean Ground Bison and Spaghetti Squash</p> <p>3 oz extra lean ground bison 1 cup spaghetti squash 1/3 cup no sugar added tomato sauce 1 oz skim mozzarella cheese 7 roasted asparagus spears</p>
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