



5 Veggies
5 Proteins

3 Fruits
1 Healthy Fats

4 Carbohydrates
1 Seeds & Dressings
5 Oils & Nut butters

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NUTRITION PLAN **C**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	2 eggs 1 pc sprouted toast w/butter 1/2 banana	oatmeal almond butter 1 cup berries 4 pcs turkey bacon	2 eggs 1 pc sprouted toast w/butter 1/2 banana	oatmeal almond butter 1 cup berries 4 pcs turkey bacon	2 eggs 1 pc sprouted toast w/butter 1/2 banana	protein pancakes 1 cup berries almond butter	2 eggs 1 pc sprouted toast w/butter 1/2 banana
	Pre-Workout Energize	Pre-Workout Energize		Pre-Workout Energize	Pre-Workout Energize		
Snack	Shakeology fruit spinach natural nut butter	Shakeology fruit spinach natural nut butter	Shakeology fruit spinach natural nut butter	Shakeology fruit spinach natural nut butter	Shakeology fruit spinach natural nut butter	Shakeology fruit spinach natural nut butter	Shakeology fruit spinach natural nut butter
	Post-Workout Recover	Post-Workout Recover		Post-Workout Recover	Post-Workout Recover		
Lunch	salad chopped veggies, chickpeas, grilled chicken, vinaigrette dressing	egg roll in a bowl over brown rice w/sesame seeds	salad chopped veggies, chickpeas, grilled chicken vinaigrette dressing	egg roll in a bowl over brown rice w/sesame seeds	salad chopped veggies, chickpeas, grilled chicken vinaigrette dressing	egg roll in a bowl over brown rice w/sesame seeds	salad chopped veggies, chickpeas, grilled chicken vinaigrette dressing
Snack	apple w/2 tsp pb whole grain wrap w/turkey, and veggies	2 hardboiled eggs 1 slice sprouted bread, 1 orange, celery w/2 tsp pb	apple w/2 tsp pb whole grain wrap w/turkey, and veggies	2 hardboiled eggs 1 slice sprouted bread, 1 orange, celery w/2 tsp pb	apple w/2 tsp pb whole grain wrap w/turkey, and veggies	2 hardboiled eggs 1 slice sprouted bread, 1 orange, celery w/2 tsp pb	apple w/2 tsp pb whole grain wrap w/turkey, and veggies
Dinner	turkey burgers w/cheese, baked fries (olive oil) steamed veggies	taco meat 2 corn tortillas (coc.oil) guacamole, lettuce, tomato, onion	grilled flank steak hummus, brown rice steamed broccoli w/butter	chicken sausage w/potatoes & veggies (olive oil) w/mozarella	shrimp whole wheat pasta, pesto, parmesan, asparagus	date night	chicken roasted sweet potatoes, kale, evoo, feta salad

Performance Supplements: On workout days drink Energize 30 minutes before exercising. Drink Hydrate during exercise. Drink Recover within 30 minutes of completing exercise. Drink Recharge within one hour before going to bed. Take Creatine within 30 minutes after exercise.