



## Balanced Meal Plan Sample

This plan is the perfect balance of carbs fats and protein. There are no extreme limitations here. This meal plan is perfect for life long sustainability and balance. (MEN double portions)

Upon waking up drink 12 Oz of water with 200 of B6, 2000mg of CLA, 1000-1500mg of L carnitine, 2000mg of Vitamin c or multivitamin as directed. Take digestive enzymes as directed on the back of the bottle (super important)

### **ALL PROTEIN TO BE MEASURED AFTER ITS COOKED**

#### **Breakfast:**

1 whole egg, 1/3 cup pasteurized liquid egg whites in carton, 1 small turkey sausage patty premade or make it yourself only 2 oz.

#### **Snack1:**

1 scoop isolate protein mixed with water or 1 cup cashew/almond/or coconut milk

#### **Lunch:**

2 oz gluten free pasta cooked, 4 oz chicken breast, 1/4 cup organic marinara, kernels popcorn seasonings (*I like garlic Parmesan flavor for pasta*)

#### **Snack2:**

1 scoop isolate protein mixed with water or 1 cup cashew/almond or coconut milk

#### **Dinner:**

4 oz caprese chicken with balsamic (recipe: in a casserole dish lay down your chicken breast and pound it until it's nice and flat, top with garlic, Italian seasoning, salt, pepper, onion powder to desire, grill for 4-6 minutes each side, top with 1 slice vegan or fat free mozzarella cheese, grill or bake until cheese melts, drizzle with a tiny bit of balsamic vinegar and 2 fresh slices tomato. *Enjoy.*

#### **CONDIMENTS**

*(things you can use to cook with or add to food)*

salsa (*1 tbls max, twice a day max*)  
mrs dash  
peppers  
onions  
garlic  
spices  
lemon  
spray butter  
sweetners (*8 packets a day max*)  
herbs  
tonys  
pam  
chili powder  
cucumber  
mustard

#### **Workout**

Intra-workout: 1 scoop of Bcaa

Post-workout: 1 scoop whey isolate + Bcaa