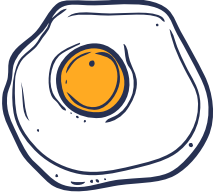





SAMPLE MEAL PLAN

MEAL PLAN #1:

With Eggs, Dairy, and Meat

This sample day of eating has 138 grams of protein.

| MEAL | NUTRITION | FOOD |
|---|-----------------------|--|
|  BREAKFAST | 33g Protein | <ul style="list-style-type: none">• Four scrambled eggs: 24g• Greek yogurt (half a container): 9g |
|  LUNCH | 59g Protein | <ul style="list-style-type: none">• Grilled chicken breast (7 ounces): 58g• Salad of mixed greens: 1g |
|  AFTERNOON SNACK | 12g Protein | <ul style="list-style-type: none">• Almonds (2 ounces): 12g |
|  DINNER | 34g Protein | <ul style="list-style-type: none">• Salmon filet (4 ounces): 26g• Quinoa (1 cup): 8g |



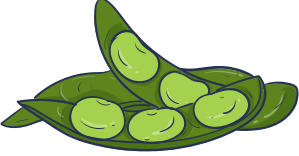
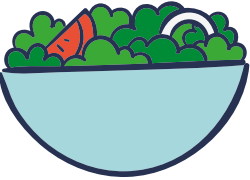
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SAMPLE MEAL PLAN

MEAL PLAN #2:

No Animal Products (Vegan-Friendly)

This sample day of eating has 133 grams of protein.

| MEAL | NUTRITION | FOOD |
|---|-------------------------------|--|
|  <p>BREAKFAST</p> | <p>27g Protein</p> | <ul style="list-style-type: none"> Tofu scramble, 7 ounces (with tofu, olive oil, nutritional yeast, non-dairy milk, salt, and spices): 20g Toast (1 slice) with a tablespoon of peanut butter: 7g |
|  <p>LUNCH</p> | <p>38g Protein</p> | <ul style="list-style-type: none"> Lentil soup (2 cups): 18g Quinoa (1.5 cups) and black beans (1/2 cup) salad: 20g |
|  <p>AFTERNOON SNACK</p> | <p>34g Protein</p> | <ul style="list-style-type: none"> Edamame (2 cup): 34g |
|  <p>DINNER</p> | <p>34g Protein</p> | <ul style="list-style-type: none"> Seitan stir fry, 4 ounces (with bell pepper, broccoli, carrot, onion, and spices): 26g Steamed broccoli (2 cups): 8g |

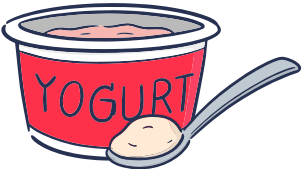
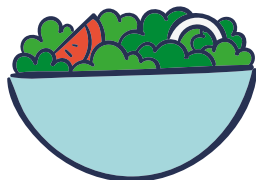


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SAMPLE MEAL PLAN

MEAL PLAN #3:

Vegetarian-Friendly (Eggs and Dairy Included)

This sample day of eating has
138 grams of protein.

| MEAL | NUTRITION | FOOD |
|---|-----------------------|---|
|  BREAKFAST | 21g Protein | <ul style="list-style-type: none">• Greek yogurt (half a container): 9g• Two boiled eggs: 12g |
|  LUNCH | 33g Protein | <ul style="list-style-type: none">• Spinach salad with 1 cup of boiled chickpeas: 20g• Low-fat cottage cheese (½ cup): 13g |
|  AFTERNOON SNACK | 29g Protein | <ul style="list-style-type: none">• Protein shake with one scoop of protein powder and 5 ounces of milk: 29g |
|  DINNER | 50g Protein | <ul style="list-style-type: none">• Quinoa (1 cup cooked) and black bean (1 cup, drained) bowl: 23g• Lentil soup (2 cups): 18g• Half a mozzarella ball: 9g |

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