



# ***2200 CALORIE MEAL PLAN***



## **BASIC BREAKDOWN**

<b>BREAKFAST</b>	<b>500 CALORIES</b>
<b>LUNCH</b>	<b>750 CALORIES</b>
<b>DINNER</b>	<b>750 CALORIES</b>
<b>SNACKS</b>	<b>200 CALORIES</b>
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<b>TOTAL</b>	<b>2200 CALORIES</b>

### **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><b>CHOOSE ONE:</b></p> <p><b>2 EACH *EGGS</b></p> <p><b>2/3 CUP COTTAGE CHEESE, REGULAR</b></p> <p><b>6 oz. YOGURT, PLAIN</b></p> <p><b>1 Each SMOOTHIE</b>            -1 scoop Paleo Meal Protein Powder            -1 tablespoon Nut Butter</p>	<p><b>Organic/Omega-3 added</b></p> <p><b>Organic (Organic Valley)</b></p> <p><b>Organic (Cultural Revolution)</b></p> <p><b>Protein Powder (Designs For Health)</b></p>	<p><b>Cooked any way</b></p> <p>♦ <b>Add 1 teaspoon of <u>Ghee, Coconut Oil, Or Extra Virgin Olive Oil</u></b></p> <p><b>Serve Cold</b></p> <p>♦ <b>With 1½ tablespoons of Nuts, dried or roasted</b></p> <p><b>Serve Cold</b></p> <p>♦ <b>With 2 tablespoons of Nuts, dried or roasted</b></p> <p><b>Serve Cold</b></p> <p>♦ <b>Blend ingredients on High thinning with water or ice as needed, continue until smooth</b></p>						
<p><b>ADD A MEAT:</b></p> <p><b>6 OUNCES Meat or Seafood</b>            -Red Meat, Poultry, Ham, Wild Fish</p> <p><b>4½ OUNCES Poultry Sausage or Canadian Bacon</b></p> <p><b>3 OUNCES Pork/Beef Sausage</b></p> <p><b>2 OUNCES Naturally Smoked/Cured Seafood</b>            -Smoked Salmon or Mackerel, Lox, etc.</p> <p><b>4 SLICES Bacon, Dry-Rub (NITRATE &amp; NITRITE FREE)</b></p>	<p><b>Organic (Applegate Farms)</b></p> <p><b>Organic (Applegate Farms)</b></p> <p><b>(Wellshire Farms)</b></p> <p><b>Wild Caught</b></p> <p><b>(Wellshire Farms)</b></p>	<p><b>Roasted/Smoked/Etc</b></p> <p><b>Grilled or Roasted</b></p> <p><b>Grilled or Roasted</b></p> <p><b>As is</b></p> <p><b>Cooked</b></p>						
<p><b>ADD A FRUIT:</b></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"><b>1¼ CUP Fruit Salad, fresh</b></td> <td style="width: 50%;"><b>1¼ CUP Berries</b></td> </tr> <tr> <td><b>1 EACH Grapefruit, pink, large, fresh 4½"</b></td> <td><b>1 EACH Banana, fresh 9" long</b></td> </tr> <tr> <td><b>1 EACH Orange, fresh, California, navel 3 ¾"</b></td> <td><b>1 EACH Apple, fresh large 3¼"</b></td> </tr> </table>			<b>1¼ CUP Fruit Salad, fresh</b>	<b>1¼ CUP Berries</b>	<b>1 EACH Grapefruit, pink, large, fresh 4½"</b>	<b>1 EACH Banana, fresh 9" long</b>	<b>1 EACH Orange, fresh, California, navel 3 ¾"</b>	<b>1 EACH Apple, fresh large 3¼"</b>
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<b>1 EACH Grapefruit, pink, large, fresh 4½"</b>	<b>1 EACH Banana, fresh 9" long</b>							
<b>1 EACH Orange, fresh, California, navel 3 ¾"</b>	<b>1 EACH Apple, fresh large 3¼"</b>							

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



# LUNCH

Calories: 750



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

# **SNACKS**

**200 Calories Per Day**

## **EXAMPLE**

**2 tablespoon Almond Butter, Organic**  
**+**  
**2 each Celery Stalk, 5” long**

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