

JuuvafIT

SAMPLE MEAL PLAN

CORE HEALTH

SAMPLE 1

| | |
|----------------|------|
| TOTAL FATS | 40% |
| TOTAL PROTEIN | 35% |
| TOTAL CARBS | 25% |
| TOTAL CALORIES | 1851 |

| BREAKFAST | FATS | PROTEIN | CARBS | CALORIES |
|-----------------------------------|---------------|---------------|-------------|------------|
| Blueberries (1/4 C) | 0 g | 0 g | 5 g | 20 |
| Scrambled Eggs (2) | 13.4 g | 12.2 g | 2 g | 182 |
| Dave's Killer Bread (thin sliced) | 1.5 g | 3 g | 13 g | 70 |
| Kerrygold Butter (1 T) | 11 g | 0 g | 0 g | 100 |
| | 25.9 g | 15.2 g | 20 g | 372 |

Scrambled Egg - Instructions: Scramble eggs to liking. Toast bread and butter each piece. Wash Blueberries.

| LUNCH | FATS | PROTEIN | CARBS | CALORIES |
|------------------------|---------------|---------------|---------------|------------|
| Grilled Chicken (5 oz) | 4.8 g | 42 g | 0 g | 210 |
| Spinach (2 C) | 0.9 g | 10 g | 13.6 g | 41 |
| Cucumber (1/2) | 0.1 g | 0.7 g | 3.6 g | 15 |
| Hard-Boiled Egg (1) | 5.3 g | 6.3 g | 0.6 g | 78 |
| Carrot (1/2) | 0.1 g | 0.3 g | 3.8 g | 16 |
| Ranch (2 T) | 13 g | 0.4 g | 1.8 g | 129 |
| | 24.2 g | 59.7 g | 23.4 g | 489 |

Grilled Chicken Salad - Instructions: Grill chicken to liking. Add the rest of the ingredients to a large bowl and mix together to make a salad.

| SNACKS | FATS | PROTEIN | CARBS | CALORIES |
|------------------------------|---------------|------------|--------------|------------|
| Hard-Boiled Egg (1) | 5.3 g | 0 g | 0.6 g | 78 |
| Celery (2, 6 inch stalks) | 0.1 g | 1 g | 1.2 g | 10 |
| Justin's Peanut Butter (2 T) | 16 g | 0 g | 7 g | 190 |
| | 21.4 g | 1 g | 8.8 g | 278 |

| DINNER | FATS | PROTEIN | CARBS | CALORIES |
|------------------------|---------------|---------------|---------------|------------|
| Top Sirloin (5 oz) | 20 g | 38.8 g | 0 g | 345 |
| Baked Sweet Potato | 0.2 g | 2.3 g | 24 g | 161 |
| Kerrygold Butter (1 T) | 11 g | 0 g | 0 g | 100 |
| Green Beans (1 C) | 0.3 g | 2.4 g | 9.9 g | 44 |
| | 31.5 g | 43.5 g | 33.9 g | 650 |

Steak Dinner - Instructions: Grill or cook steak to liking. Bake sweet potato and add butter. Heat green beans.

| PRODUCTS | FATS | PROTEIN | CARBS | CALORIES |
|----------|------------|------------|---------------|-----------|
| Galaxy | 0 g | 0 g | 5.5 g | 22 |
| Live | 0 g | 1 g | 8 g | 30 |
| Zing | 0 g | 0 g | 2 g | 10 |
| | 0 g | 1 g | 15.5 g | 62 |

SAMPLE 2

| | |
|----------------|------|
| TOTAL FATS | 42% |
| TOTAL PROTEIN | 34% |
| TOTAL CARBS | 24% |
| TOTAL CALORIES | 1498 |

| BREAKFAST | FATS | PROTEIN | CARBS | CALORIES |
|-------------------------------|---------------|---------------|-------------|------------|
| Refuel (1 scoop) | 11 g | 7 g | 2 g | 130 |
| Unsweetened Almond Milk (2 C) | 5 g | 2 g | 2 g | 60 |
| Ice (handful) | 0 g | 0 g | 0 g | 0 |
| PB2 (2 T) | 1.5 g | 6 g | 5 g | 60 |
| Chocolate Protein Powder | 0.5 g | 25 g | 2 g | 113 |
| 1/2 Frozen Banana | 0.2 g | 0.7 g | 13 g | 53 |
| | 18.2 g | 40.7 g | 24 g | 416 |

Chocolate Banana Shake - Instructions: Put all ingredients into a blender. Blend until smooth.

| LUNCH | FATS | PROTEIN | CARBS | CALORIES |
|--|-------------|-------------|-------------|------------|
| Wendy's Large Chill with Cheese and Onions | 15 g | 30 g | 32 g | 380 |
| | 15 g | 30 g | 32 g | 380 |

| SNACKS | FATS | PROTEIN | CARBS | CALORIES |
|---------------------|--------------|--------------|--------------|-----------|
| Hard-Boiled Egg (1) | 5.3 g | 6.3 g | 0.6 g | 78 |
| | 5.3 g | 6.3 g | 0.6 g | 78 |

| DINNER | FATS | PROTEIN | CARBS | CALORIES |
|-------------------------|---------------|---------------|---------------|------------|
| Salmon Fillet (6 oz) | 18.5 g | 33.9 g | 0 g | 311 |
| Cooked Quinoa (1/2 C) | 1.5 g | 4 g | 14 g | 111 |
| Kerrygold Butter (1 T) | 11 g | 0 g | 0 g | 100 |
| Steamed Asparagus (1 C) | 0.4 g | 4.4 g | 3.8 g | 40 |
| | 31.4 g | 42.3 g | 17.8 g | 562 |

Salmon Dinner - Instructions: Cook Salmon to liking. Cook Quinoa according to package. Steam Asparagus and melt butter over the top.

| PRODUCTS | FATS | PROTEIN | CARBS | CALORIES |
|----------|------------|------------|---------------|-----------|
| Galaxy | 0 g | 0 g | 5.5 g | 22 |
| Live | 0 g | 1 g | 8 g | 30 |
| Zing | 0 g | 0 g | 2 g | 10 |
| | 0 g | 1 g | 15.5 g | 62 |

T= Tablespoon, C= Cup(s)



SAMPLE 3

| | |
|-----------------------|---------------|
| TOTAL FATS | 43% |
| TOTAL PROTEIN | 35% |
| TOTAL CARBS | 22% |
| TOTAL CALORIES | 1634.1 |

| BREAKFAST | FATS | PROTEIN | CARBS | CALORIES |
|------------------------------|-------------|---------------|---------------|------------|
| Chobani Vanilla Greek Yogurt | 0 g | 14 g | 15.5 g | 130 |
| Raspberries (12) | 0.1 g | 0.2 g | 2.9 g | 12 |
| Dash Cinnamon | 0 g | 0 g | 0 g | 0 |
| Walnuts (3/4 oz) | 8.4 g | 2 g | 0.9 g | 80 |
| Shredded Coconut (2 T) | 1.5 g | 0.2 g | 2.8 g | 24 |
| | 10 g | 16.4 g | 22.1 g | 246 |

Yogurt Parfait - Instructions: Mix ingredients together in a bowl and enjoy.

| LUNCH | FATS | PROTEIN | CARBS | CALORIES |
|-------------------------------|---------------|---------------|---------------|--------------|
| Refuel (2 scoops) | 11 g | 7 g | 2 g | 130 |
| Vanilla Protein (1 scoop) | 1 g | 15 g | 1 g | 75 |
| Unsweetened Almond Milk (2 C) | 5 g | 2 g | 2 g | 60 |
| Ice (handful) | 0 g | 0 g | 0 g | 0 |
| Spinach (1/4 C) | 0.1 g | 1.6 g | 0.6 g | 12 |
| Frozen Berries (1/2 C) | 0.3 g | 0.7 g | 4.9 g | 31.7 |
| | 17.4 g | 26.3 g | 10.5 g | 308.7 |

Berry Smoothie - Instructions: Put all ingredients into a blender. Blend until smooth.

| SNACKS | FATS | PROTEIN | CARBS | CALORIES |
|------------------------------|---------------|---------------|---------------|------------|
| Beef Jerky - No Sugar (3 oz) | 21.9 g | 28.2 g | 7.8 g | 348 |
| Orange | 0.2 g | 1.3 g | 13.9 g | 69 |
| | 22.1 g | 29.5 g | 21.7 g | 417 |

| DINNER | FATS | PROTEIN | CARBS | CALORIES |
|-------------------------|-------------|---------------|---------------|--------------|
| Pot Roast (5 oz) | 26.7 g | 43.3 g | 0 g | 428.3 |
| Roasted Carrots (1/2 C) | 2.9 g | 0.7 g | 5.9 g | 54.5 |
| Onions (2.5 oz) | 0.1 g | 0.9 g | 5.4 g | 27.6 |
| Potatoes (1/2 C) | 4.3 g | 1.4 g | 11.5 g | 90 |
| | 34 g | 46.3 g | 22.8 g | 600.4 |

Pot Roast - Instructions: Cook your pot roast to liking. When you make-up your plate, scoop out your veggies according to the measurements above.

| PRODUCTS | FATS | PROTEIN | CARBS | CALORIES |
|----------|------------|------------|---------------|-----------|
| Galaxy | 0 g | 0 g | 5.5 g | 22 |
| Live | 0 g | 1 g | 8 g | 30 |
| Zing | 0 g | 0 g | 2 g | 10 |
| | 0 g | 1 g | 15.5 g | 62 |

T= Tablespoon, C= Cup(s)

SAMPLE 4

| | |
|-----------------------|---------------|
| TOTAL FATS | 43% |
| TOTAL PROTEIN | 35% |
| TOTAL CARBS | 22% |
| TOTAL CALORIES | 1379.4 |

| BREAKFAST | FATS | PROTEIN | CARBS | CALORIES |
|---------------------------------|---------------|---------------|--------------|------------|
| Eggs (2) | 9.6 g | 12.6 g | 0.7 g | 144 |
| Shredded Cheddar Cheese (1/3 C) | 9.4 g | 6.5 g | 1 g | 114 |
| Butter (1 T) | 12 g | 0.1 g | 0 g | 102 |
| Diced Onion (1/4 of onion) | 0.1 g | 0.7 g | 3.2 g | 10 |
| Spinach (1/8 C) | 0.1 g | 1 g | 1 g | 10 |
| | 31.2 g | 20.9 g | 5.9 g | 380 |

Breakfast Omelet - Instructions: Add half the butter to pan and saute your veggies. Add the rest of butter to the pan, add your eggs and make omelet style or in a scramble.

| LUNCH | FATS | PROTEIN | CARBS | CALORIES |
|---------------------------------------|---------------|---------------|---------------|--------------|
| Dave's Killer Bread (2 thin sliced) | 3 g | 6 g | 26 g | 140 |
| Mayo (1 T) | 10 g | 0.1 g | 0.1 g | 94 |
| Mustard | 0.5 g | 0.6 g | 0.9 g | 9.2 |
| Roasted Turkey (deli select 6 slices) | 1 g | 9 g | 2 g | 50 |
| Spinach | 0.1 g | 1.6 g | 2 g | 12.3 |
| Tomato (3 slices) | 0.1 g | 0.5 g | 2.4 g | 11 |
| Pickles (3) | 0 g | 0 g | 1 g | 5 |
| Carrot Sticks (4) | 0.1 g | 0.4 g | 3.6 g | 15.5 |
| Celery (4) | 0.1 g | 0.3 g | 1.5 g | 6.8 |
| | 14.9 g | 18.5 g | 39.5 g | 343.8 |

Turkey Sandwich - Instructions: Add Mayo & Mustard to the bread slices. Put everything together for a sandwich except carrot sticks, celery.

| SNACKS | FATS | PROTEIN | CARBS | CALORIES |
|----------------------|--------------|---------------|--------------|--------------|
| Cottage Cheese (1 C) | 9.4 g | 24 g | 7.4 g | 214 |
| Celery (3) | 0 g | 0.1 g | 0.4 g | 1.9 |
| | 9.4 g | 24.1 g | 7.8 g | 215.9 |

| DINNER | FATS | PROTEIN | CARBS | CALORIES |
|-----------------------|---------------|---------------|--------------|--------------|
| Butter Lettuce (2) | 0 g | 0.1 g | 0.2 g | 2 |
| Taco Seasoning (2 T) | 0 g | 0.3 g | 3.3 g | 18 |
| Ground Beef (1/2 C) | 19.5 g | 30.5 g | 0 g | 308.5 |
| Pico (4 T) | 0.2 g | 0.4 g | 4 g | 9.2 |
| Shredded Cheese (4 T) | 3.4 g | 2.4 g | 0.4 g | 40 |
| | 23.1 g | 33.7 g | 7.9 g | 377.7 |

Beef Taco Dinner - Instructions: Cook beef and add taco seasoning. Add the cooked beef, pico, and cheese to the butter leaf to make a taco.

| PRODUCTS | FATS | PROTEIN | CARBS | CALORIES |
|----------|------------|------------|---------------|-----------|
| Galaxy | 0 g | 0 g | 5.5 g | 22 |
| Live | 0 g | 1 g | 8 g | 30 |
| Zing | 0 g | 0 g | 2 g | 10 |
| | 0 g | 1 g | 15.5 g | 62 |

SAMPLE 5

| | |
|-----------------------|---------------|
| TOTAL FATS | 40% |
| TOTAL PROTEIN | 33% |
| TOTAL CARBS | 27% |
| TOTAL CALORIES | 1682.3 |

| BREAKFAST | FATS | PROTEIN | CARBS | CALORIES |
|-------------------------------|-------------|---------------|---------------|--------------|
| Eggs (3) | 14.4 g | 18.9 g | 1.1 g | 216 |
| Low Carb Tortilla | .8 g | 7 g | 13 g | 81 |
| Shredded Cheddar Cheese (2 T) | 4.7 g | 3.2 g | 0.4 g | 57 |
| Chopped Spinach | 0.1 g | 0.7 g | 0.8 g | 5.2 |
| Hot Sauce | 0 g | 0.1 g | 0.2 g | 1.1 |
| | 20 g | 29.9 g | 15.5 g | 360.3 |

Breakfast Burrito - Instructions: Scramble eggs and place in the low carb tortilla. Place toppings on top of eggs, wrap it up, and enjoy.

| LUNCH | FATS | PROTEIN | CARBS | CALORIES |
|-------------------------------------|-------------|-------------|-------------|------------|
| Refuel (2 scoops) | 11 g | 7 g | 2 g | 130 |
| Unsweetened Almond Milk (2 C) | 5 g | 2 g | 2 g | 60 |
| Ice (handful) | 0 g | 0 g | 0 g | 0 |
| Vanilla Protein (1 scoop) | 1 g | 15 g | 1 g | 75 |
| Nut Butter (flavor of choice) (2 T) | 14 g | 4 g | 9 g | 170 |
| | 31 g | 28 g | 14 g | 435 |

Peanut Butter Smoothie - Instructions: Put all ingredients into a blender. Blend until smooth.

| SNACKS | FATS | PROTEIN | CARBS | CALORIES |
|------------|---------------|---------------|--------------|------------|
| Beef Jerky | 15.3 g | 19.8 g | 6.6 g | 246 |
| | 15.3 g | 19.8 g | 6.6 g | 246 |

| DINNER | FATS | PROTEIN | CARBS | CALORIES |
|----------------------------|---------------|---------------|---------------|------------|
| Chicken (5 oz) | 5 g | 44 g | 0 g | 235 |
| Sugar Free BBQ Sauce (2 T) | 0 g | 0 g | 20 g | 19 |
| Corn | 2.2 g | 5.1 g | 31 g | 143 |
| Green Salad | 0.5 g | 3.3 g | 11 g | 53 |
| Ranch Salad Dressing (2 T) | 13 g | 0.4 g | 1.8 g | 129 |
| | 20.7 g | 52.8 g | 63.8 g | 579 |

Chicken Dinner - Instructions: Grill or Bake chicken. Heat corn to liking. Add corn, green salad with ranch dressing, and chicken to a plate. Top chicken with BBQ sauce.

| PRODUCTS | FATS | PROTEIN | CARBS | CALORIES |
|----------|------------|------------|---------------|-----------|
| Galaxy | 0 g | 0 g | 5.5 g | 22 |
| Live | 0 g | 1 g | 8 g | 30 |
| Zing | 0 g | 0 g | 2 g | 10 |
| | 0 g | 1 g | 15.5 g | 62 |