



The purpose of this SAMPLE meal plan is to provide you with ideas for the types of meals you can eat based off your macro plan. You would simply fill in the portion variable with the amount listed on your individual macro plans. If you have a question what type of category a food falls under you can reference your macro guide. The possibilities are endless.. but here are a few to get you going :)

Meal 1

- (x) oz grilled, marinated chicken breast
- (x) oz sweet potato – roasted plain
- (x) oz asparagus
- (x) tbsp MCT oil drizzle

Meal 2

- (x) oz salmon – steamed, baked, grilled or sautéed in a nonstick pan
- (x) cup white rice (seasoned fine)
- (x) oz green beans roasted
- (x) cup avocado and yellow pepper salsa

Meal 3

- (x) egg whites
- (x) cup non-instant oatmeal with cinnamon (no sugar)
- (x) oz raw carrots
- (x) TBSP almond butter with a drizzle of maple syrup

Meal 4

- (x) oz lean steak, grilled
- (x) oz red potatoes, seasoned and baked
- (x) oz Brussels sprouts, roasted
- 1 TBSP olive oil (for veggies)

Meal 5

- (x) oz Baked turkey meat balls (using almond flour or gluten free bread crumbs and egg whites)
- (x) cup quinoa
- (x) oz zucchini , grilled or roasted
- (x) Spring mix salad w 1 tbsp EVOO or MCT oil

Meal 6

- (x) oz Almond crusted chicken fingers (baked)
- (x) oz Baked sweet potato fries
- (x) oz Steamed broccoli
- (x) tbsp EVOO drizzle on veggies

Meal 7

- (x) oz lean filet of beef
- (x) oz Sautéed spinach
- (x) tbsp EVOO for sauté and drizzle on steak
- (x) tbsp chimichurri sauce (optional)

Meal 8

- (x) oz tomato basil cod
- (x) cups gluten free rice pasta
- (x) oz Brocolinni
- (x) Tbsp EVOO

Meal 9

- (x) oz crock pot pulled chicken
- (x) cups steamed white rice
- (x) oz roasted cauliflower
- (x) cup avocado

Meal 10

- (x) oz lean ground beef seasoned with taco seasoning
- (x) oz bell peppers/onions diced, butter lettuce wraps
- (x) TBSP EVOO (for cooking beef)
- Salsa (negligible)