
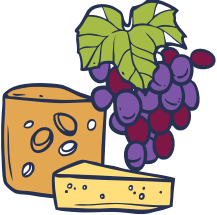

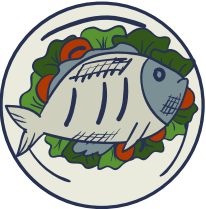



SAMPLE MEAL PLAN

200G GRAMS OF PROTEIN

Sample Day #1

This sample day of eating contains 203 grams of protein.

MEAL	NUTRITION	FOOD
 <p>BREAKFAST</p>	<p>44g Protein</p>	<ul style="list-style-type: none"> • 2 whole egg veggie omelet: 12g • 2 egg whites (mixed in): 7g • 3 slices of turkey bacon: 24g • 1/4 avocado: 1g
 <p>SNACK</p>	<p>34g Protein</p>	<ul style="list-style-type: none"> • 1 cup cottage cheese: 25g • 1/2 cup raspberries: 1g • 1/4 cup almonds: 8g
 <p>LUNCH</p>	<p>53g Protein</p>	<ul style="list-style-type: none"> • 5 ounces chicken breast: 38g • 1/2 cup sweet potato: 1g • 1 cup quinoa: 8g • 2 cups Brussels sprouts: 6g
 <p>SNACK</p>	<p>26g Protein</p>	<ul style="list-style-type: none"> • 1 cucumber, cut into slices: 2g • 3 oz of wild-caught tuna: 24g
 <p>DINNER</p>	<p>46g Protein</p>	<ul style="list-style-type: none"> • 4 ounces of ground beef: 16g • 2 ounces chickpea rotini pasta, dry: 14g • 1/4 cup mozzarella cheese: 8g • 1 cup of marinara sauce: 3g • 2 cups steamed broccoli: 5g



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SAMPLE MEAL PLAN

200G GRAMS OF PROTEIN

Sample Day #2

This sample day of eating contains 200 grams of protein.

MEAL	NUTRITION	FOOD
 <p>BREAKFAST</p>	<p>55g Protein</p>	<ul style="list-style-type: none"> • 3 oz chicken sausage: 12g • 1 scoop vanilla protein powder: 29g • 1/2 cup oats: 5g • 1/2 banana: 1g • 2 tablespoons of peanut butter: 8g
 <p>SNACK</p>	<p>31g Protein</p>	<ul style="list-style-type: none"> • 3 ounces of dry salami: 18g • 2 hard-boiled eggs: 12g • 1 pear: 1g
 <p>LUNCH</p>	<p>54g Protein</p>	<ul style="list-style-type: none"> • 5 ounces of ground turkey: 38g • 2 baked bell peppers (to stuff turkey into): 2g • 1/4 cup melted cheddar cheese: 6g • 1/2 cauliflower rice: 6g • 1/2 cup mushroom (or zucchini, onion, peppers, etc): 2g
 <p>SNACK</p>	<p>31g Protein</p>	<ul style="list-style-type: none"> • 1 container of Greek yogurt: 17g • 1/4 cup blueberries: 0.5g • 1/4 cup pumpkin seeds: 10g • 1 tbsp of almond butter: 3.5g
 <p>DINNER</p>	<p>29g Protein</p>	<ul style="list-style-type: none"> • 4 oz salmon: 23g • 3 ounces of asparagus: 2g • 1/2 cup potatoes: 4g

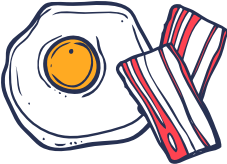
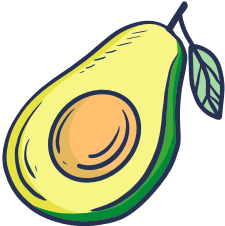
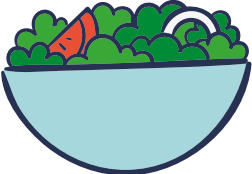


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SAMPLE MEAL PLAN

200G GRAMS OF PROTEIN

Sample Day #3

This sample day of eating contains 201 grams of protein.

MEAL	NUTRITION	FOOD
 <p>BREAKFAST</p>	<p>41g Protein</p>	<ul style="list-style-type: none"> • 3 Kodiak pancakes: 15g • 2 slices bacon: 6g • 3 eggs: 18g • 1/2 cup sauteed mushrooms: 2g
 <p>SNACK</p>	<p>28g Protein</p>	<ul style="list-style-type: none"> • 1 rice cake: 1g • 4 ounces sliced turkey: 16g • 1/2 avocado: 2g • 1/2 cup edamame: 9g
 <p>LUNCH</p>	<p>49g Protein</p>	<ul style="list-style-type: none"> • 2 cups of shredded lettuce: 1g • 4 ounces shredded chicken: 31g • 1/2 cup of black beans: 8g • 1/2 cup of brown rice: 3g • 1/4 cup cheddar cheese: 6g
 <p>SNACK</p>	<p>44g Protein</p>	<ul style="list-style-type: none"> • 1 scoop protein powder: 29g • 1 cup coconut milk: 5g • 2 tbsp of almond butter: 7g • 1/2 banana: 1g • 1 cup spinach: 2g
 <p>DINNER</p>	<p>39g Protein</p>	<ul style="list-style-type: none"> • 4 ounces steak: 28g • 1/4 cup blue cheese: 8g • 1 cup green beans: 2g • 1/2 cup butternut squash: 1g

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