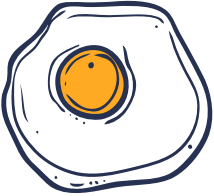
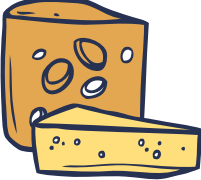





SAMPLE MEAL PLAN

150 GRAMS OF PROTEIN

Omnivore Meal Plan (includes meat, eggs, & dairy)

Total: 152 g of protein

| MEAL | NUTRITION | FOOD |
|---|-------------------------------|--|
|  <p>BREAKFAST</p> | <p>34g Protein</p> | <ul style="list-style-type: none"> • 2 eggs • ½ cup (40 g) of rolled oats for oatmeal • ¾ cup (175 g) of nonfat plain Greek yogurt topped with 1 cup (152 g) of sliced strawberries |
|  <p>SNACK</p> | <p>18g Protein</p> | <ul style="list-style-type: none"> • ½ cup (125 g) low-fat cottage cheese • 1 medium apple (154 g) • ½ oz (14 g) cashews |
|  <p>LUNCH</p> | <p>38g Protein</p> | <ul style="list-style-type: none"> • 4 oz (112 g) grilled chicken breast • ½ cup (100 g) cooked brown rice • mixed greens salad • 2 tsp (10 g) olive oil |
|  <p>SNACK</p> | <p>30g Protein</p> | <ul style="list-style-type: none"> • 1 scoop (30 g) whey isolate protein powder • 1 medium banana (126 g) • 1 cup (250mL) orange juice |
|  <p>DINNER</p> | <p>32g Protein</p> | <ul style="list-style-type: none"> • 4 oz (112 g) grilled sirloin steak • 4 oz (112 g) baked sweet potato • ½ cup (85 g) steamed broccoli • 2 tsp (10 g) butter |

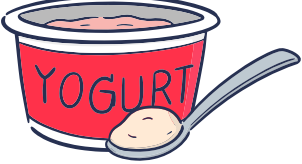
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SAMPLE MEAL PLAN

150 GRAMS OF PROTEIN

Vegetarian Meal Plan (includes eggs & dairy)

Total: 152 g of protein

| MEAL | NUTRITION | FOOD |
|---|-------------------------------|---|
|  <p>BREAKFAST</p> | <p>39g Protein</p> | <ul style="list-style-type: none"> • 2 eggs scrambled with ½ cup (125 g) liquid egg whites and 1 cup (30 g) sauteed spinach • 2 slices (72 g) whole wheat toast with 1 tbsp (15 g) peanut butter • ½ cup (74 g) fresh blueberries |
|  <p>SNACK</p> | <p>21g Protein</p> | <ul style="list-style-type: none"> • ¾ cup (175 g) nonfat plain Greek yogurt • ¼ cup (22g) granola • ½ cup (77 g) fresh cherries |
|  <p>LUNCH</p> | <p>31g Protein</p> | <ul style="list-style-type: none"> • 5 oz (140 g) extra firm tofu, cubed, stir-fried with ¾ cup (100 g) of mushrooms and 1 cup (100g) of bok choy • served on ½ cup (100 g) cooked brown rice |
|  <p>SNACK</p> | <p>30g Protein</p> | <ul style="list-style-type: none"> • 1 scoop (30 g) whey isolate protein powder • 1 medium banana (126 g) • 1 cup (250mL) orange juice |
|  <p>DINNER</p> | <p>31g Protein</p> | <ul style="list-style-type: none"> • 1 ½ cups (375mL) black turtle beans • ¼ cup (63 g) sugar-free salsa • ¼ cup (30 g) part-skim shredded mozzarella cheese • 1 large corn tortilla (40 g) and 1 extra large (200 g) grilled bell pepper |

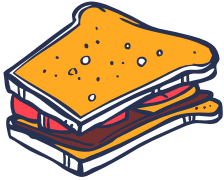

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SAMPLE MEAL PLAN

150 GRAMS OF PROTEIN

Vegan Meal Plan (no animal products)

Total: 150 g of protein

| MEAL | NUTRITION | FOOD |
|---|-----------------------|--|
|  BREAKFAST | 40g Protein | <ul style="list-style-type: none">• 9 oz (255 g) soft silken tofu scrambled with ¼ cup (15 g) nutritional yeast and ¾ cup (100 g) sauteed mushrooms• 1 small (53 g) sliced tomato• 2 slices (68 g) sprouted Ezekiel bread with 1 tbsp (15 g) almond butter |
|  SNACK | 22g Protein | <ul style="list-style-type: none">• 1 serving (50 g) roasted lentils• 1 cup (262 g) soy-based yogurt |
|  LUNCH | 19g Protein | <ul style="list-style-type: none">• 1 cup (100g) grilled eggplant• 2 grilled portabella mushrooms (168 g)• 1 cup (100g) sauteed kale• 3 roasted red peppers (190 g)• 1 cup cooked quinoa (185 g)• 2 tbsp (30 g) hummus |
|  SNACK | 39g Protein | <ul style="list-style-type: none">• 1 scoop (41 g) Vega sport plant-based protein powder• 1 medium banana (126 g)• 1 cup (250mL) soy milk |
|  DINNER | 30g Protein | <ul style="list-style-type: none">• 4 oz (112 g) Banza chickpea-based rotini• ½ cup (125mL) primavera pasta sauce• 2 cups (150 g) chopped romaine lettuce• 2 tsp (10 g) olive oil |

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