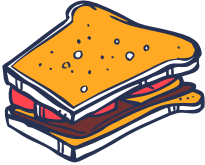



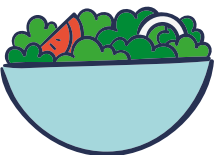



# 1-DAY MEAL PLAN

The following meal plan costs less than \$7.55 and has just over 130 grams of protein.

MEAL	PROTEIN	RECIPE
 <b>BREAKFAST</b>	<b>27g</b>	<ul style="list-style-type: none"><li>3 boiled eggs, 18g protein (\$0.66)</li><li>1 slice of brown bread, 5g protein (\$0.10)</li><li>1 tablespoon of peanut butter, 4g protein (\$0.10)</li></ul> <b>Total: \$0.86</b>
 <b>SNACK</b>	<b>18g</b>	<ul style="list-style-type: none"><li>1 serving of 170g of Greek yogurt, 18g protein (\$0.78)</li><li>1 banana (\$0.27)</li></ul> <b>Total: \$1.05</b>
 <b>LUNCH</b>	<b>31g</b>	<ul style="list-style-type: none"><li>4 ounces (112 g) of chicken breast, 25g protein (\$0.97)</li><li>185g of cooked brown rice, 3g protein (\$0.20)</li><li>1 cup of steamed broccoli, carrots, cauliflower, 3g protein (\$0.75)</li></ul> <b>Total: \$1.92</b>
 <b>SNACK</b>	<b>20g</b>	<ul style="list-style-type: none"><li>1 can of tuna, 17g protein (\$0.84)</li><li>5 wheat crackers, 3g protein (\$0.25)</li></ul> <b>Total: \$1.09</b>
 <b>DINNER</b>	<b>24g</b>	<ul style="list-style-type: none"><li>260g (canned) bean salad, 14 g protein (\$0.82)</li><li>85g tofu, 7g protein (\$0.42)</li><li>1 cup of roasted vegetables (zucchini, bell peppers, etc.) 3g protein (\$0.75)</li></ul> <b>Total: \$1.99</b>
 <b>SNACK</b>	<b>10g</b>	<ul style="list-style-type: none"><li>240ml glass cow's milk</li></ul> <b>Total: \$0.64</b>

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