





# SAMPLE MEAL PLAN: 120G OF PROTEIN

For a custom meal plan designed by our nutrition coaches visit: [feastgood.com/coaching-services](https://feastgood.com/coaching-services)

MEAL	NUTRITION	OPTIONS
<b>BREAKFAST</b>  	<b>Calories - 352</b> <b>Protein - 28g</b>	<b>Egg Scramble &amp; Whole Grain Toast</b>  2 eggs - 12 grams 2 egg whites - 7.5 grams ½ oz cheddar cheese (added to the egg scramble) - 3.5 grams 1 slice whole grain bread (toasted) - 5 grams ½ tbsp butter (for the toast) - 0 grams
		<b>Protein Blueberry Oatmeal</b>  ½ cup quick oats - 5 grams 2 egg whites (cooked into oats) - 7.5 grams ½ scoop vanilla whey protein powder - 15 grams 1 tbsp almond butter - 3.5 grams ¾ cup blueberries - 1 gram
	<b>Calories - 415</b> <b>Protein - 31g</b>	<b>High Protein Chocolate Yogurt Bowl</b>  ½ cup Plain Greek Yogurt - 12 grams ½ scoop chocolate whey protein powder - 15 grams ½ oz sliced almonds - 3 grams 1 cup sliced strawberries - 1 gram
<b>LUNCH</b>  	<b>Calories - 551</b> <b>Protein - 33g</b>	<b>Taco Salad</b>  3 oz lean ground beef - 20 grams 1 oz shredded cheddar cheese - 7 grams 150 grams romaine lettuce - 2 grams ½ sliced tomato - 0.5 grams 20 grams tortilla chips - 1.5 grams 2 tbsp sour cream - 0.5 grams 1 tbsp salsa - 1.5 grams
		<b>Turkey and Swiss Wrap</b>  3 oz sliced turkey - 15 grams 1 oz Swiss cheese - 8 grams 1 Flatout wrap - 6 grams 20 grams alfalfa sprouts - 0.5 grams 1 tsp honey mustard - 0 grams
	<b>Calories - 264</b> <b>Protein - 29.5g</b>	<b>Chicken Breast and Wild Rice</b>  3 oz grilled chicken breast - 26 grams ½ cup wild rice - 3 grams 2 cups broccoli - 4 grams

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MEAL	NUTRITION	OPTIONS
<b>SNACK</b>  	<b>Calories - 160</b> <b>Protein - 31g</b>	<b>Protein Shake</b>  1 scoop vanilla whey protein powder - 30 grams 1 cup unsweetened almond milk - 1 gram
		<b>Calories - 269</b> <b>Protein - 27g</b>
	<b>Calories - 434</b> <b>Protein - 29g</b>	<b>Hard Boiled Eggs and carrots</b>  4 eggs - 24 grams 1 cup sliced carrots - 1 gram ¼ cup hummus - 4 grams
<b>DINNER</b>  	<b>Calories - 272</b> <b>Protein - 29.5g</b>	<b>Steak and Asparagus</b>  4 oz sirloin steak - 26 grams 10 asparagus spears - 3.5 grams 1 tbsp butter - 0 grams
		<b>Calories - 353</b> <b>Protein - 27g</b>
	<b>Calories - 362</b> <b>Protein - 32g</b>	<b>Spaghetti and Turkey Meat Sauce</b>  3 oz ground turkey - 23 grams 2 oz cooked whole grain spaghetti noodles - 3 grams 1/2 cup tomato sauce - 2 grams ½ oz parmesan cheese - 4 grams