

Five Day Sample Meal Plan

(Feel free to mix and match these in any way.)

Meal 1 -

1 whole egg + 3 whites scrambled w/ spinach & mushrooms and 1/2 avocado sliced
2 pieces Ezekiel toast 2 eggs scrambled with sliced tomato and baby spinach
1 serving About Time whey mixed with 1/4 cup oats, 1/2 c blueberries and 1T pb
About Time whey, coffee, powdered pb, frozen banana and almond milk smoothie
2 eggs scrambled with peppers and onion, 1 turkey sausage and sweet potato
homefries cooked in coconut oil and a little cayenne

Meal 2 -

2 hardboiled eggs, carrots and cherry tomatoes and 1/2 cup hummus
About Time whey kale chips cooked with sea salt and olive oil and 1oz cashews
4 hardboiled eggs whites, cucumber slices and 1/2 avocado made into guac
1 cup cottage cheese with broccoli and an apple with almond butter
1 cup plain greek yogurt with a tsp honey, 1 cup berries and powdered pb

Meal 3 -

Romaine salad- cuc, carrots, raddish, etc, 4oz chicken, 1/2 oz feta and olive oil dressing
Spinach salad- 4oz steak, tomato, beets, 1/2 oz bleu cheese, 1/2 avocado and balsamic
Lettuce wraps- ground turkey cooked with broccoli slaw and olive oil & hot sauce
Salmon salad made with greek yogurt and capers on fiber wrap with chopped spinach
2 pieces Ezekiel toast with 4oz turkey breast, tomato, lettuce, mustard and an orange

Meal 4 -

1 hardboiled egg and 2 whites with 1/3 cup oats cooked with pumpkin
About Time protein pancake with 2T almond butter and sliced strawberries
1 cup cottage cheese and 1 cup pineapple
1 cup plain greek yogurt with lemon juice and spices eaten with carrots and cucumber
1 whole egg (runny), 1 turkey/ chicken sausage, steamed broccoli and 1/2 avocado

Meal 5 -

4oz stuffed bison burger w/ garlic, onion, red pepper, etc and sauteed spinach in evoo
Meatzza topped with diced tomato, basil, mushrooms, onion, sauce and goat cheese
Hot sauce grilled chicken w/ bleu cheese crumbles and grilled zucchini slices w/ evoo
Baked maple-dijon glazed salmon with steamed cauliflower seasoned with Adobo
Fried beef with peppers, onion and Mexican seasonings in fiber wrap with hot sauce,
1/2 oz cheddar or T sour cream and fresh cilantro

Post Workout -

1 scoop About Time whey protein
(www.tryabouttime.com- use the code KYRA for 25% off)
4 ounces sweet potato

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