

SAME MEAL PLAN: 300 GRAMS OF PROTEIN

MEAL PLAN #1

White Meat and Dairy (298g protein)

MEAL	PROTEIN	RECIPE
 MEAL 1	58g	<ul style="list-style-type: none">2 slices brown bread + cucumber + tomatoes + 150g sliced turkey breast + 2 slices leerdammer cheese
 MEAL 2	36g	<ul style="list-style-type: none">protein bar + 350ml soy milk with coffee
 MEAL 3	51g	<ul style="list-style-type: none">150g grilled chicken breast + 200g mixed vegetables + 185g cooked quinoa
 MEAL 4	58g	<ul style="list-style-type: none">250g greek yogurt + 30g seeds + berries + banana blended with 1 scoop protein powder
 MEAL 5	54g	<ul style="list-style-type: none">250g Tofu (uncooked) + 170g peas + 250g bean & chickpea salad + 2 slices brown bread
 MEAL 6	41g	<ul style="list-style-type: none">casein powder shake 1.5 scoops + 200ml cow's milk

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MEAL PLAN #2

Red Meat, Eggs, and Dairy (302 g protein)

MEAL	PROTEIN	RECIPE
 MEAL 1	50g	<ul style="list-style-type: none">4 scrambled eggs + mushrooms/tomato + 2 slices of ezeziel bread + 350ml cows milk with coffee
 MEAL 2	58g	<ul style="list-style-type: none">1 protein bar + 230g greek yogurt + 30g nuts + mixed fruit
 MEAL 3	53g	<ul style="list-style-type: none">200g (uncooked) lentil pasta with 150g venison ragout + grated cheese
 MEAL 4	37g	<ul style="list-style-type: none">200g cottage cheese + 50 g hummus + veggie sticks + 2 slices brown bread
 MEAL 5	63g	<ul style="list-style-type: none">150g grilled lean beef steak + 185g cooked quinoa + cauliflower + 200g bean & chickpea salad
 MEAL 6	41g	<ul style="list-style-type: none">casein powder shake 1.5 scoops + 200ml cow's milk

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SAME MEAL PLAN: 100 GRAMS OF PROTEIN

MEAL PLAN #3

Fish, Eggs, and Dairy (296g protein)

MEAL	PROTEIN	RECIPE
 MEAL 1	65g	<ul style="list-style-type: none">50g oats + 200g greek yogurt + berries + 350ml soy milk with coffee + 1 protein bar
 MEAL 2	65g	<ul style="list-style-type: none">3 slices of brown bread + 50g hummus + veggies sticks + 3 scrambled eggs + 110g flaked salmon
 MEAL 3	58g	<ul style="list-style-type: none">Lentil soup (300g cooked lentils) + 185g cooked quinoa & 30g nut salad + grilled vegetables + 5 mozzarella balls
 MEAL 4	63g	<ul style="list-style-type: none">200g grilled salmon + broccoli + medium-sized sweet potato + 150g chickpea
 MEAL 5	46g	<ul style="list-style-type: none">casein powder shake 1.5 scoops + 400ml cow's milk

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