

The background of the entire page is a high-quality photograph of a white ceramic bowl filled with a variety of healthy foods. The bowl contains several slices of golden-brown, pan-fried fish or chicken, a portion of yellow quinoa, sliced avocado topped with sesame seeds, sliced cucumber, halved cherry tomatoes, and carrot sticks. Overlaid on this image is a large, semi-transparent orange graphic. This graphic consists of a central horizontal bar with rounded ends, and two larger, vertically-oriented shapes with decorative, wavy borders that frame the central bar. The text "MEAL PLAN IDEAS" is centered within this orange graphic.

MEAL
PLAN
IDEAS

Muscle Gain Plan

High Protein /High Carb/ Moderate Fat

Calories

1950

Macros

P-155g C-200g F-60g



BREAKFAST

- Plain Greek Yogurt (220g)
- 1 Scoop Protein Powder
- 220ml Almond Milk
- 1 tbs Natural Almond Butter
- 1 Cup Berries
- 1 tbsp Honey

48g P/50g C/18g F**LUNCH**

- Lean Ground Beef (120g cooked)
- Spinach (1 handful)
- Sweet Potato (220g cooked)
- Avocado (50g)

28g P/45g C/14g F**DINNER**

- Grilled chicken (120g)
- Steamed Broccoli (120g)
- Jasmine Rice (220g Cooked)
- Olive Oil (1 tbsp)

26g P/45g C/16g F**SNACK**

- 2 Hard Boiled Eggs
- 1 Medium Apple
- 2 Slices Sour Dough
- 2 Slices Deli Turkey Breast

52g P/58g C/12g F**Totals – 1952 Calories, 155g P / 198g C / 60g F**

WEEK 2

BREAKFAST

- 1 Cup Liquid Egg Whites
- 1 Handfull Spinach
- 1/2 Cup Chopped Bell Pepper
- 2 Slices Sour Dough
- + 1/2 tbsp Grass Fed Butter
- 1 Medium Banana

36g P/63g C/7g F

LUNCH

- Ground Chicken (120g Cooked)
- 1 Cup Cooked Jasmine Rice
- Low Fat Shredded Cheddar Cheese (50g)
- 100g Avocado

28g P/45g C/14g F

DINNER

- 170g Baked Salmon
- 1 Cup Broccoli
- 1 Cup Cooked Quinoa

45g P/40g C/22g F

SNACK

- 1 Cup Low Fat Greek Yogurt
- 1 tbsp Pure Raw Organic Honey
- 1 Scoop Protein Powder
- 220ml Almond Milk
- 1/2 Cup Berries

52g P/58g C/12g F

Totals – 1886 Calories, 156g P / 185g C / 58g P



BREAKFAST

- 1/2 Cup Dry Quick Oats
- 1/2 Cup Fat Free Milk
- 1/2 Scoop Protein Powder
- 50g Greek Yogurt
- 50g Liquid Egg Whites
- 1 Tbsp Chia Seeds
- 1 Medium Banana

36g P/60g C/9.5g F**LUNCH**

- Grilled Chicken 120g cooked
- 1 Hard Boiled Egg
- 1 Slice Chopped Turkey Bacon
- 1 Cup Shredded Lettuce
- 1 Cup Cooked Quinoa
- 50g Avocado
- 1/2 Tbsp Olive Oil
- 2 Tbsp Vinegar

50g P/52g C/28g F**DINNER**

- Ground Beef Cooked 120g
- Zucchini 120g
- Jasmine Rice 220g

35g P/44g C/15g F**SNACK**

- 120g Deli Turkey
- 1 Sliced Cucumber
- 1 Tbsp Natural Peanut Butter
- 3 Rice Cakes

27g P/32g C/7g F**Totals – 1886 Calories, 148g P / 188g C / 60g P**

BREAKFAST

- 1 Large Burrito Style
- Tortilla
- 1/2 Cup Egg Whites
- 1 Slice Low Fat Cheddar
- 85g Cooked Ground Chicken
- 1/2 Cup Blueberries

43g P/45g C/20g F**LUNCH**

- 120 Cooked Grilled Chicken
- 1 Medium Baked Sweet Potato
- 50g Avocado
- 1 Tbsp Natural Peanut Butter
- 1 Medium Apple

27g P /65g C/13g F**DINNER**

- 170g Cooked Barramundi with skin on
- 8oz Cooked Jasmine Rice
- 1/2 Cup Asparagus

45g P/45g C/5g F**SNACK**

- 1 Scoop Protein Powder
- 3 Hard Boiled Eggs
- 1 Medium Banana

37g P/30g C/16g F**Totals – 1834 Calories, 152g P / 185g C / 54g F**

FAT LOSS PLAN

High Protein /Low Carb/ High Fat

Calories

1850

Macros

P-155g C-130g F-75g



BREAKFAST

- Plain Greek Yogurt (220g)
- 1 Scoop Protein Powder
- 220ml Almond Milk
- 1 tbs Natural Almond Butter
- 1/2 Cup Berries

48g P / 22g C / 18g F**LUNCH**

- Lean Ground Beef (120g cooked)
- Spinach (1 handful)
- Sweet Potato (120g cooked)
- Grass Fed Butter (1 Tbsp)

28g P / 20g C / 28g F**DINNER**

- Grilled chicken (120g)
- Steamed Broccoli (120g)
- Jasmine Rice (120g Cooked)
- Olive Oil (1 tbsp)

26g P / 24g C / 16g F**SNACK**

- 2 Hard Boiled Eggs
- 1 Medium Apple
- 2 Slices Sour Dough Bread
- 2 Slices Deli Turkey Breast

52g P / 58g C / 12g F**Totals – 1806 Calories, 155g P / 130g C / 74g P**

WEEK 2

BREAKFAST

- 2 Whole Eggs
- 1/2 Cup Liquid Egg Whites
- 1 Handfull Spinach
- 1/2 Cup Chopped Bell Pepper
- 2 Slices Sour Dough
- 1/2 Tbsp Grass Fed Butter

34g P/ 36g C/16g F

LUNCH

- Ground Chicken (120g Cooked)
- 1/2 Cup Cooked Jasmine Rice
- Low Fat Shredded Cheddar Cheese (50g)
- 100g Avocado

30g P /30g C/23g F

DINNER

- 170g Baked Salmon
- 1 Cup Broccoli
- 1/2 Cup Cooked Quinoa

42g P/22g C/22g F

SNACK

- 1 Cup Low Fat Greek Yogurt
- 1 Tbsp Pure Raw Organic Honey
- 3 Tbsp Hemp Seeds
- 1 Scoop Protein Powder
- 220ml Almond Milk
- 1/2 Cup Berries

51g P/32g C/20g F

Totals – 1837 Calories, 157g P / 120g C / 81g P



WEEK 3

BREAKFAST

- 1/2 Cup Dry Quick Oats
- 1/2 Cup Fat Free Milk
- 1/2 Scoop Protein Powder
- 50g Greek Yogurt
- 50g Liquid Egg Whites
- 1 Tbsp Natural Peanut Butter
- 1 Tbsp Chia Seeds
- 1 Medium Banana

39g P / 47g C / 16.5g F

LUNCH

- Grilled Chicken 120g
- 1 Hard Boiled Egg
- 1 Slice Chopped Turkey Bacon
- 1 Cup Shredded Lettuce
- 1/2 Cup Cooked Quinoa
- 50g Avocado
- 1/2 Tbsp Olive Oil
- 2 Tbsp Vinegar

50g P / 31g C / 28g F

DINNER

- Ground Beef Cooked (120g)
- Zucchini (120g)
- 1 Tbsp Olive Oil
- Jasmine Rice (120g)

35g P / 22g C / 30g F

SNACK

- 120g Deli Turkey
- 1 Sliced Cucumber
- 2 Tbsp Natural Peanut Butter
- 2 Rice Cakes

30g P / 26g C / 10g F

Totals – 1876 Calories, 154g P / 126g C / 84g P



BREAKFAST

- 1 Large Burrito Style Tortilla
- 1/2 Cup Egg Whites
- 1 Slice Low Fat Cheddar
- 85g Cooked 93/7 Ground Chicken

43g P / 35g C / 20g F**LUNCH**

- 120g Cooked Grilled Chicken
- 1 Small Baked Sweet Potato
- 1 Tbsp Grass Fed Butter
- 50g Avocado
- 1 Tbsp Natural Peanut Butter
- 1 Medium Apple

27g P / 57g C / 27g F**DINNER**

- 170g Cooked Barrumundi
- 120g Cooked Jasmine Rice
- 1 Tbsp Olive Oil
- 1/2 Cup Asparagus

45g P / 20g C / 19g F**SNACK**

- 1 Scoop Protein Powder
- 2 Hard Boiled Eggs

37g P / 3g C / 11g F**Totals – 1761 Calories, 152g P / 115g C / 77g P**