




Breakfast (7 am)  8 ounces	1 single serve Greek yogurt +1 Kodiak Protein Waffle ----- <i>Overnight oats:</i> ½ cup oats+ 6–8 oz non dairy milk, + 1 scoop protein powder+ ⅓ cup berries, 1 tsp vanilla extract, 1 tablespoon chia seeds	1 egg + ⅔ cup egg whites (scrambled or as desired), + ½ avocado w/2 slices Daves Killer bread, Everything But the Bagel Seasoning -----
Snack List (Post Workout)  18 ounces	1 cheese stick +1 Chomp Stick ----- Bone broth (10g protein at least) + apple -----	1 single serve 4% fat cottage cheese + peppers (unlimited) ----- Barbell Bar, One Bar, Think Bar (protein bar!)
Lunch (1:30–2 pm)  24 ounces	Protein Mix Bowl - Lettuce of choice/veggies (unlimited) - 4 oz protein (ground turkey or shredded chicken) ¼ cup Salad Toppers Mix - 2 tbsp oil/vinegar mixture or light dressing (under 100 cal per serving) - 1 serving crackers (approx 150 cal serving) ----- Adult Lunchable <ul style="list-style-type: none"> - 3 slices deli turkey - Single serve hummus (or 3 tbsp) - 13 Pretzel Crisps - ½ cup berries - 2 Babybell cheese wheel 	Greek Wrap - 1 mission protein wrap - 4 oz chicken slices (or shredded/ground) or 3 slices deli turkey - hummus or tzatziki, smeared (3 tbsp) - spinach/arugula/lettuce blend for crunch - ¼ cup feta + carrot or other crunching veggies
Snack 2	ALWAYS protein shake w/non dairy milk!	

Dinner (6-6:30 pm)

Approx portions:


4 oz protein

$\frac{2}{3}$ cup or 3.5 oz carb

2 tbsp- $\frac{1}{4}$ cup fats

(we can discuss dinners as they come)

 70 oz

 100 oz by bedtime

Almond Crusted Pork Chops + Side

<https://www.slenderkitchen.com/recipe/crispy-almond-crusted-pork>

6 oz pork chop serving, add carb! (This would be amazing sliced and put onto a wrap with added dijon mustard and lettuce/veggies... or add a side salad)

Greek Ground Chicken Bowls

<https://masonfit.com/greek-ground-chicken-and-rice-skillet/>

5 oz chicken, $\frac{3}{4}$ cup Right Rice (or other rice choice), 2 tbsp feta, unlimited veggies!

Ground Turkey Pasta

<https://skinnyspatula.com/ground-turkey-pasta/>

(Approx $\frac{1}{2}$ of mixture is your serving!) You can use Banza for added fiber

Shaved Brussels + Chicken Summer Salad

<https://www.cubesnjulienne.com/shaved-brussel-sprout-salad/#recipe>

(Just measure out your chicken for adequate protein to 5 oz... $\frac{1}{4}$ cup feta, 2 tbsp pumpkin seeds

Southwest Turkey Burgers

<https://breathesweateat.com/the-best-healthy-southwest-turkey-burgers/#recipe>

(These are very low carb, so you can add to a whole wheat burger bun or add a side of quinoa/ potatoes)

Salmon Cobb Salad

<https://mealpreponfleck.com/salmon-cobb-salad/>

4 oz salmon, $\frac{1}{2}$ cup chopped bacon, 1.5 egg chopped, 2 tbsp dressing, .4 avocado, unlimited veggies!

Chicken Pesto Pasta

Your serving: 1.5 cups of mixed ingredients, side salad w/ 2 tbsp dressing if desired

(If you use jar pesto, save until you have your own portion plated and use 3 tbsp pesto sauce)

<https://www.macrostax.com/recipes/lean-green-chicken-pesto-pasta/>

Asian Salmon Sushi Bowls

<https://www.slenderkitchen.com/recipe/crispy-asian-salmon-rice-bowls>

[Serving: 4 oz salmon, $\frac{3}{4}$ cup cooked rice, .5 avocado, unlimited other ingredients

Mexican Skillet

<https://ohsnapmacros.com/recipe/mexican-skillet/>

Serving size: 300g measures on food scale

Lazy Lasagna

<https://ohsnapmacros.com/recipe/lasagna-pasta-skillet/#recipe>

$\frac{1}{2}$ recipe. You can keep pasta separate for $\frac{3}{4}$ cup and add the toppings, or estimate $\frac{1}{2}$ of the total!

Air Fryer Tacos

<https://ohsnapmacros.com/recipe/air-fryer-mini-tacos/>

(Serving size 3 tacos!)


-Doesnt not have to be cooked in air fryer at the end, could easily also just be baked at high heat, 3-4 min to make crispy!

Chicken Kabobs with cous cous

<https://www.macrostax.com/recipes/chicken-kebabs/>

(add side of measured carb, 3.5 oz potato or 1 cup cous cous/quinoa/rice

	<p>Chicken Lemon Broccoli Pasta https://mealpreponfleek.com/20-minute-chicken-lemon-broccoli-pasta-skillet/</p> <p>¼ of entire recipe if you want to mix all together, or more specific is 4.5 oz chicken, 1 cup pasta (use Banza if preferred!)</p> <p>Greek Rice and Turkey Bowls https://mealpreponfleek.com/greek-rice-turkey-meal-prep-bowls/</p> <p>5 oz turkey combo, 1 cup rice mixture</p> <p>Sesame Noodle Meal Prep Bowls Cold Sesame Noodle Meal Prep Bowls (Vegan) - Sweet Peas and Saffron</p> <p>*This recipe is vegan, but I would add 4 oz grilled chicken! Measure out ¾ cup cooked noodles and it will take carb amount down from what recipe quotes!</p>	<p>Buffalo Chicken Bake Buffalo Chicken Bake with Spaghetti Squash - The Real Food Dietitians</p> <p>(This is a higher fat, lower carb idea. Great option for if you had a more carb-filled lunch or on LEG DAY and pair with a side of carb within your serving sizes)</p> <p>Pork Tenderloin with Pineapple Salsa Grilled Pork Tenderloin with Pineapple Salsa (Fast and Easy) - The Real Food Dietitians</p> <p>4 oz pork + unlimited pineapple salsa, Add 3.5 oz roasted or steamed potatoes or rice (Steam bag would be so easy here!)</p> <p>EASY Chicken Teriyaki 4 ounces chicken, 1 tablespoon olive oil, 4 ounces broccoli, 1 tablespoon teriyaki sauce, 1 medium onion, 1/2 cup cooked rice</p>
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<p>Current Cal Range: 1650-1720</p> <p>Macro Split: P: 140 g C: 135g F:59g (30/35/35 Split)</p> <ul style="list-style-type: none"> -Moderate protein for high thermogenic effect, toning/shaping, muscle retention -Moderate carb distribution for sustainable energy -Moderate fat for hormone balance/brain function/satiety -Low sodium, minimal added sugar -Well-balanced acidity -Well-balanced micronutrients -Mild dairy inclusion -Food preference adherence -Moderate fiber for balanced gut 	<p>FUELED GOALS</p> <div> <div> F FILL YOUR CUP U U TIME E EXERCISE L SELF LOVE E ENERGY/REST D DIETARY ADHERENCE </div>  </div> <p>Exercise: -4-5 days, 3 strength (upper/lower/full body, 1-2 rides or cardio circuits) SEE SCHEDULE</p> <p>-8 hours sleep :)</p> <p>Month 1 DAILY HYDRATION: 100 oz</p> <p>3, 1 50 cal alcoholic beverages WEEKLY</p> <p>One untracked meal to be enjoyed!</p> <p>You Time DAILY: Mindful Meditation app</p>
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WORKOUT SCHEDULE

Monday	45 min Legs
Tuesday	30 min Steady state ride +core
Wednesday	30 min Upper Body + core
Thursday	30-40 min Hiit ride or circuit
Fri	30-40 min Full Body strength + core (Or strength/conditioning combo day)

Weekend: 1 long walk or deep stretch

	BASELINE:	End Month 1:	End month 2:	End month 3: NEXT STEPS
Weight	148.2	146	142	139
BF%	30.6	29.	29	28.6
Thigh (in)	22	21	20	19.5
Booty	42	41	40.5	40
Belly button	32.5	31	30.5	29.5
Slim of waist	30.5	29	28.5	28
Chest/bust	36.5	35.5	35	34.5
Arm	10	9 3/4	10	9.5

Restaurant Guide:

Yafó:

Build your own bowl

- any type of greens as base
- chicken or falafel
- hummus or tzatziki
- cucumber and tomato
- chickpea salad
- pickled onions/pickles
- roasted cauliflower

Mexican

-chips and queso: (ONE plate and eat from it to avoid overeating)

-Chicken Taco Salad, no sour cream (don't eat much of shell)

- Chicken Fajitas, 1 tortilla, eat all the veggies and meat! (if side of rice and beans, estimate portion to be size of your hand)