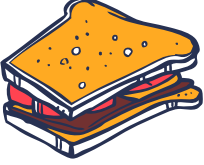

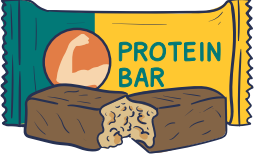






SAMPLE MEAL PLAN:
300 GRAMS OF CARBS
MEAL PLAN #1

MEAL	CARBS	RECIPE
 BREAKFAST	88g	<ul style="list-style-type: none"> ■ 2 slices of toast with jam: 40g ■ 1 medium banana: 27g ■ 1 small apple (21g)
 LUNCH	94g	<ul style="list-style-type: none"> ■ 1 cup of cooked quinoa: 39g ■ Grilled chicken breast: 0g ■ Steamed broccoli (2 servings): 12g ■ 1 medium orange: 12g ■ 2 cups of grapes: 32g
 AFTERNOON SNACK	44g	<ul style="list-style-type: none"> ■ 1 granola bar: 20g ■ 1 cup of mixed berries: 24g
 DINNER	85g	<ul style="list-style-type: none"> ■ 1.5 cups of cooked pasta: 65g ■ Marinara sauce (1 serving): 10g ■ Grilled vegetables (zucchini, bell peppers, onions): 10g

This sample menu has 311 grams of carbohydrates.

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



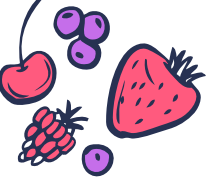

SAMPLE MEAL PLAN:
300 GRAMS OF CARBS
MEAL PLAN #2

MEAL	CARBS	RECIPE
 BREAKFAST	97g	<ul style="list-style-type: none">■ 1 cup of cooked oatmeal: 27g■ 1 banana, sliced and added to oatmeal: 27g■ 1 tablespoon of honey drizzled on top: 17g■ 1 cup of orange juice: 26g
 LUNCH	106g	<ul style="list-style-type: none">■ 1.5 cups of cooked brown rice: 75g■ 6 oz grilled chicken breast: 0g■ 1 large apple: 31g
 DINNER	109-114g	<ul style="list-style-type: none">■ 2 medium-sized baked potatoes: 74g■ 1 large steak: 0g■ Steamed veggies: 5-10g■ 1 medium-sized muffin: 30g

This sample menu has 312-317 grams of carbohydrates.

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SAMPLE MEAL PLAN:
300 GRAMS OF CARBS
MEAL PLAN #3

MEAL	CARBS	RECIPE
 BREAKFAST	90g	<ul style="list-style-type: none"> 1 cup of cereal: 55g 1 cup of skim milk: 12g 1 small banana, sliced on top: 23g
 LUNCH	89g	<ul style="list-style-type: none"> 2 large baked sweet potatoes: 74g Salmon (prepared as you prefer): 0g Side salad with lettuce, tomatoes, and a light dressing: 15g
 AFTERNOON SNACK	23g	<ul style="list-style-type: none"> 1 oz of dried fruit: 23g
 DINNER	101g	<ul style="list-style-type: none"> 1.5 cups of cooked spaghetti: 60g 3 medium-sized meatballs: 6g Marinara sauce (1 serving): 10g 1 slice of garlic bread: 25g

This sample menu has 303 grams of carbohydrates.

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