

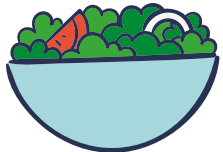



SAMPLE MEAL PLAN:  
170G GRAMS OF PROTEIN

# MEAL PLAN #1

Includes Dairy, Eggs, and Meat

MEAL	PROTEIN	RECIPE
 <b>BREAKFAST</b>	<b>50g</b>	<ul style="list-style-type: none"><li>■ Greek yogurt (1 container): 17g</li><li>■ Scrambled eggs (3 large): 18g</li><li>■ Turkey sausage (3 links): 15g</li></ul>
 <b>LUNCH</b>	<b>47g</b>	<ul style="list-style-type: none"><li>■ Grilled chicken breast salad (5 ounces of chicken): 32g</li><li>■ Cottage cheese with cucumbers (½ cup): 15g</li></ul>
 <b>AFTERNOON SNACK</b>	<b>24g</b>	<ul style="list-style-type: none"><li>■ Tuna salad lettuce wraps (3 ounces of tuna): 24g</li></ul>
 <b>DINNER</b>	<b>50g</b>	<ul style="list-style-type: none"><li>■ Sirloin steak (6 ounces): 48g</li><li>■ Large salad (mixed greens): 1g</li><li>■ Large apple: 1g</li></ul>



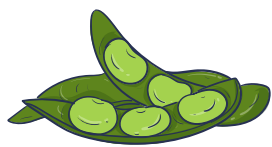

**THIS SAMPLE MENU HAS 171 GRAMS OF PROTEIN.**

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SAMPLE MEAL PLAN:  
170G GRAMS OF PROTEIN

# MEAL PLAN #2

Vegan Meal Plan  
(no animal products)

MEAL	PROTEIN	RECIPE
 <b>BREAKFAST</b>	<b>52g</b>	<ul style="list-style-type: none"><li>■ Vegan protein smoothie (with 2 scoops of hemp protein, mixed berries, and a cup of almond milk): <b>32g</b></li><li>■ Peanut butter on whole-grain toast (3 tablespoons peanut butter, 2 slices): <b>20g</b></li></ul>
 <b>LUNCH</b>	<b>42g</b>	<ul style="list-style-type: none"><li>■ Lentil soup (2.5 cups): <b>22g</b></li><li>■ Quinoa salad with black beans and avocado (1.5 cups cooked quinoa, ½ cup black beans): <b>20g</b></li></ul>
 <b>AFTERNOON SNACK</b>	<b>39g</b>	<ul style="list-style-type: none"><li>■ Roasted chickpeas (1 cup): <b>14g</b></li><li>■ Edamame (1.5 cups): <b>25g</b></li></ul>
 <b>DINNER</b>	<b>39g</b>	<ul style="list-style-type: none"><li>■ Tofu stir-fry with broccoli, bell peppers, and snow peas (8 ounces of tofu): <b>22g</b></li><li>■ Brown rice (1.5 cups cooked): <b>8g</b></li><li>■ Tempeh "bacon" strips (3 strips): <b>9g</b></li></ul>




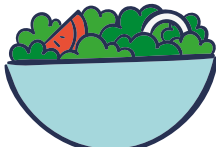
**THIS SAMPLE MENU HAS 172 GRAMS OF PROTEIN.**

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SAMPLE MEAL PLAN:  
170G GRAMS OF PROTEIN

# MEAL PLAN #3

Vegetarian Meal Plan  
(eggs & dairy included)

MEAL	PROTEIN	RECIPE
 <b>BREAKFAST</b>	<b>29g</b>	<ul style="list-style-type: none"><li>■ Non-fat Greek yogurt (1.5 cups): <b>19g</b></li><li>■ Whole grain toast with avocado (2 slices, 1/2 avocado): <b>10g</b></li></ul>
 <b>LUNCH</b>	<b>54g</b>	<ul style="list-style-type: none"><li>■ Spinach and feta cheese omelet (5 large eggs, 1/4 cup feta): <b>36g</b></li><li>■ Lentil soup (2 cups): <b>18g</b></li></ul>
 <b>AFTERNOON SNACK</b>	<b>23g</b>	<ul style="list-style-type: none"><li>■ Edamame (1 cup): <b>17g</b></li><li>■ Almonds (1 ounce): <b>6g</b></li></ul>
 <b>DINNER</b>	<b>67g</b>	<ul style="list-style-type: none"><li>■ Quinoa and Vegetable Stir-fry (1.5 cups cooked quinoa): <b>13g</b></li><li>■ Chickpea and vegetable patties (4 medium-sized patties) <b>28g</b></li><li>■ Cottage cheese with cucumbers (1 cup): <b>26g</b></li></ul>

**THIS SAMPLE MENU HAS 173 GRAMS OF PROTEIN.**

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