

SAME MEAL PLAN: 250 GRAMS OF PROTEIN

OMNIVORE MEAL PLAN

(includes meat, eggs, & dairy)
253 g of protein

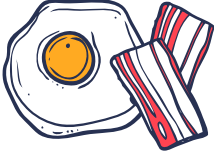
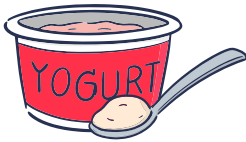



MEAL	PROTEIN	RECIPE
 BREAKFAST	60g	<ul style="list-style-type: none">■ 3 eggs + ½ cup (125 g) liquid egg whites, scrambled;■ 1 cup (80 g) of rolled oats for oatmeal;■ ¾ cup (175 g) of nonfat plain Greek yogurt topped with 1 cup (152 g) of sliced strawberries
 SNACK	35g	<ul style="list-style-type: none">■ 1 cup (250 g) low-fat cottage cheese;■ 1 medium apple (154 g);■ ½ oz (14 g) hemp seeds
 LUNCH	60g	<ul style="list-style-type: none">■ 8 oz (227 g) grilled chicken breast;■ 1 cup (202 g) cooked brown rice;■ 4 oz (112 g) steamed broccoli;■ mixed greens salad;■ 2 tsp (10 g) olive oil
 SNACK	35g	<ul style="list-style-type: none">■ 1 scoop (30 g) whey isolate protein powder;■ 1 medium banana (126 g);■ 1 cup (250mL) skim milk
 DINNER	63g	<ul style="list-style-type: none">■ 8 oz (227 g) grilled sirloin steak;■ 4 oz (112 g) baked sweet potato;■ ½ cup (85 g) steamed spinach;■ 2 tsp (10 g) butter

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

SAME MEAL PLAN: 250 GRAMS OF PROTEIN

VEGETARIAN MEAL PLAN

(includes eggs & dairy)
248 g of protein


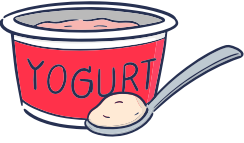


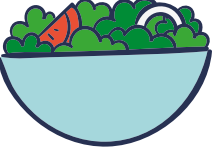
MEAL	PROTEIN	RECIPE
 <p>BREAKFAST</p>	49g	<ul style="list-style-type: none"> 3 eggs + ½ cup (125 g) liquid egg whites, scrambled; 2 slices (68 g) sprouted whole grain toast with 2 tbsp (30 g) peanut butter; ½ cup (74 g) fresh blueberries
 <p>SNACK</p>	52g	<ul style="list-style-type: none"> 1 cup (227 g) nonfat plain Greek yogurt; ½ cup (63g) high protein granola; ½ cup (77 g) fresh cherries
 <p>LUNCH</p>	47g	<ul style="list-style-type: none"> 8 oz (227 g) extra firm tofu, cubed, stir-fried with ¾ cup (100 g) of mushrooms and 1 cup (100g) of bok choy, served on 1 cup (202 g) cooked brown rice
 <p>SNACK</p>	48g	<ul style="list-style-type: none"> 1 scoop (30 g) whey isolate protein powder; 1 medium banana (126 g); 1 cup (250mL) high protein skim milk; 1 serving (15 g) powdered peanut butter
 <p>DINNER</p>	51g	<ul style="list-style-type: none"> 2 cups (500mL) black turtle beans; ¼ cup (63 g) sugar-free salsa; ½ cup (60 g) part-skim shredded mozzarella cheese 3 corn tortillas (72 g); 1 extra large (200 g) grilled bell pepper; ¼ cup (60 g) light sour cream

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

SAME MEAL PLAN: 250 GRAMS OF PROTEIN

VEGAN MEAL PLAN

(no animal products)
246 g of protein

MEAL	PROTEIN	RECIPE
 <p>BREAKFAST</p>	60g	<ul style="list-style-type: none"> 8 oz (227 g) extra firm tofu, fork-mashed, 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
 <p>SNACK</p>	36g	<ul style="list-style-type: none"> ⅔ cup (100 g) roasted lentils, 1 cup (262 g) soy-based yogurt
 <p>LUNCH</p>	29g	<ul style="list-style-type: none"> 2 cups (200g) grilled eggplant, 2 cups grilled portabella mushrooms (242 g), 1 cup (100g) sauteed kale, 3 roasted red peppers (190 g), 1 cup cooked quinoa (185 g), ¼ cup (60 g) hummus
 <p>SNACK</p>	63g	<ul style="list-style-type: none"> 2 scoops (82 g) Vega sport plant-based protein powder, 1 medium banana (126 g), 1 cup (250mL) orange juice
 <p>DINNER</p>	58g	<ul style="list-style-type: none"> 8 oz (227 g) Banza chickpea-based rotini, 1 cup (250mL) primavera pasta sauce, 2 cups (170 g) chopped romaine lettuce, 2 tsp (10 g) olive oil

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