



2100 CALORIE MEAL PLAN



BASIC BREAKDOWN

BREAKFAST	500 CALORIES
LUNCH	750 CALORIES
DINNER	750 CALORIES
SNACKS	100 CALORIES
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TOTAL	2100 CALORIES

PLEASE NOTE:

- **The breakdown of calories per meal is a recommendation only.**
- **High Intensity or Extended Workouts:**
 - **Require supplemental Carbohydrate & Protein calories from a “Post-Workout Recovery Drink”.**
 - **Refer to the “Why Add a Recovery Drink” handout for more info.**



BREAKFAST

Calories: 500



ITEM	CATEGORY (BRAND)	PREPARATION METHOD						
<p>CHOOSE ONE:</p> <p>2 EACH *EGGS</p> <p>2/3 CUP COTTAGE CHEESE, REGULAR</p> <p>6 oz. YOGURT, PLAIN</p> <p>1 Each SMOOTHIE -1 scoop Paleo Meal Protein Powder -1 tablespoon Nut Butter</p>	<p>Organic/Omega-3 added</p> <p>Organic (Organic Valley)</p> <p>Organic (Cultural Revolution)</p> <p>Protein Powder (Designs For Health)</p>	<p>Cooked any way</p> <p>♦ Add 1 teaspoon of <u>Ghee, Coconut Oil,</u> <u>Or Extra Virgin Olive Oil</u></p> <p>Serve Cold</p> <p>♦ With 1½ tablespoons of Nuts, dried or roasted</p> <p>Serve Cold</p> <p>♦ With 2 tablespoons of Nuts, dried or roasted</p> <p>Serve Cold</p> <p>♦ Blend ingredients on High thinning with water or ice as needed, continue until smooth</p>						
<p>ADD A MEAT:</p> <p>6 OUNCES Meat or Seafood -Red Meat, Poultry, Ham, Wild Fish</p> <p>4½ OUNCES Poultry Sausage or Canadian Bacon</p> <p>3 OUNCES Pork/Beef Sausage</p> <p>2 OUNCES Naturally Smoked/Cured Seafood -Smoked Salmon or Mackerel, Lox, etc.</p> <p>4 SLICES Bacon, Dry-Rub (NITRATE & NITRITE FREE)</p>	<p>Organic (Applegate Farms)</p> <p>Organic (Applegate Farms)</p> <p>(Wellshire Farms)</p> <p>Wild Caught</p> <p>(Wellshire Farms)</p>	<p>Roasted/Smoked/Etc</p> <p>Grilled or Roasted</p> <p>Grilled or Roasted</p> <p>As is</p> <p>Cooked</p>						
<p>ADD A FRUIT:</p> <table border="0"> <tr> <td data-bbox="79 1328 976 1365">1¼ CUP Fruit Salad, fresh</td> <td data-bbox="976 1328 1360 1365">1¼ CUP Berries</td> </tr> <tr> <td data-bbox="79 1373 976 1411">1 EACH Grapefruit, pink, large, fresh 4½"</td> <td data-bbox="976 1373 1360 1411">1 EACH Banana, fresh 9" long</td> </tr> <tr> <td data-bbox="79 1419 976 1456">1 EACH Orange, fresh, California, navel 3 ¾"</td> <td data-bbox="976 1419 1360 1456">1 EACH Apple, fresh large 3¼"</td> </tr> </table>			1¼ CUP Fruit Salad, fresh	1¼ CUP Berries	1 EACH Grapefruit, pink, large, fresh 4½"	1 EACH Banana, fresh 9" long	1 EACH Orange, fresh, California, navel 3 ¾"	1 EACH Apple, fresh large 3¼"
1¼ CUP Fruit Salad, fresh	1¼ CUP Berries							
1 EACH Grapefruit, pink, large, fresh 4½"	1 EACH Banana, fresh 9" long							
1 EACH Orange, fresh, California, navel 3 ¾"	1 EACH Apple, fresh large 3¼"							

*Eggs are not recommended more than 3 times per week, sensitivities may ensue.



LUNCH

Calories: 750



ITEM	CATEGORY (BRAND)	PREPARATION METHOD
<p>CHOOSE A MEAT:</p> <p>8 OUNCES POULTRY -Chicken, Turkey Breast, etc.</p> <p>8 OUNCES PORK -Tenderloin, Loin chop, etc.</p> <p>6 OUNCES BEEF -Filet, Flank, Strip, Ribeye, Skirt Steak, Lean Ground, etc.</p> <p>6 OUNCES FISH -Cod, Bass, Salmon, Tuna, etc.</p>	<p>Pasture Raised (Organic)</p> <p>Pasture Raised On Natural Diet (Organic)</p> <p>100% Grass-Fed</p> <p>Wild Caught</p>	<p>Braised, Grilled or Roasted</p> <p>Braised, Grilled or Roasted</p> <p>Braised, Grilled or Roasted</p> <p>Baked, Grilled or Roasted</p>
<p>ADD A STARCH OR LEGUME:</p> <p>1/2 cup Starchy Vegetables -Ex. Acorn & Butternut Squash, Corn, Peas, Plantains, Potatoes, Yams, etc.</p> <p>1/3 cup Legumes -Ex. Beans (cannelini, fava, kidney, etc.), Lentils, Chickpeas, etc.</p>	<p>Fresh Local Organic</p> <p>Seasonal when possible</p>	<p>Baked</p> <p>♦ Bake or Roast with 1 tablespoon of <u>Ghee</u>, <u>Coconut Oil</u>, Or <u>Extra Virgin Olive Oil</u></p> <p>Cook Anyway</p> <p>♦ Cook with 1 tablespoon of <u>Ghee</u>, <u>Coconut Oil</u>, Or <u>Extra Virgin Olive Oil</u></p>
<p>ADD A VEGETABLE OR SALAD:</p> <p>2 cups Non Starchy Vegetables -Ex. Asparagus, Broccoli, Carrots, Green Beans, Leafy Greens, Cauliflower, etc.</p> <p>1 each Salad -3 cups Greens, 1 each Roma tomato, 2 slice Red Onions</p>	<p>Fresh Local Organic</p> <p>Seasonal when possible</p>	<p>Cook Anyway</p> <p>♦ Steam vegetables & drizzle with 2 tablespoon of <u>Ghee</u>, <u>Coconut Oil</u>, Or <u>Extra Virgin Olive Oil</u></p> <p>Serve Cold</p> <p>♦ Mix vegetables & drizzle with 4 tbs. <u>Balsamic Vinaigrette</u> (Spectrum) OR 3 tbs. <u>Caesar Dressing</u> (Newman's Own) OR 2 tbs. <u>Extra Virgin Olive Oil</u></p>



DINNER

Calories: 750



ITEM	CATEGORY (BRAND)	PREPARATION METHOD
<p>CHOOSE A MEAT:</p> <p>8 OUNCES POULTRY -Chicken, Turkey Breast, etc.</p> <p>8 OUNCES PORK -Tenderloin, Loin chop, etc.</p> <p>6 OUNCES BEEF -Filet, Flank, Strip, Ribeye, Skirt Steak, Lean Ground, etc.</p> <p>6 OUNCES FISH -Cod, Bass, Salmon, Tuna, etc.</p>	<p>Pasture Raised (Organic)</p> <p>Pasture Raised On Natural Diet (Organic)</p> <p>100% Grass-Fed</p> <p>Wild Caught</p>	<p>Braised, Grilled or Roasted</p> <p>Braised, Grilled or Roasted</p> <p>Braised, Grilled or Roasted</p> <p>Baked, Grilled or Roasted</p>
<p>ADD A STARCH OR LEGUME:</p> <p>1/2 cup Starchy Vegetables -Ex. Acorn & Butternut Squash, Corn, Peas, Plantains, Potatoes, Yams, etc.</p> <p>1/3 cup Legumes -Ex. Beans (cannelini, fava, kidney, etc.), Lentils, Chickpeas, etc.</p>	<p>Fresh Local Organic</p> <p>Seasonal when possible</p>	<p>Baked</p> <p>♦ Bake or Roast with 1 tablespoon of <u>Ghee</u>, <u>Coconut Oil</u>, Or <u>Extra Virgin Olive Oil</u></p> <p>Cook Anyway</p> <p>♦ Cook with 1 tablespoon of <u>Ghee</u>, <u>Coconut Oil</u>, Or <u>Extra Virgin Olive Oil</u></p>
<p>ADD A VEGETABLE OR SALAD:</p> <p>2 cups Non Starchy Vegetables -Ex. Asparagus, Broccoli, Carrots, Green Beans, Leafy Greens, Cauliflower, etc.</p> <p>1 each Salad -3 cups Greens, 1 each Roma tomato, 2 slice Red Onions</p>	<p>Fresh Local Organic</p> <p>Seasonal when possible</p>	<p>Cook Anyway</p> <p>♦ Steam vegetables & drizzle with 2 tablespoon of <u>Ghee</u>, <u>Coconut Oil</u>, Or <u>Extra Virgin Olive Oil</u></p> <p>Serve Cold</p> <p>♦ Mix vegetables & drizzle with 4 tbs. <u>Balsamic Vinaigrette</u> (Spectrum) OR 3 tbs. <u>Caesar Dressing</u> (Newman's Own) OR 2 tbs. <u>Extra Virgin Olive Oil</u></p>

SNACKS

100 Calories Per Day

EXAMPLE

**1 tablespoon Almond Butter, Organic
+
1 each Celery Stalk, 5" long**

- **Eat snacks anytime of day**
- **See “SNACK LISTS” for ideas**