
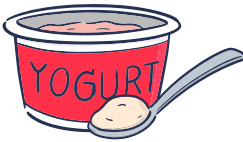

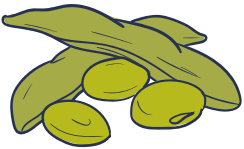



SAME MEAL PLAN: 100 GRAMS OF PROTEIN

MEAL PLAN #1

Vegan (106 g protein)

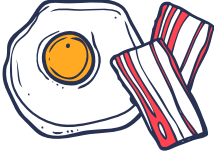




MEAL	PROTEIN	RECIPE
 BREAKFAST	19g	<ul style="list-style-type: none">■ 50g oats■ chia seeds (2 tablespoons)■ soy milk (125ml)■ peanut butter (1 tablespoon)
 SNACK	15g	<ul style="list-style-type: none">■ 150g soy yogurt■ 1 tablespoon of almond butter
 LUNCH	25g	<ul style="list-style-type: none">■ Lentil pasta (150 uncooked) with mushrooms and broccoli
 SNACK	17g	<ul style="list-style-type: none">■ 150g parmesan crusted edamame
 DINNER	30g	<ul style="list-style-type: none">■ chickpea and vegetable stir-fry with tofu (250g) and 100g cooked quinoa

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

SAME MEAL PLAN: 100 GRAMS OF PROTEIN

MEAL PLAN #2

With Eggs, Meat, & Dairy (106 g protein)

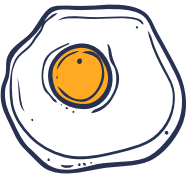



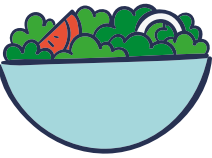
MEAL	PROTEIN	RECIPE
 BREAKFAST	19g	<ul style="list-style-type: none">■ 2 scrambled eggs■ tomatoes, mushrooms■ 1 slice of brown bread
 SNACK	20g	<ul style="list-style-type: none">■ 150g of Greek yogurt■ 1 small handful of almonds
 LUNCH	43g	<ul style="list-style-type: none">■ 150g of grilled chicken breast■ 100g of cooked quinoa■ Mixed vegetables
 SNACK	9g	<ul style="list-style-type: none">■ peanut butter (1 tablespoon) and banana bagel
 DINNER	15g	<ul style="list-style-type: none">■ Heinz beans (150g)■ 1 medium-sized baked potato■ grilled asparagus

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SAME MEAL PLAN: 100 GRAMS OF PROTEIN

MEAL PLAN #3

With Eggs, Fish, & Dairy (103 g protein)

MEAL	PROTEIN	RECIPE
 BREAKFAST	18g	<ul style="list-style-type: none">■ 2 scrambled eggs■ 1 slice of brown bread■ 1 small avocado
 SNACK	6g	<ul style="list-style-type: none">■ 30g almonds
 LUNCH	39g	<ul style="list-style-type: none">■ Grilled salmon filet (150g)■ grilled vegetables■ 100g cooked quinoa
 SNACK	15g	<ul style="list-style-type: none">■ 150g Greek yogurt■ chopped pineapple
 DINNER	25g	<ul style="list-style-type: none">■ bean and lentil salad (200g cooked)■ 5 mozzarella balls

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