



SAMPLE MENU *female*

DAY ONE

MACROS | 130 grams Protein, 185 grams Carb, 60 grams Fat, 25 grams Fiber

breakfast

AVOCADO EGG TOAST

150 grams egg whites

1 slice Daves Killer Bread

40 grams avocado

+ 40 grams oats with 7 grams collagen peptides, 30 grams pbfit, 100 grams banana

lunch

CURRY CHICKEN LETTUCE WRAPS

4 ounces canned chicken

20 grams light mayo

1 tablespoon curry powder

50 grams green grapes

15 grams dried apricots

2 cups butter lettuce

5 grams green onions

dinner

TURKEY TACOS

2 corn tortillas

4 ounces ground turkey

60 grams salsa

30 grams light sour cream

½ ounce cheddar cheese

30 grams avocado

20 grams romaine lettuce

snacks

GREEK YOGURT BOWL

170 grams greek yogurt

50 grams raspberries

30 grams honey

12 grams granola

VEGGIES/HUMMUS

75 grams carrot sticks

3.5 ounce cup hummus



SAMPLE MENU *female*

DAY TWO

breakfast

2 Whole Scrambled eggs
3 turkey sausage links
1 slice wheat toast
150 grams apple slices

lunch

GRILLED CHICKEN SALAD
100 grams Romaine lettuce
5 ounces grilled chicken breast
50 grams cucumbers
50 grams grape tomatoes
28 grams feta cheese
30 grams marinated artichoke hearts
30 grams of cilantro avocado dressing

dinner

TURKEY TACOS
4 ounces Salmon
100 grams quinoa/brown rice
150 grams of steamed broccoli

snacks

150 grams low fat cottage cheese
113 grams diced peaches



SAMPLE MENU *female*

DAY TWO

breakfast

OMELET + OATMEAL

- 1 over easy egg
- 100 grams egg whites
- 28 grams feta
- 20 grams spinach
- 40 grams Oatmeal with 50 grams blueberries

lunch

CURRY CHICKEN LETTUCE WRAPS

- 1 Turkey burger
- 1 laughing cow cheese wedge
- 25 grams tomato
- 30 grams light mayo
- 1 whole wheat bun
- 50 grams Romaine lettuce
- 25 grams cucumber
- 20 grams shredded carrots
- 30 grams dressing (macros may vary for dressing -for this we used an avocado cilantro yogurt dressing)

dinner

CHICKEN STIR FRY

- 5 ounces chicken
- 30 grams Ponzu sauce
- 50 grams bok choy
- 30 grams snap peas
- 100 grams brown rice
- 1 tablespoon olive oil.

snacks

- 28 grams Pretzel Chips
- 200 grams apple