

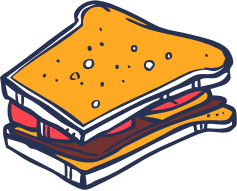




MEAL PLAN #1


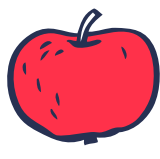

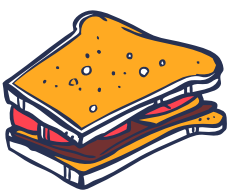


This sample menu offers 412 grams of carbs, 147 grams of protein, 87 grams of fat, and 3,019 calories.

MEAL	CARBS	RECIPE
 BREAKFAST	87g	<ul style="list-style-type: none">■ Three large whole-grain pancakes (carbs: 60g, protein: 12g, fats: 8g)■ Two scrambled eggs (carbs: 1.2g, protein: 12g, fats: 10g)■ A cup of orange juice (carbs: 26g, protein: 1.7g, fats: 0.5g)
 SNACK #1	37g	<ul style="list-style-type: none">■ A large apple with two tablespoons of peanut butter (carbs: 37g, protein: 8.5g, fats: 16.5g)
 LUNCH	161g	<ul style="list-style-type: none">■ Turkey sandwich (two slices of whole-wheat bread) with tomato and lettuce (carbs: 40g, protein: 30g, fats: 9g)■ A cup of baked beans (carbs: 55g, protein: 14g, fats: 13g)■ Side salad with half a cup of corn and ¼ cup of cooked quinoa (carbs: 26g, protein: 5g, 2.5g)
 SNACK #2	56g	<ul style="list-style-type: none">■ A container of Greek yogurt with a tablespoon of honey and half a cup of mixed berries (carbs: 33g, protein: 18g, fats: 1g)■ An ounce of dried fruit (carbs: 23g, protein: 0.3g, fats: 0.8g)
 DINNER	71g	<ul style="list-style-type: none">■ Seven ounces of grilled salmon (carbs: 0g, protein: 40g, fats: 26g)■ Two medium-sized sweet potatoes (carbs: 46g, protein: 4g, fats: 0g)■ Two servings of steamed broccoli, carrots, and cauliflower (carbs: 25g, protein: 2g, fats: 0 g)

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MEAL PLAN #2

This sample menu offers 401 grams of carbs, 198 grams of protein, 55 grams of fat, and 2891 calories.

MEAL	CARBS	RECIPE
 BREAKFAST	103g	<ul style="list-style-type: none">■ 3.5 ounces of oats with six ounces of milk and a medium-sized banana (carbs: 102g, protein: 24g, fats: 7g)■ Two boiled eggs (carbs: 1g, protein: 13g, fats: 11g)
 SNACK #1	46g	<ul style="list-style-type: none">■ Fruit salad with one medium-sized apple, one medium orange, and a cup of grapes (carbs: 46g, protein: 3g, fats: 0.7g)
 LUNCH	75g	<ul style="list-style-type: none">■ A cup of cooked rice with half a cup of baked beans (carbs: 72g, protein: 8g, fats: 6g)■ Seven ounces of grilled chicken breast (carbs: 0g, protein: 60g, fats: 7g)■ Three cups of mixed greens (carbs: 3g, protein: 3g, fats: 0g)
 SNACK #2	53g	<ul style="list-style-type: none">■ Two slices of whole-grain bread with jam (carbs: 30g, protein: 8g, fats: 2g)■ An ounce of dried fruit (carbs: 23g, protein: 0.3g, fats: 0.8g)
 DINNER	70g	<ul style="list-style-type: none">■ A cup of cooked quinoa with a mix of roasted veggies (carbs: 44g, protein: 10g, fats: 4g)■ Five ounces of baked cod (carbs: 0g, protein: 30g, fats: 1g)■ One candy bar of around 1.5 ounces (carbs: 26g, protein: 3.5g, fats: 13g)
 SNACK #3	54g	<ul style="list-style-type: none">■ Protein shake with a scoop of protein powder, seven ounces of milk, a medium-sized banana, and an ounce of oats (carbs: 54g, protein: 36g, fats: 3g)

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