

Juuvafit

SAMPLE MEAL PLAN

FAT LOSS

SAMPLE 1

TOTAL FATS	73%
TOTAL PROTEIN	21%
TOTAL CARBS	6%
TOTAL CALORIES	2101.5

BREAKFAST	FATS	PROTEIN	CARBS	CALORIES
Refuel (2 scoops)	21 g	14 g	4 g	260
Unsweetened Almond Milk (2 C)	5 g	2 g	2 g	60
Ice (handful)	0 g	0 g	0 g	0
Frozen Berries (1/4 C)	0 g	0.25 g	0.2 g	17.5
Heavy Cream (2 T)	12 g	0 g	0 g	120
	38 g	16.25 g	6.2 g	457.5

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

LUNCH	FATS	PROTEIN	CARBS	CALORIES
Tomato (1 sliced)	0.3 g	1.2 g	0.6 g	18
Mozzarella Cheese (3 slices)	18.9 g	18.9 g	1 g	255
Canned Tuna (1)	1 g	22 g	0 g	100
Mayo (2 T)	20 g	0.2 g	0 g	188
Spinach	0.1 g	0.9 g	1 g	7
Walnuts (1/2 C)	18.5 g	4.3 g	3.5 g	185
Avocado (1/2)	10 g	1 g	2 g	120
	68.8 g	48.5 g	8.1 g	873

Tuna Sandwich - Instructions: Slice tomato for the base. Add cheese and spinach on top of tomato. Mix tuna, walnuts, mayo & avocado together and scoop on top of spinach.

MIDDAY REJUUVANATOR	FATS	PROTEIN	CARBS	CALORIES
Water (16 oz)	0 g	0 g	0 g	0
Live	0 g	1 g	8 g	30
Zing	0 g	0 g	2 g	10
Rejuv+	0 g	0 g	0 g	0
	0 g	1 g	10 g	40

DINNER	FATS	PROTEIN	CARBS	CALORIES
Steak (5 oz)	20 g	38 g	0 g	344
Olive Oil (1 T)	14 g	0 g	0 g	126
Steamed Broccoli (1/2 C)	0.8 g	2.5 g	5 g	31
Mushroom (6 pcs)	0.47 g	4.26 g	3 g	30
Kerrygold Irish Butter (5 T)	22 g	0 g	0 g	200
	57.27 g	44.76 g	8 g	731

Steak Dinner - Instructions: Brush 1 T olive oil on steak. Season & grill steak to liking. Steam broccoli and put 1 T butter on top before serving. Saute mushrooms in a little water and 3 T of butter.

SAMPLE 2

TOTAL FATS	73%
TOTAL PROTEIN	21%
TOTAL CARBS	6%
TOTAL CALORIES	2269.2

BREAKFAST	FATS	PROTEIN	CARBS	CALORIES
Eggs (3)	14 g	19 g	1 g	215
Shredded Cheddar Cheese (1/3 C)	9.4 g	6.5 g	1 g	114
Butter (2 T)	24 g	0.2 g	0 g	204
Olives (8)	3.3 g	2 g	1.9 g	35.2
Diced Onion (1/4 onion)	0.1 g	0.7 g	3.2 g	10
Spinach	0.1 g	1 g	1 g	10
	50.9 g	29.4 g	8.1 g	588.2

Veggie Egg Scramble - Instructions: Put 1 T of butter on hot skillet, add veggies and saute. Add 1 T of butter to skillet and scramble eggs or make an omelet.

LUNCH	FATS	PROTEIN	CARBS	CALORIES
Refuel (2 scoops)	21 g	14 g	4 g	260
Unsweetened Almond Milk (2 C)	5 g	2 g	2 g	60
Ice (handful)	0 g	0 g	0 g	0
Justins Almond Butter (2 T)	16 g	7 g	4 g	190
Heavy Cream (2 T)	12 g	0 g	0 g	120
Cocoa, Sugar Free (3 T)	0 g	1 g	2.5 g	12
	54 g	24 g	12.5 g	642

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

MIDDAY REJUUVANATOR	FATS	PROTEIN	CARBS	CALORIES
Water (16 oz)	0 g	0 g	0 g	0
Live	0 g	1 g	8 g	30
Zing	0 g	0 g	2 g	10
Rejuv+	0 g	0 g	0 g	0
	0 g	1 g	10 g	40

DINNER	FATS	PROTEIN	CARBS	CALORIES
Olive Oil (1 T)	14 g	0 g	0 g	126
Zoodles (1 C)	0.4 g	1.4 g	2.5 g	20
Alfredo Sauce	50 g	14.2 g	7.8 g	538
Grilled Chicken (6 oz)	6.5	57 g	0 g	284
Steamed Broccoli	14 g	1.25 g	2.5 g	31
	84.9 g	73.85 g	12.8 g	999

Chicken Alfredo - Instructions: Steam zoodles and broccoli. Brush olive oil over chicken before cooking. Mix ingredients together.

T= Tablespoon, C= Cup(s)



SAMPLE 3

TOTAL FATS	75%
TOTAL PROTEIN	20%
TOTAL CARBS	5%
TOTAL CALORIES	1954.3

BREAKFAST	FATS	PROTEIN	CARBS	CALORIES
Bacon (3 slices)	12 g	12 g	0.6 g	161
Eggs (2)	9.6 g	12.6 g	0.7 g	144
Butter (2 T)	24 g	0.2 g	0 g	204
Diced Onion (1/4 onion)	0.1 g	0.7 g	4.8 g	10
Peppers	0.2 g	0.6 g	3.4 g	17.2
Pico (2 T)	0 g	0 g	2 g	10
	45.9 g	26.1 g	11.5 g	546.2

Bacon Veggie Scramble - Instructions: Add butter to skillet. Cook bacon to liking. Add eggs & veggies and scramble. When done, top with pico.

LUNCH	FATS	PROTEIN	CARBS	CALORIES
Refuel (2 scoops)	21 g	14 g	4 g	260
Unsweetened Almond Milk (2 C)	5 g	2 g	2 g	60
Ice (handful)	0 g	0 g	0 g	0
Blueberries (30)	0 g	0.3 g	6 g	23
Heavy Cream (2 T)	12 g	0 g	0 g	120
Chia Seeds (1 T)	3.7 g	2 g	5 g	58
	41.7 g	18.3 g	17 g	521

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

MIDDAY REJUUVANATOR	FATS	PROTEIN	CARBS	CALORIES
Water (16 oz)	0 g	0 g	0 g	0
Live	0 g	1 g	8 g	30
Zing	0 g	0 g	2 g	10
Rejuv+	0 g	0 g	0 g	0
	0 g	1 g	10 g	40

DINNER	FATS	PROTEIN	CARBS	CALORIES
Hamburger Patty (5 oz)	25 g	38.8 g	0 g	385
Mayo (2 T)	20 g	0.3 g	0.2 g	188
Spinach (6 pcs)	0 g	1.3 g	1 g	5
Onion (3 slices)	0 g	0 g	1.2 g	5
Tomato (2 slices)	0.1 g	0.5 g	2.4 g	11.1
Cheddar Cheese (1 slice)	9.3 g	6.4 g	0.9 g	110
Olive Oil (1 T)	14 g	0 g	0 g	126
Asparagus (5 spears)	0 g	1.8 g	3.1 g	17
	68.4 g	49.1 g	8.8 g	847.1

Bun-less Burger & Asparagus - Instructions: Grill hamburger patty. Top with mayo, (Optional: mustard), and veggies. Drizzle olive oil and spice on asparagus and bake at 425 for 15 Min.

SAMPLE 4

TOTAL FATS	74%
TOTAL PROTEIN	21%
TOTAL CARBS	6%
TOTAL CALORIES	2239

BREAKFAST	FATS	PROTEIN	CARBS	CALORIES
Refuel (2 scoops)	21 g	14 g	4 g	260
Unsweetened Almond Milk (2 C)	5 g	2 g	2 g	60
Ice (handful)	0 g	0 g	0 g	0
Heavy Cream (2 T)	12 g	0 g	0 g	120
Nutlight (sugar free hazelnut spread and dark chocolate) (1 T)	6 g	1 g	8 g	140
Cinnamon (to taste)	0 g	0 g	0 g	0
	44 g	17 g	14 g	580

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

LUNCH	FATS	PROTEIN	CARBS	CALORIES
Mixed Greens (spinach, arugula, etc.) (2 C) (NO KALE)	0.4 g	2.4 g	5 g	40
Hardboiled Egg	5.3 g	6.3 g	0.5 g	78
Broccoli (1/4 C)	0 g	0.1 g	0.2 g	1
Cucumber (3 slices)	0 g	0 g	1 g	0
Sunflower Seeds (1 T)	11 g	4 g	1 g	120
Pumpkin Seeds (1 oz)	14 g	8.5 g	1.4 g	163
Avocado (1/4)	7.3 g	1 g	1.3 g	96
Cheddar Cheese (1 oz)	9.4 g	6.5 g	0.8 g	115
Poke or Salmon (1/2 C)	4.3 g	20.5 g	2.1 g	131
Ranch Dressing (or other cream based) (2 T)	13 g	0 g	1.8 g	129
	64.7 g	49.3 g	15.1 g	873

Keto Salad - Instructions: Add ingredients to a large bowl and mix together to make a salad.

MIDDAY REJUUVANATOR	FATS	PROTEIN	CARBS	CALORIES
Water (16 oz)	0 g	0 g	0 g	0
Live	0 g	1 g	8 g	30
Zing	0 g	0 g	2 g	10
Rejuv+	0 g	0 g	0 g	0
	0 g	1 g	10 g	40

DINNER	FATS	PROTEIN	CARBS	CALORIES
Pork Tenderloin	5.7 g	36.7 g	0 g	208
Olive Oil (1 T)	14 g	0 g	0 g	126
Baked Brussel Sprouts (8)	0.8 g	4.3 g	6 g	60
Shredded Parmesan Cheese (3 T)	4.2 g	5.7 g	0.5 g	63
Green Beans	0.2 g	1.8 g	3.3 g	31
Butter (2 T)	24 g	0.2 g	0 g	204
1 Slice Bacon	4 g	3.9 g	0.2 g	54
	52.9 g	52.6 g	10 g	746

Pork Tenderloin Dinner - Instructions: Cook pork tenderloin to liking. Spread olive oil over brussel sprouts, sprinkle parmesan cheese on top and bake. Cook bacon to liking. Heat green beans and add butter and bacon.

SAMPLE 5

TOTAL FATS	75%
TOTAL PROTEIN	25%
TOTAL CARBS	5%
TOTAL CALORIES	2097.6

BREAKFAST	FATS	PROTEIN	CARBS	CALORIES
Refuel (1 scoop)	10.5 g	7 g	2 g	130
Egg (1)	5 g	6.3 g	0.4 g	73
Baking Powder (1 tsp)	0 g	0 g	0.7 g	1.2
Extra Sharp Shredded Cheddar Cheese (1/4 C)	9.4 g	6.5 g	0 g	114
Libby's Dark Chocolate Chips (24 chips)	4.5 g	1 g	8 g	60
Strawberries (sliced)	0.2 g	0.4 g	3 g	17.4
Sugar Free Cool Whip (2 T)	0.2 g	0 g	3 g	20
	29.8 g	21.2 g	17.1 g	415.6

Chocolate Chip Chaffle - Instructions: Mix together Refuel, egg, baking powder, and cheese into a bowl. Heat waffle maker. Pour batter onto the bottom half of the waffle maker. Add a few chocolate chips, close, and cook until golden brown. Top with fruit and whip cream.

LUNCH	FATS	PROTEIN	CARBS	CALORIES
Refuel (1 scoop)	10.5 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
Heavy Cream (2 T)	24 g	0 g	0 g	240
Favorite Flavor Protein Powder (1 scoop)	.5 g	25 g	1 g	113
	40 g	34 g	5 g	543

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

MID DAY REJUUVANATOR	FATS	PROTEIN	CARBS	CALORIES
Water (16 oz)	0 g	0 g	0 g	0
Live	0 g	1 g	8 g	30
Zing	0 g	0 g	2 g	10
Rejuv+	0 g	0 g	0 g	0
	0 g	1 g	10 g	40

DINNER	FATS	PROTEIN	CARBS	CALORIES
Romaine (3 C)	0.4 g	1.8 g	1.7 g	24
Grilled Chicken (5 oz)	6.5 g	57 g	0 g	284
Olive Oil (1 T)	14 g	0 g	0 g	126
Parmesan Cheese (3 oz)	27.9 g	19.2 g	2.6 g	339
Caesar Salad Dressing (4 T)	34 g	1.3 g	1.7 g	326
	82.8 g	79.3 g	6 g	1099

Chicken Caesar Salad - Instructions: Place grilled chicken, cheese, romaine, salad dressing, and olive oil in a zip lock bag. Shake vigorously. When done, serve on plate.