



SMALL GROUP TRAINING MEAL PLAN

FOLLOW THE PLAN AS OUTLINED FOR THE BEST RESULTS.

Breakfast

3 egg whites
2 turkey sausage
1/2 cup oatmeal
1 handful green grapes

*Grand total: 330 calories,
34g carbs, 25g protein*

Snack

Oikos Greek Yogurt

*Grand total: 110
calories, 13g carbs,
15g protein*

Lunch

4oz salmon
1 cup zucchini
1/2 cup brown rice

*Grand total: 27g protein,
40g carbs*

Snack

25g protein shake

*Grand total: 300
calories, 18g carbs,
32g protein*

Dinner

4oz chicken breast
spring mix

*Grand total: 21g protein,
0 carbs*

Other Recs

1 gallon of water per day
1000mg L-carnitine

Sticking to the plan should put you at 1300 calories, 105g carbs, and 120g protein in total. Make sure you log all meals on MyFitnessPal for our coaches to revise or document via food journal. You are able to swap each food item with one that is close to the same amount of macronutrients.

For example, swap 4oz chicken with 5oz tilapia, or 4oz ground turkey. Swap 1/2 cup of oatmeal with 1 slice of toast, etc. (see attached Grocery List for more details).