



SAMPLE MENU *male*

DAY ONE

MACROS | 200 grams Protein, 250 grams Carb, 85 grams Fat, 40 grams Fiber
*** means easy to remove to reduce carb intake.

breakfast

EGG SCRAMBLE

- 2 eggs + 100 grams egg white
- 3 turkey sausage links
- 100 grams each bell pepper, onion, mushrooms
- 15 grams olive oil
- 40 grams Old fashioned Oats with 50 grams of blueberries***

lunch

TUNA OR CHICKEN SALAD SANDWICH

- 150 grams canned chicken or tuna
- 2 tablespoons light mayo
- 15 grams dill pickle
- 25 grams lettuce
- 25 grams tomato
- 2 slices Dave's Killer bread***
- 1 large navel orange - 292 grams

dinner

- 200 grams steamed broccoli
- 8 ounces boneless, skinless, chicken thighs
- 30 grams teriyaki sauce
- 142 grams Quinoa & Brown Rice***

snacks

- 200 grams lowfat cottage cheese + 113 grams diced canned peaches
- 2 ounces beef jerky
- 25 grams of roasted almonds
- 125 grams banana



SAMPLE MENU *male*

DAY TWO

MACROS | 200 grams Protein, 250 grams Carb, 85 grams Fat, 40 grams Fiber
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breakfast

EGG WHITE BREAKFAST SANDWICH

- Whole Wheat Sandwich thin
- 30 grams avocado
- 150 grams egg whites
- 4 ounces black forest ham
- 1 ounce provolone
- 40 grams oatmeal with 50 grams blueberries***

lunch

RICE BOWL

- 6 ounces chicken thighs
- 150 grams steamed vegetables
- 100 grams cooked brown rice
- 30 grams tablespoons Sriracha
- 100 grams black beans

dinner

TACOS

- 2 yellow corn tortillas***
 - 60 grams salsa
 - 50 grams bell pepper
 - 50 grams onion
 - 50 grams jalapenos
 - 60 grams light sour cream
 - 9 ounces ground turkey
 - 40 grams romaine lettuce
 - 15 grams olive oil
- Tip: If you don't have room for both tortillas, eliminate 1 or both and create a taco salad

snacks

YOGURT BOWL

- 200 grams greek yogurt
- 32 grams peanut butter
- 120 grams banana
- 50 grams blueberries
- 25 grams honey
- 28 grams beef jerky
- 150 grams apple



SAMPLE MENU *male*

DAY THREE

MACROS | 200 grams Protein, 250 grams Carb, 85 grams Fat, 40 grams Fiber
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breakfast

BREAKFAST HASH

100 grams sweet potato
50 grams Bell pepper
50 grams diced onion
150 grams of creamer potatoes
5 ounces boneless skinless chicken breast

1 whole egg
200 grams egg whites
60 grams salsa

lunch

TURKEY SANDWICH

6 ounces deli turkey breast
2 slices Dave's killer bread***
25 grams tomato
20 grams romaine lettuce leaves
1 ounce provolone cheese
30 grams light mayo
30 grams dill pickle

14 grams pretzel chips
85 grams snap peas

dinner

6 ounces flank steak
200 grams baked yam***
60 grams light sour cream
200 grams grilled asparagus spears

snacks

140 grams navel orange
125 grams banana
RX Bar
25 grams almonds