

JuuvafIT

SAMPLE MEAL PLAN

STRONG

SAMPLE 1

TOTAL FATS	32%
TOTAL PROTEIN	37%
TOTAL CARBS	31%
TOTAL CALORIES	1596.7

BREAKFAST	FATS	PROTEIN	CARBS	CALORIES
Blueberries (1/4 C)	0 g	0 g	5 g	20
Scrambled Eggs (2)	13 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
	25.5 g	15.2 g	20 g	372

Scrambled Egg - Instruction: Scramble 2 two eggs, toast & butter the bread, wash blueberries, add all ingredients to your plate, and enjoy!

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

LUNCH	FATS	PROTEIN	CARBS	CALORIES
Refuel (1 scoop)	10.5 g	7 g	2 g	130
Chocolate Protein (1 scoop)	1 g	24 g	3 g	120
Unsweetened Almond Milk (2 C)	5 g	2 g	2 g	60
Ice (handful)	0 g	0 g	0 g	0
	16.5 g	33 g	7 g	310

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

DINNER	FATS	PROTEIN	CARBS	CALORIES
Mission Low Carb Tortilla (2)	4 g	8 g	24 g	90
Pico (2 T)	0 g	1 g	2 g	5
Shredded Cheese (2 T)	5 g	5.4 g	0 g	74
Shredded Lettuce (2 T)	0.1 g	0.3 g	0 g	4
Sour Cream (1 T)	2.5 g	0 g	0.5 g	60
Ground Turkey (5 oz)	10 g	26.3 g	0 g	170
	21.6 g	41 g	26.5 g	403

Taco - Instructions: Season and cook ground turkey burger. Add the rest of the ingredients to the tortillas to make tacos.

SNACK 1	FATS	PROTEIN	CARBS	CALORIES
Red Grapes (10)	0.1 g	0.4 g	8.9 g	34
Red Raspberries (10)	0.1 g	0.2 g	2.4 g	10
Blueberries (15)	0 g	0.1 g	3 g	11.7
Vanilla Blended Greek Yogurt (Chibani)	0 g	14 g	16 g	130
Bear Naked Granole, Vanilla Almond (0.3 C)	3 g	3.6 g	24 g	126
	3.2 g	18.3 g	54.3 g	311.7

SNACK 2 (POST WORKOUT)	FATS	PROTEIN	CARBS	CALORIES
Premiere Protein	3 g	30 g	5 g	160
	3 g	30 g	5 g	160

SAMPLE 2

TOTAL FATS	32%
TOTAL PROTEIN	40%
TOTAL CARBS	28%
TOTAL CALORIES	1886.7

BREAKFAST	FATS	PROTEIN	CARBS	CALORIES
Eggs (3)	19 g	16 g	1 g	250
Mushrooms (2)	0.1 g	0.5 g	1.3 g	6.8
Olives (4)	1.6 g	0.1 g	1 g	17.6
Onions (2 T)	0 g	0.1 g	1.4 g	5
Ham (3 oz)	4.3 g	19 g	0.7 g	118
	25 g	35.7 g	5.4 g	397.4

Breakfast Omelet Instructions - Dice veggies and ham and set to the side. Whisk up the 3 eggs and cook omelet. Add the omelet and the rest of the ingredients to a plate and enjoy!

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

LUNCH	FATS	PROTEIN	CARBS	CALORIES
Spinach (2 C)	0.9 g	10.6 g	13.6 g	82
Grilled Chicken (5 oz)	6.5 g	57 g	0 g	284
Cucumber (1/3)	0.1 g	0.4 g	2.2 g	9
Carrots (1)	0.1 g	0.3 g	3.8 g	16
Vinaigrette (2 T)	9 g	0 g	7 g	110
Croutons	2 g	2 g	10 g	60
	18.6 g	70.3 g	36.6 g	561

Grilled Chicken Salad - Instructions: Grill chicken, then add all the ingredients together in a large bowl or plate.

DINNER	FATS	PROTEIN	CARBS	CALORIES
Steak (6 oz)	22.2 g	40.8 g	0 g	372
Mushrooms (4)	0.2 g	1 g	1.4 g	13
Pineapple Chunks (4)	0.1 g	0.5 g	19.5 g	74.5
Onion	0.1 g	0.9 g	6.9 g	30.3
Pepper	0.1 g	0.4 g	2.7 g	13.5
Jasmine Rice (1/3 C)	0.4 g	4.3 g	45 g	205
Soy Sauce	0 g	2 g	4 g	20
	23.1 g	49.9 g	79.5 g	728.3

Steak Stir Fry - Instructions: Cook steak to liking. Saute mushrooms, onions, peppers, and pineapple. Cook Jasmine Rice. Mix ingredients together on a plate.

SNACK 2 (POST WORKOUT)	FATS	PROTEIN	CARBS	CALORIES
Premiere Protein	3 g	30 g	5 g	160
	3 g	30 g	5 g	160

T= Tablespoon, C= Cup(s)



SAMPLE 3

TOTAL FATS	31%
TOTAL PROTEIN	40%
TOTAL CARBS	29%
TOTAL CALORIES	1561.8

BREAKFAST	FATS	PROTEIN	CARBS	CALORIES
Unsweetened Almond Milk (1/2 C)	1.3 g	0.6 g	0.3 g	15
Vanilla (1/3 T)	0 g	0 g	0.4 g	12
Old Fashioned Oats (1/2 C)	2.6 g	5.3 g	22.9 g	154
Chocolate Protein (1 scoop)	1 g	24 g	3 g	120
Stevia (1 T)	0 g	0 g	14 g	0
Cinnamon (dash)	0 g	0 g	0 g	0
	4.9 g	29.9 g	40.6 g	301

Oat Meal - Instructions: Mix Almond Milk, Vanilla, Protein, Stevia, & Cinnamon in a pot. Cook on medium heat for 3 min. Add oatmeal and cook 3 - 4 min. Put oatmeal in a bowl.

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

LUNCH	FATS	PROTEIN	CARBS	CALORIES
Butter Lettuce (3 leaves)	0 g	0.2 g	0.1 g	2
Canned Chicken (1/2 C)	8.5 g	26 g	0.9 g	189.5
Red Grapes Halved (10)	0.1 g	0.4 g	8.9 g	34
Miracle Whip (2 T)	0.9 g	0.1 g	4.4 g	26
Celery (1/2 stalk)	0 g	0.1 g	0.3 g	3.3
	9.5 g	26.8 g	14.6 g	254.8

Chicken Salad Lettuce Wrap - Instructions: Drain Chicken. Mix with miracle whip, diced celery, and halved grapes. Scoop into butter lettuce.

DINNER	FATS	PROTEIN	CARBS	CALORIES
Halibut (6 oz)	2.8 g	38.4 g	0 g	186
Baked Potato (small)	0.2 g	3.5 g	29 g	128
Sour Cream (2 T)	4.6 g	0.6 g	1.1 g	48
Green Beans (1 C)	0 g	2.4 g	4 g	40
Olive Oil (1 T)	14 g	0 g	0 g	119
	21.6 g	44.9 g	34.1 g	521

Halibut Dinner - Instructions: Cook Halibut with olive oil to liking. Boil or heat green beans. Bake the small potato and add sour cream.

SNACK 1	FATS	PROTEIN	CARBS	CALORIES
Honeycrisp Apple (medium)	0.3 g	0.5 g	20.6 g	95
Justin's Almond Butter (2 T)	16 g	7 g	4 g	190
	16.3 g	7.5 g	24.6 g	285

SNACK 2 (POST WORKOUT)	FATS	PROTEIN	CARBS	CALORIES
Premiere Protein	3 g	30 g	5 g	160
	3 g	30 g	5 g	160

T= Tablespoon, C= Cup(s)

SAMPLE 4

TOTAL FATS	34%
TOTAL PROTEIN	38%
TOTAL CARBS	28%
TOTAL CALORIES	1587.2

BREAKFAST	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
Vanilla Protein (1 scoop)	1 g	24 g	3 g	120
Frozen Berries (1 C)	0.6 g	1.4 g	15 g	65
Spinach (handful)	0.5 g	5.3 g	6.8 g	41
	17.6 g	39.7 g	28.8 g	416

Berrie 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

LUNCH	FATS	PROTEIN	CARBS	CALORIES
Dave's Killer Bread 2 (thin sliced)	3 g	6 g	26 g	130
Miracle Whip (1 T)	5 g	0 g	2 g	40
Mustard (1 T)	0.2 g	0.2 g	0.1 g	3
Oven Roasted Turkey Breast (6 slices)	1 g	9 g	2 g	50
Romaine (1 leaf)	0.1 g	0.2 g	0.2 g	2.9
Onion (1 slice)	0 g	0.2 g	1.6 g	7.6
Tomato (1 slice)	0 g	0.2 g	0.5 g	3.7
Cheddar Cheese (1 slice)	9.3 g	6.4 g	1.9 g	113
	18.6 g	22.2 g	34.3 g	350.2

Turkey Sandwich - Instructions: Add Miracle Whip and Mustard to the bread slices. Add the rest of the ingredients to make a sandwich.

DINNER	FATS	PROTEIN	CARBS	CALORIES
Grilled Chicken Breast	5.8 g	50.4 g	0 g	252
Baked Sweet Potato (2" x 5")	0.2 g	2.3 g	20.2	103
Kerrygold Butter (1 T)	11 g	0 g	0 g	100
Asparagus (5 spears)	0.2 g	1.8 g	2.4 g	17
	17.2 g	54.5 g	22.6 g	472

Grilled Chicken Dinner - Instructions: Grill or bake chicken breast. Add butter to the baked sweet potato. Cook Asparagus to liking.

SNACK 1	FATS	PROTEIN	CARBS	CALORIES
Hard-Boiled Egg	5.3 g	6.3 g	0.6 g	80
Orange	0.2 g	1.3 g	13.9 g	69
	5.5 g	7.6 g	14.5 g	149

SNACK 2 (POST WORKOUT)	FATS	PROTEIN	CARBS	CALORIES
Premiere Protein	3 g	30 g	5 g	160
	3 g	30 g	5 g	160

SAMPLE 5

TOTAL FATS	32%
TOTAL PROTEIN	40%
TOTAL CARBS	28%
TOTAL CALORIES	1799.2

BREAKFAST	FATS	PROTEIN	CARBS	CALORIES
Eggs (2)	4.8 g	6.3 g	0.4 g	143
Vanilla Whey Protein Powder (1 scoop)	1 g	24 g	3 g	120
Refuel (1 scoop)	10.5 g	7 g	2 g	130
Baking Powder (1 tsp)	0 g	0 g	1.3 g	2.4
Almond Milk (6 T)	0.2 g	0.1 g	0.5 g	21
	16.5 g	37.4 g	7.2 g	416.4

Protein Pancake - Instructions: Heat skillet and spray with cooking spray. While skillet heats up mix eggs, Refuel, protein, baking powder, and almond milk in large bowl. Serve with fruit or sugar free syrup. Count toppings into calories/macros.

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

LUNCH	FATS	PROTEIN	CARBS	CALORIES
Tortilla (whole wheat)	6 g	9 g	5 g	110
Canned Chicken (1/2 C)	8.5 g	26 g	0.9 g	189.5
Chicken Taco Seasoning	0 g	0 g	3 g	10
Black Beans (1/4 C)	0.9 g	15 g	31 g	227
Pico (4 T)	0.1 g	0.4 g	1.5 g	9.2
Mexican Blend Shredded Cheese (3 T)	4 g	3.3 g	0.2 g	50
	19.5 g	53.7 g	41.6 g	595.7

Chicken Taco - Instructions: Warm the whole wheat tortilla. Season the chicken and add the rest of the ingredients to make a chicken taco.

DINNER	FATS	PROTEIN	CARBS	CALORIES
Whole Wheat Hamburger Bun	2.5 g	6.9 g	21.6 g	151
Hamburger Patty (5 oz)	22 g	38.8 g	0 g	385
Mustard	0.2 g	0.2 g	0.1 g	3
Miracle Whip (2 T)	0.9 g	0.1 g	4.4 g	27
Spinach (6 pieces)	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
	25.7 g	47.8 g	30.7 g	587.1

Hamburger Dinner - Instructions: Grill hamburger patty. Add patty, sauce, and veggies to the buns to make a hamburger.

SNACK 1 (POST WORKOUT)	FATS	PROTEIN	CARBS	CALORIES
Premiere Protein	3 g	30 g	5 g	160
	3 g	30 g	5 g	160