

**Your Complete
Meal Plan**



**Eating Healthy Meals
to Lose Weight**

Table of Contents

Introduction

Customizing the Plan

Hydration & Alcohol Consumption

Sleep

Cheat Meals

Cooking Oils

Product Labels

Supplements

Grocery List

Chapter 1: The Healthy Meal Plan for Adult Men

Chapter 2: The Healthy Meal Plan for Adult Women

Chapter 3: Homemade Cheat Meals for Adult Men & Women

Chapter 4: Gluten Free Meals for Adult Men & Women

Chapter 5: Vegan Meals for Adult Men & Women

Chapter 6: Vegetarian Meals for Adult Men & Women

Introduction

Research has shown the average American consumes about 3,600 calories a day. The current guidelines from the US Department of Health and Human Services declare the average adult female requires 1,600–2,400 calories daily, and the average adult male requires 2,000–3,000 calories daily from all nutritional sources.

This guide, Eating Healthy Meals to Lose Weight, consists of five meals a day for both adult men and adult women, breakfast, snack, lunch, late afternoon/post workout and dinner. There are no specific times to consume these meals, and stacking meals is perfectly fine, for example, if your day is super busy and you forgot that you haven't eaten all day, it is ok to stack your meals. You will need a food scale and measuring utensils.

Discipline and hard work are integral for any nutrition plan, but at the same time it does not have to be stressful, which is why this guide was created to provide you with all the tools you need for lifelong healthy eating.

This plan is not designed to target a specific body weight, body fat percentage, nor for competition preparedness. This plan is designed and catered to those who have a strong desire to change their eating habits, and start eating healthy but just does not know how to or where to start. The information has been gathered from various resources, macros are not exact.

I am not a doctor nor dietician, I am a Certified Personal Trainer, Fitness Coach, and Certified Nutrition Coach (ISSA). These meals are recommendations to help you achieve your fitness goals.

Customizing the Plan

All depending on your fitness goals, customizing these meals and adjusting your daily macros are of importance. If your personal goal is to gain weight and build muscle, adjust your daily intake of carbohydrates higher, keep protein high and fats low. If your goal is to lose weight and body fat, adjust your daily intake of carbohydrates lower, keep protein high and fats low. Most importantly ensure you are consuming clean calories throughout. There are some instances where you may have to adjust your daily calories and daily macros below or beyond the current guidelines due to age, sex, height, health conditions, and physical activity.

Hydration & Alcohol Consumption

Water as an aspect of nutrition is often neglected. The adult human body is 50–60 percent water and can survive only approximately three to four days without ingesting water in some form. Water is involved in many processes in the body, including the following: cellular metabolism, temperature regulation, solute balance, transportation of nutrients, cellular waste clearance, maintaining homeostasis, digestion, balancing pH, waste elimination, and oxygen delivery.

These processes are crucial for human survival and establish water as one of the most important aspects of life. The major organ systems and structures of the human body are largely water and rely on adequate hydration for full function. While humans can last up to three to four weeks without food, humans can last only approximately three to four days without water. Inadequate hydration may contribute to chronic diseases that are currently afflicting populations across the globe. The most convincing science indicates inadequate water intake may affect how the human body controls blood sugar and the health of kidneys. Although other factors play a role, the hormonal response to inadequate water intake is largely responsible for many of these negative health aspects. The National Academy of Medicine recommends adult men and women consume 3.7 and 2.7 L per day, respectively. This equates to approximately 125 ounces for men and 90 ounces for women.

The current recommendation for alcohol consumption is to limit beverages to one drink per day for women and two per day for men, which is considered moderate drinking. Consuming more than the recommendation is considered heavy drinking and carries health risks.

Sleep

In general most adults need 7 to 9 hours, although some people may need as few as 6 hours or as many as 10 hours of sleep each day. The amount of sleep a person needs goes up if they've missed sleep in previous days. If you don't have enough, you'll have a "sleep debt," which is much like being overdrawn at a bank. Eventually, your body will demand that you start to repay the debt. The amount of sleep a person needs depends on many things, including their age.

Cheat Meals

Cheat meals are scheduled meals that include indulgent foods that wouldn't ordinarily be permitted in your diet. There is a difference between a cheat meal and a cheat day. A cheat day is when you allow yourself to consume any foods you want over an entire day, a cheat meal is when you allow yourself to consume any food you want for only one meal during that day. Cheat meals will lead to measurable changes in body composition and improved metabolic function due to fluctuations in the hunger hormone leptin.

For example, if you are prescribed a cheat meal within your meal plan you will substitute that cheat meal with one or two of your prescribed meal planned meals. However, your cheat meal must correlate to your meal plan. Being said what is not considered a cheat meal is a meal that is solely simple carbohydrates (cookies, cakes, ice cream, candy bars, etc.).

Cheat meals listed in Chapter 3 have untracked macros.

Cooking Oils

When selecting cooking oils it is important to stay away from vegetable oils and hydrogenated fats. Vegetable Oils are, Canola Oils, Corn Oils, Cottonseed Oils, Soy Oils, Sunflower Oils, and Safflower Oils. Removing these oils from your diet can assist in weight loss, lower blood pressure, improve HDL cholesterol, and prevent diabetes and cardiovascular disease.

Product Labels

All foods are not equal!

The ideal foods to consume are unprocessed fruits and vegetables, whole grains and cereals, lean meats, and whole and fresh foods. However, no matter how healthy, the quantity of food consumed is an important component of a healthy diet. A common misconception is that one could eat as much healthy food as they want, with little regard for calories or nutrient density. Eating too much of anything can be unhealthy and eventually slow the body down. In addition, many health foods are high in fillers, which can be anything from extra fat, sugar, salt, and other chemicals and compounds, in order to make them more tasteful.

Food labels will have ingredient listings and other nutritional information, such as the amount of fat, protein, carbohydrates, and certain vitamins and minerals.

When reading products labels it is important to recognize the following: added sugars, sugar alcohols, vegetable oils, and hydrogenated fats. For maximum benefits of this book limit your sugars and stay away from hydrogenated fats and vegetable oils (canola oil, cottonseed oil, corn oil, sunflower oil, safflower oil, soy oil, hydrogenated oil), as these have been found to promote pre diabetes, diabetes, high blood pressure, and inflammation.

Supplements, Protein, & Amino Acids

The Dietary Supplement Health and Education Act of 1994 defined a dietary supplement as a product taken by mouth containing a “dietary ingredient” intended to supplement the diet and may include vitamins, minerals, herbs, botanicals, amino acids, enzymes, or extracts. Supplements are not drugs. Drugs are regulated by the FDA and are intended to diagnose, treat, or cure diseases while supplements simply provide additional nutrients. However, an important similarity is that both are intended to affect the structure and function of the body. Supplements also differ from food nutrition. Foods are not intended to affect the body’s structure or function but support its energy needs. Dietary supplements are not intended for use as food, or a meal, as part of a healthy eating pattern. In sports nutrition, anabolic steroids, creatine, and protein supplements are the most referenced. Each have been found to improve athletic performance and recovery, but not all are legal in the United States.

Please be mindful

Proteins are continuously broken down in the body, transformed, and rebuilt. Proteins consist of a series of 20 amino acids, 9 of which are considered essential amino acids, and the remaining 11 of which are considered nonessential amino acids. Essential amino acids cannot be produced by the body, while nonessential amino acids can be produced. Therefore, consuming them in one’s diet is not necessary. The main role of amino acids is to build proteins needed by the body; however, they can also be metabolized in the liver and muscle to produce energy. This process requires most amino acids to be converted to glucose in the liver and then transported via the blood to the working muscle. Branched-chain amino acids (BCAAs), however, can be metabolized for energy directly within the muscle. It is for this reason BCAA supplementation has seen favor in recent years among fitness enthusiasts and athletes alike. Although BCAA supplementation is quite popular, they are readily available in whole foods such as these: nuts, cheese, eggs, beans and lentils, meat, chicken, and fish, quinoa.

Grocery List

FRESH PRODUCE

Garlic

Onions

Cauliflower rice

Cauliflower

Habanero pepper

Bell peppers

Potatoes

Spinach

Mushrooms

Asparagus

Avocado

Zucchini

Brussels Sprouts

Tomato

MEAT/PROTEIN

Beef

Plant based sausage

Turkey Sausage

Beef Sausage

Salmon

Shrimp

Scallops

Steak

Chicken

Bacon

Canned fish

Crab meat

DAIRY

Heavy whipping cream

Parmesan cheese

Mozzarella cheese

Grassfed milk

Greek Yogurt

Butter

Pepperjack cheese

Eggs

Liquid egg whites

BAKING GOODS
CONDIMENTS/SPICES

Roasted garlic seasoning

Basil

Thyme

Cilantro

Almonds

Himalayan Pink Salt

Pepper

Chicken Broth / Chicken Stock

Beef Broth / Beef Stock

Lemon juice / Lime juice

FRUIT

Banana

Watermelon

Raspberry

Strawberry

Blueberry

Blackberry

Pineapple

OILS/VINEGARS

Almond Oil

Olive Oil

Coconut Oil

Peanut Oil

CANNED/DRIED GOODS

Granola

Almonds

Peanuts

Cashews

Walnuts

Natural Almond Butter

Natural Peanut Butter

Quinoa

Brown Rice

White Rice

Old Fashion Whole Grain
Oats

Chia Seeds

BREAD

Sprouted Grain Bread (Found
in freezer section)

Sprouted grain English
muffins (found in freezer
section)

DRINKS

Water (can flavor with natural
fruits and herbal essences)

Herbal teas

Coffee

Protein power

CHAPTER 1: THE HEALTHY MEAL PLAN FOR ADULT MEN



Monday

Breakfast Overnight Oats *(763.56 CAL 22.52 PRO 102.95 CARB 32.31 FAT)*

Snack Nutella Bread Almond Butter *(398.33 CAL 10.33 PRO 53.5 CARB 18.16 FAT)*

Lunch Walnut Broccoli Stir-Fry *(261.5 CAL 9.4 PRO 23.3 CARB 17.1 FAT)*

Late Afternoon/Post Workout Banana & Shake *(405 CAL 34.3 PRO 41 CAR 12.4 FAT)*

Dinner Quinoa Fried Rice with Chicken and Veggies *(379 CAL 26 PRO 25 CARB 19 FAT)*

Overnight Oats

	Recipe serves	Prepared for
(763.56 CAL 22.52 PRO 102.95 CARB 32.31 FAT)	1	1

[illegible]

NUTELLA BREAD ALMOND BUTTER

	Recipe serves	Prepared for
(398.33 CAL 10.33 PRO 53.5 CARB 18.16 FAT)	1	1

[illegible]

Lunch

Walnut Broccoli Stir Fry

	Recipe serves	Prepared for
(261.5 CAL 9.4 PRO 23.3 CAR 17.1 FAT)	1	1

[illegible]

Late Afternoon/Post Workout

Banana & Shake

	Recipe serves	Prepared for
(405 CAL 34.3 PRO 41 CAR 12.4 FAT)	1	1

[illegible]

Dinner

Fried Rice

Recipe serves		Prepared for
(379 CAL 26 PRO 25 CAR 19 FAT)	1	1

Ingredient	Amount		Scaled amount	
Chicken Breast	5	OZ		
Baby Bella Mushroom	1 1/3	OZ		
Chopped Carrot	1 1/4	Cup		
Bell Pepper (Red or Yellow)	1 1/4	Cup		
Garlic Clove	1/2			
Grated Ginger	1/3	TSP		
Egg	1			
Cold Quinoa	5	OZ		
Low Sodium Soy Sauce	2	TSP		
Toasted Sesame Oil	1/4	TBSP		
Chili Garlic Sauce	1/3	TSP		
Edamame	8	TSP		
Green Onion	8	TSP		

Tuesday

Breakfast Swedish Scrambled Eggs (338.7 CAL 16 PRO 3.3 CAR 29 FAT)

Snack Banana, Rice Cake & Peanut Butter (332.1 CAL 10.3 PRO 40 CAR 16.4 FAT)

Lunch Chicken Parmesan (454 CAL 36.4 PRO 19.8 CAR 24.8 FAT)

Late Afternoon/Post Workout Banana & Shake (405 CAL 34.3 PRO 41 CAR 12.4 FAT)

Dinner Baked Salmon (767.3 CAL 38.37 PRO 41.03 CAR 48.3 FAT)

Breakfast

Swedish Scrambled Eggs

	Recipe serves	Prepared for
(338.7 CAL 16 PRO 3.3 CAR 29 FAT)	1	1

Ingredient		Amount	Scaled amount	
Eggs		2		
Cream Cheese		2 Oz		
Fresh Dill		1/2 TBSP		
Garlic Powder		1/2 TSP		
Himalayan Pink Salt		1/8 TSP		

Snack

Banana, Rice Cake & Peanut Butter

	Recipe serves	Prepared for
(332.1 CAL 10.3 PRO 40 CAR 16.4 FAT)	1	1

Ingredient	Amount			Scaled amount	
Banana		1			
Rice Cake (any flavor)		1			
Natural Peanut Butter		32	Gram		

Lunch

Chicken Parmesan

	Recipe serves	Prepared for
(454 CAL 36.4 PRO 19.8 CAR 24.8 FAT)	1	1

[illegible]

Late Afternoon/Post Workout

Banana & Shake

	Recipe serves	Prepared for
(405 CAL 34.3 PRO 41 CAR 12.4 FAT)	1	1

[illegible]

Dinner

Baked Salmon

	Recipe serves	Prepared for
(767.3 CAL 38.37 PRO 41.03 CAR 48.3 FAT)	1	1

[illegible]

Wednesday

Breakfast Spinach & Feta Omelet *(368 CAL 17 PRO 3 CAR 32 FAT)*

Snack Nutella Bread Almond Butter *(398.33 CAL 10.33 PRO 53.5 CARB 18.16 FAT)*

Lunch Sesame Chicken *(440.7 CAL 30.07 PRO 68.73 CAR 4.5 FAT)*

Late Afternoon/Post Workout Banana & Shake *(405 CAL 34.3 PRO 41 CAR 12.4 FAT)*

Dinner Turkey Burger *(470.7 CAL 38 PRO 37.6 CAR 19.5 FAT)*

Breakfast

Spinach & Feta Omelet

	Recipe serves	Prepared for
(368 CAL 17 PRO 3 CAR 32 FAT)	1	1

[illegible]

Snack

NUTELLA BREAD ALMOND

	Recipe serves	Prepared for
(398.33 CAL 10.33 PRO 53.5 CARB 18.16 FAT)	1	1

[illegible]

Lunch

Sesame Chicken

	Recipe serves	Prepared for
(440.7 CAL 30.07 PRO 68.73 CAR 4.5 FAT)	1	1

[illegible]

Late Afternoon/Post Workout

Banana & Shake

	Recipe serves	Prepared for
(405 CAL 34.3 PRO 41 CAR 12.4 FAT)	1	1

[illegible]

Dinner

Turkey Burger

	Recipe serves	Prepared for
(470.7 CAL 38 PRO 37.6 CAR 19.5 FAT)	1	1

[illegible]

Thursday

Breakfast Protein Pancakes *(506.2 CAL 58.8 PRO 32 CAR 21 FAT)*

Snack Banana, Rice Cake & Peanut Butter *(332.1 CAL 10.3 PRO 40 CAR 16.4 FAT)*

Lunch Thai Chicken Breast *(509.1 CAL 31.83 PRO 73.02 CAR 10.17 FAT)*

Late Afternoon/Post Workout Banana & Shake *(405 CAL 34.3 PRO 41 CAR 12.4 FAT)*

Dinner Baja Black Beans, Corn & Rice *(396.4 CAL 12.4 PRO 78 CAR 5.4 FAT)*

Breakfast

Protein Pancake

	Recipe serves	Prepared for
(506.2 CAL 58.8 PRO 32 CAR 21 FAT)	1	1

[illegible]

Snack

Banana, Rice Cake & Peanut Butter

	Recipe serves	Prepared for
(332.1 CAL 10.3 PRO 40 CAR 16.4 FAT)	1	1

[illegible]

Lunch

Thai Chicken Breast

	Recipe serves	Prepared for
(509.1 CAL 31.83 PRO 73.02 CAR 10.17 FAT)	1	1

[illegible]

Late Afternoon/Post Workout

Banana & Shake

	Recipe serves	Prepared for
(405 CAL 34.3 PRO 41 CAR 12.4 FAT)	1	1

[illegible]

Dinner

Baja Black Beans, Corn & Rice

	Recipe serves	Prepared for
(396.4 CAL 12.4 PRO 78 CAR 5.4 FAT)	1	1

[illegible]

SHIFTER

NESS —

Friday

Breakfast Scrambled Eggs *(122.7 CAL 8.2 PRO 2.2 CAR 8.9 FAT)*

Snack Nutella Bread Almond Butter *(398.33 CAL 10.33 PRO 53.5 CARB 18.16 FAT)*

Lunch Turkey Meatball Pasta *(355.7 CAL 28.4 PRO 43 CAR 10.1 FAT)*

Late Afternoon/Post Workout Banana & Shake *(405 CAL 34.3 PRO 41 CAR 12.4 FAT)*

Dinner Kung Pan Chicken *(703.3 CAL 45.5 PRO 83.6 CAR 20 FAT)*

Scrambled Eggs

	Recipe serves	Prepared for
(122.7 CAL 8.2 PRO 2.2 CAR 8.9 FAT)	1	1

[illegible]

NUTELLA BREAD ALMOND

	Recipe serves	Prepared for
(398.33 CAL 10.33 PRO 53.5 CARB 18.16 FAT)	1	1

[illegible]

Lunch

Turkey Meatball Pasta

	Recipe serves	Prepared for
(355.7 CAL 28.4 PRO 43 CAR 10.1 FAT)	1	1

[illegible]

Late Afternoon/Post Workout

Banana & Shake

	Recipe serves	Prepared for
(405 CAL 34.3 PRO 41 CAR 12.4 FAT)	1	1

[illegible]

Dinner

Kung Pao Chicken

	Recipe serves	Prepared for
(703.3 CAL 45.5 PRO 83.6 CAR 20 FAT)	1	1

[illegible]

Saturday

Breakfast Turkey Sausage Patties *(350.8 CAL 45.2 PRO 3 CAR 17.8 FAT)*

Snack Banana, Rice Cake & Peanut Butter *(332.1 CAL 10.3 PRO 40 CAR 16.4 FAT)*

Lunch Buttery Shrimp Pasta *(622.5 CAL 36.9 PRO 50.5 CAR 29.8 FAT)*

Late Afternoon/Post Workout Banana & Shake *(405 CAL 34.3 PRO 41 CAR 12.4 FAT)*

Dinner Brown Rice & Lentil Casserole *(298 CAL 12.13 PRO 49.42 CAR 5.97 FAT)*

Breakfast

Turkey Sausage Patties

	Recipe serves	Prepared for
(350.8 CAL 45.2 PRO 3 CAR 17.8 FAT)	2	1

[illegible]

Snack

Banana, Rice Cake & Peanut Butter

	Recipe serves	Prepared for
(332.1 CAL 10.3 PRO 40 CAR 16.4 FAT)	1	1

[illegible]

Lunch

Buttery Shrimp Pasta

	Recipe serves	Prepared for
(622.5 CAL 36.9 PRO 50.5 CAR 29.8 FAT)	1	1

[illegible]

Late Afternoon/Post Workout

Banana & Shake

	Recipe serves	Prepared for
(405 CAL 34.3 PRO 41 CAR 12.4 FAT)	1	1

[illegible]

Dinner

Brown Rice & Lentil Casserole

	Recipe serves	Prepared for
(298 CAL 12.13 PRO 49.42 CAR 5.97 FAT)	1	1

[illegible]

Sunday

Breakfast Keto Pancakes *(173.1 CAL 9.4 PRO 1.4 CAR 13.9 FAT)*

Snack Nutella Bread Almond Butter *(398.33 CAL 10.33 PRO 53.5 CARB 18.16 FAT)*

Lunch Baked Balsamic Chicken *(483.2 CAL 20.9 PRO 72.25 CAR 10.47 FAT)*

Late Afternoon/Post Workout Banana & Shake *(405 CAL 34.3 PRO 41 CAR 12.4 FAT)*

Dinner Beef & Broccoli Stir-Fry *(335.1 CAL 6.87 PRO 60.53 CAR 7.4 FAT)*

Breakfast

Keto Pancakes

[illegible]

Snack

NUTELLA BREAD ALMOND

[illegible]

Lunch

Baked Balsamic Chicken

	Recipe serves	Prepared for
(483.2 CAL 20.9 PRO 72.25 CAR 10.47 FAT)	1	1

[illegible]

Late Afternoon/Post Workout

Banana & Shake

	Recipe serves	Prepared for
(405 CAL 34.3 PRO 41 CAR 12.4 FAT)	1	1

[illegible]

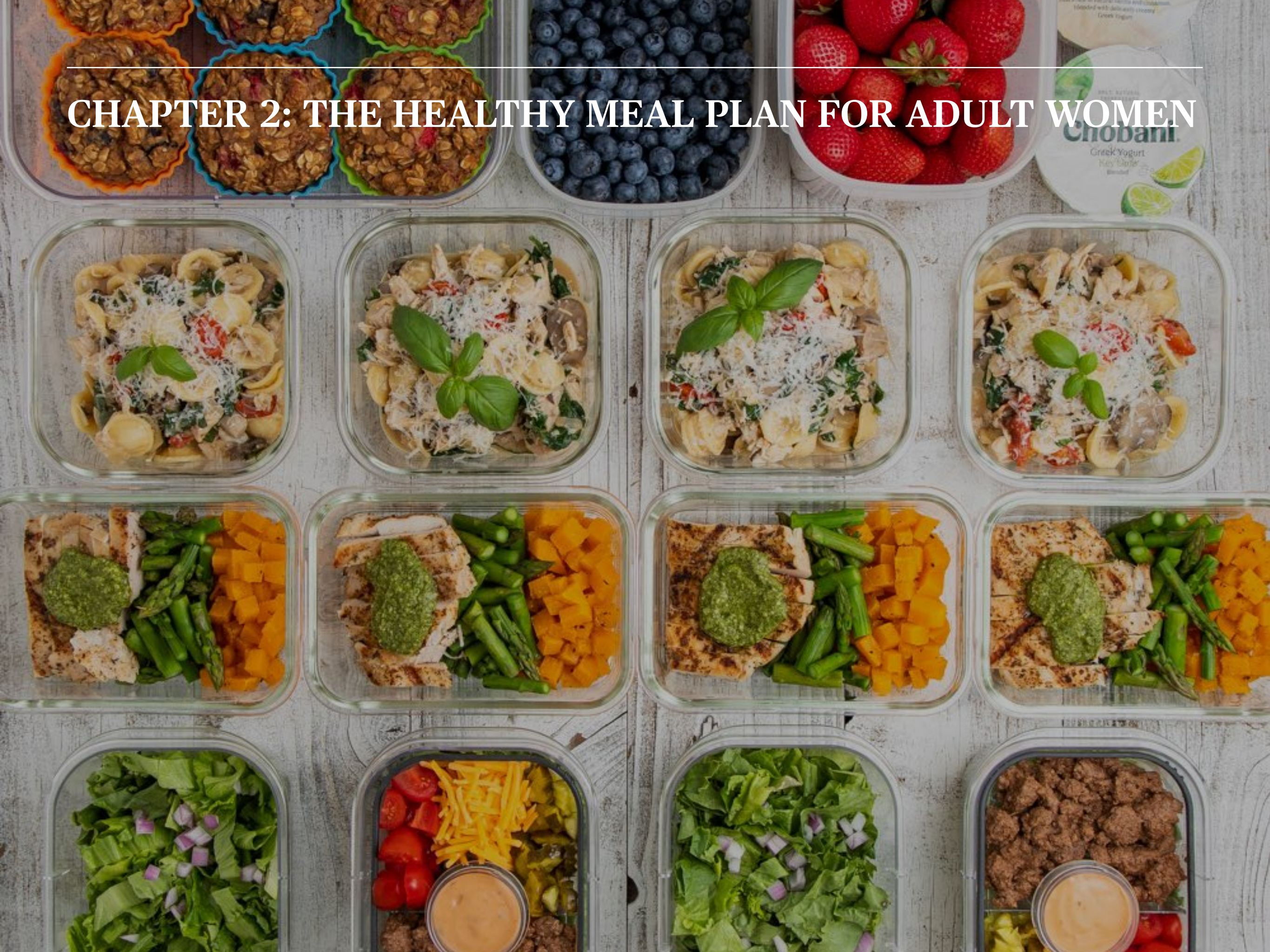
Dinner

Beef & Broccoli Stir-Fry

	Recipe serves	Prepared for
(335.1 CAL 6.87 PRO 60.53 CAR 7.4 FAT)	1	1

[illegible]

CHAPTER 2: THE HEALTHY MEAL PLAN FOR ADULT WOMEN



Monday

Breakfast Avocado & Egg Whites *(318 CAL 19.35 PRO 14.1 CAR 22.26 FAT)*

Snack Banana, Rice Cake & Peanut Butter *(332.1 CAL 10.3 PRO 40 CAR 16.4 FAT)*

Lunch Chicken & Veggies *(230 CAL 30.1 PRO 21 CAR 1.8 FAT)*

Late Afternoon/Post Workout Strawberries & Shake *(203.12 CAL 26.11 PRO 14.75 CAR 4.5 FAT)*

Dinner Sesame Crusted Tuna Steak & Asparagus *(456.3 CAL 46.5 PRO 20.1 CAR 19.7 FAT)*

Breakfast

Avocado & Egg Whites

	Recipe serves	Prepared for
(318 CAL 19.35 PRO 14.1 CAR 22.26 FAT)	1	1

[illegible]

Snack

Banana, Rice Cake & Peanut

	Recipe serves	Prepared for
(332.1 CAL 10.3 PRO 40 CAR 16.4 FAT)	1	1

[illegible]

Lunch

Chicken & Veggies

	Recipe serves	Prepared for
(230 CAL 30.1 PRO 21 CAR 1.8 FAT)	1	1

[illegible]

Late Afternoon/Post Workout

Strawberries & Shake

	Recipe serves	Prepared for
(203.12 CAL 26.11 PRO 14.75 CAR 4.5 FAT)	1	1

[illegible]

Dinner

Sesame Crusted Tuna Steak & Asparagus

	Recipe serves	Prepared for
(456.3 CAL 46.5 PRO 20.1 CAR 19.7 FAT)	1	1

[illegible]

Tuesday

Breakfast Oats & Eggs *(306.2 CAL 29.8 PRO 27 CAR 9 FAT)*

Snack Fresh Fruit Bowl *(199.17 CAL 5.16 PRO 26.75 CAR 9.08 FAT)*

Lunch Fajitas *(260.2 CAL 28.1 PRO 18.4 CAR 7.4 FAT)*

Late Afternoon/Post Workout Strawberries & Shake *(203.12 CAL 26.11 PRO 14.75 CAR 4.5 FAT)*

Dinner Turkey Meatloaf & Potatoes *(440.4 CAL 28.43 PRO 49.62 CAR 15.07 FAT)*

Breakfast

Oats & Eggs

	Recipe serves	Prepared for
(306.2 CAL 29.8 PRO 27 CAR 9 FAT)	1	1

[illegible]

Snack

Fresh Fruit Bowl

	Recipe serves	Prepared for
(199.17 CAL 5.16 PRO 26.75 CAR 9.08 FAT)	1	1

[illegible]

Lunch

Fajitas

	Recipe serves	Prepared for
(260.2 CAL 28.1 PRO 18.4 CAR 7.4 FAT)	1	1

[illegible]

Late Afternoon/Post Workout

Strawberries & Shake

	Recipe serves	Prepared for
(203.12 CAL 26.11 PRO 14.75 CAR 4.5 FAT)	1	1

[illegible]

Dinner

Turkey Meatloaf & Potatoes

	Recipe serves	Prepared for
(440.4 CAL 28.43 PRO 49.62 CAR 15.07 FAT)	1	1

[illegible]

Wednesday

Breakfast Lady's Perfect Eggs *(268.2 CAL 16.3 PRO 1.2 CAR 21.7 FAT)*

Snack Banana, Rice Cake & Peanut Butter *(332.1 CAL 10.3 PRO 40 CAR 16.4 FAT)*

Lunch Walnut Broccoli Stir-Fry *(261.5 CAL 9.4 PRO 23.3 CARB 17.1 FAT)*

Late Afternoon/Post Workout Strawberries & Shake *(203.12 CAL 26.11 PRO 14.75 CAR 4.5 FAT)*

Dinner Thai Chicken Breast *(509.1 CAL 31.83 PRO 73.02 CAR 10.17 FAT)*

Breakfast

Lady's Perfect Eggs

	Recipe serves	Prepared for
(268.2 CAL 16.3 PRO 1.2 CAR 21.7 FAT)	1	1

[illegible]

Snack

Banana, Rice Cake & Peanut

	Recipe serves	Prepared for
(332.1 CAL 10.3 PRO 40 CAR 16.4 FAT)	1	1

[illegible]

Lunch

Walnut Broccoli Stir Fry

	Recipe serves	Prepared for
(261.5 CAL 9.4 PRO 23.3 CAR 17.1 FAT)	1	1

[illegible]

Late Afternoon/Post Workout

Strawberries & Shake

	Recipe serves	Prepared for
(203.12 CAL 26.11 PRO 14.75 CAR 4.5 FAT)	1	1

[illegible]

Dinner

Thai Chicken Breast

	Recipe serves	Prepared for
(509.1 CAL 31.83 PRO 73.02 CAR 10.17 FAT)	1	1

[illegible]

Thursday

Breakfast Scrambled Egg Tortilla Wrap *(244.3 CAL 15.2 PRO 22.6 CAR 9.9 FAT)*

Snack Fresh Fruit Bowl *(199.17 CAL 5.16 PRO 26.75 CAR 9.08 FAT)*

Lunch Honey Grilled Salmon *(306.8 CAL 36.5 PRO 22.6 CAR 7.6 FAT)*

Late Afternoon/Post Workout Strawberries & Shake *(203.12 CAL 26.11 PRO 14.75 CAR 4.5 FAT)*

Dinner Baked Salmon & Rice *(767.3 CAL 38.37 PRO 41.03 CAR 48.3 FAT)*

Breakfast

Scrambled Egg Tortilla Wrap

	Recipe serves	Prepared for
(244.3 CAL 15.2 PRO 22.6 CAR 9.9 FAT)	1	1

[illegible]

Snack

Fresh Fruit Bowl

	Recipe serves	Prepared for
(199.17 CAL 5.16 PRO 26.75 CAR 9.08 FAT)	1	1

[illegible]

Lunch

Honey Grilled Salmon

	Recipe serves	Prepared for
(306.8 CAL 36.5 PRO 22.6 CAR 7.6 FAT)	1	1

[illegible]

Late Afternoon/Post Workout

Strawberries & Shake

	Recipe serves	Prepared for
(203.12 CAL 26.11 PRO 14.75 CAR 4.5 FAT)	1	1

[illegible]

Dinner

Baked Salmon & Rice

	Recipe serves	Prepared for
(767.3 CAL 38.37 PRO 41.03 CAR 48.3 FAT)	1	1

[illegible]

Friday

Breakfast Pepper Potato Frittata *(155.8 CAL 9.6 PRO 12.7 CAR 7.3 FAT)*

Snack Banana, Rice Cake & Peanut Butter *(332.1 CAL 10.3 PRO 40 CAR 16.4 FAT)*

Lunch Garlic Chicken & Spinach *(221.3 CAL 25.3 PRO 14.5 CAR 6.5 FAT)*

Late Afternoon/Post Workout Strawberries & Shake *(203.12 CAL 26.11 PRO 14.75 CAR 4.5 FAT)*

Dinner Shrimp Fried Rice *(557.8 CAL 37.3 PRO 64.6 CAR 16.8 FAT)*

Breakfast

Pepper Potato Frittata

	Recipe serves	Prepared for
(155.8 CAL 9.6 PRO 12.7 CAR 7.3 FAT)	1	1

[illegible]

Snack

Banana, Rice Cake & Peanut

	Recipe serves	Prepared for
(332.1 CAL 10.3 PRO 40 CAR 16.4 FAT)	1	1

[illegible]

Lunch

Garlic Chicken & Spinach

	Recipe serves	Prepared for
(221.3 CAL 25.3 PRO 14.5 CAR 6.5 FAT)	1	1

[illegible]

Late Afternoon/Post Workout

Strawberries & Shake

	Recipe serves	Prepared for
(203.12 CAL 26.11 PRO 14.75 CAR 4.5 FAT)	1	1

[illegible]

Dinner

Shrimp Fried Rice

	Recipe serves	Prepared for
(557.8 CAL 37.3 PRO 64.6 CAR 16.8 FAT)	1	1

[illegible]

Saturday

Breakfast Applesauce & Cranberry Oats *(111.3 CAL 2.2 PRO 24.8 CAR 1.1 FAT)*

Snack Fresh Fruit Bowl *(199.17 CAL 5.16 PRO 26.75 CAR 9.08 FAT)*

Lunch Spicy Shrimp, Rice & Veggies *(153.7 CAL 18.5 PRO 19 CAR 0.7 FAT)*

Late Afternoon/Post Workout Strawberries & Shake *(203.12 CAL 26.11 PRO 14.75 CAR 4.5 FAT)*

Dinner Turkey Burger & Fries *(592.7 CAL 40.23 PRO 66.12 CAR 19.5 FAT)*

Breakfast

Applesauce & Cranberry Oats

	Recipe serves	Prepared for
(111.3 CAL 2.2 PRO 24.8 CAR 1.1 FAT)	1	1

Ingredient		Amount	Scaled amount	
Whole Grain Rolled Oats	3	TBSP		
Dried Cranberry	1	TBSP		
Unsweetened Applesauce	1/2	Cup		
Ground Cinnamon	1/8	TSP		
Water	1/2	Cup		

Snack

Fresh Fruit Bowl

	Recipe serves	Prepared for
(199.17 CAL 5.16 PRO 26.75 CAR 9.08 FAT)	1	1

Ingredient		Amount		Scaled amount	
Pineapple		1/2	Cup		
Strawberry		1/2	Cup		
Blueberry		1/2	Cup		
Raspberry		1/2	Cup		
Blackberry		1/2	Cup		

Lunch

Spicy Shrimp, Rice & Veggies

	Recipe serves	Prepared for
(153.7 CAL 18.5 PRO 19 CAR 0.7 FAT)	1	1

[illegible]

Late Afternoon/Post Workout

Strawberries & Shake

	Recipe serves	Prepared for
(203.12 CAL 26.11 PRO 14.75 CAR 4.5 FAT)	1	1

[illegible]

Dinner

Turkey Burger & Fries

	Recipe serves	Prepared for
(592.7 CAL 40.23 PRO 66.12 CAR 19.5 FAT)	1	1

[illegible]

Sunday

Breakfast Breakfast Sandwich *(215.1 CAL 12.3 PRO 27.5 CAR 6.9 FAT)*

Snack Banana, Rice Cake & Peanut Butter *(332.1 CAL 10.3 PRO 40 CAR 16.4 FAT)*

Lunch Blackened Tuna Bites *(361.1 CAL 37.9 PRO 4.9 CAR 20.4 FAT)*

Late Afternoon/Post Workout Strawberries & Shake *(203.12 CAL 26.11 PRO 14.75 CAR 4.5 FAT)*

Dinner Chicken Parmesan & Rice *(527.7 CAL 37.9 PRO 35.8 CAR 25 FAT)*

Breakfast

Breakfast Sandwich

	Recipe serves	Prepared for
(215.1 CAL 12.3 PRO 27.5 CAR 6.9 FAT)	1	1

[illegible]

Snack

Banana, Rice Cake & Peanut

	Recipe serves	Prepared for
(332.1 CAL 10.3 PRO 40 CAR 16.4 FAT)	1	1

[illegible]

Lunch

Blackened Tuna Bites

	Recipe serves	Prepared for
(361.1 CAL 37.9 PRO 4.9 CAR 20.4 FAT)	1	1

[illegible]

Late Afternoon/Post Workout

Strawberries & Shake

	Recipe serves	Prepared for
(203.12 CAL 26.11 PRO 14.75 CAR 4.5 FAT)	1	1

[illegible]

Dinner

Chicken Parmesan & Rice

	Recipe serves	Prepared for
(527.7 CAL 37.9 PRO 35.8 CAR 25 FAT)	1	1

[illegible]

CHAPTER 3: HOMEMADE CHEAT MEALS FOR ADULT MEN & WOMEN

Cajun Chicken Pasta

Recipe serves		Prepared for
	1	1

[illegible]

Burger & Fries

	Recipe serves	Prepared for
	1	1

[illegible]

Pizza

Recipe serves		Prepared for
	1	1

[illegible]

Garlic Shrimp Pasta

	Recipe serves	Prepared for
	1	1

[illegible]

Lasagna

Recipe serves		Prepared for	
1		1	
Ingredient	Amount	Scaled amount	
Ground Beef (93/7)	5 OZ		
Onion, Chopped	1/8 Cup		
Olive Oil			
Crushed Tomatoes	1 Can		
Tomato Paste	2 Cans		
Water	1/4 Cup		
Parsley	1/8 TBSP		
Himalayan Pink Salt	1/8 TSP		
Sugar	1/8 TSP		
Garlic Powder	1/8 TSP		
Black Pepper	1/16 TSP		
Oregano			
Lasagna Noddles			
Ricotta Cheese			
Mozzarella Cheese			
Parmesan Cheese			

CHAPTER 4: GLUTEN FREE MEALS FOR ADULT MEN & WOMEN



What is Gluten?

Gluten is a mix of proteins found in grains like wheat, rye, and barley. It gives elasticity to dough made from these grains. In individuals with celiac disease, gluten triggers an immune response that damages the lining of the small intestines. This causes discomfort and disrupts nutrient absorption. Ultimately, it can lead to serious health conditions, including depression, infertility, headaches, skin rashes, seizures, and neuropathy. Some people are sensitive to gluten but have less severe reactions.

Gluten-free adherents avoid anything with wheat, barley, or rye. This includes ingredients and foods like malt, beer, and brewer's yeast. Candy, baked goods, popcorn, pretzels, chips, crackers, and many condiment sauces like soy sauce and teriyaki sauce include gluten or gluten-based ingredients.

Avoiding gluten isn't necessary for anyone without a gluten allergy or celiac disease, but many healthy people choose this diet. Cutting out wheat and other grains is essentially a low-carbohydrate approach, which can lead to weight loss. Depending on the foods actually eaten, a gluten-free diet may lead to improved cholesterol levels, better digestive health, and the elimination of many processed foods from the diet.

Without guidance or balanced, healthy food choices, a gluten-free diet may actually increase calorie intake. Many processed gluten-free foods include added sugar and calories to replace the grains removed. Studies have also shown that a gluten-free diet can cause constipation or diarrhea. To go gluten-free healthfully, individuals should reach for naturally gluten-free foods: vegetables, fruits, fresh meat, fish, dairy products, and poultry.

Another concern critics have about any diet that cuts out gluten is that wheat products are often fortified with micronutrients like vitamin B and iron. There is a risk of deficiencies on this diet.

Gluten Free Waffles

Recipe serves		Prepared for
(352.6 CAL 9 PRO 46.8 CAR 14.6 FAT) Serving size 1	1	5 Waffles

[illegible]

Zesty Chicken

	Recipe serves	Prepared for
(221.9 CAL 26.2 PRO 22.3 CAR 3.4 FAT) Serving size =1	2	1

[illegible]

Taco Bake

	Recipe serves	Prepared for
(468.6 CAL 28.5 PRO 3.7 CAR 37.7 FAT) Serving size = 1	2	1

[illegible]

Lemony Tilapia

	Recipe serves	Prepared for
(112.4 CAL 22.9 PRO 0.9 CAR 2 FAT)	1	1

[illegible]

Shrimp Scampi

	Recipe serves	Prepared for
(672.9 CAL 31.4 PRO 5.2 CAR 55.6 FAT) Serving size = 1	2	1

[illegible]

CHAPTER 5: VEGAN MEALS FOR ADULT MEN & WOMEN



What is being Vegan?

Vegans do not consume or use any animal products or by-products. This includes meat, poultry, game, fish, eggs, dairy, honey, and animal-derived food ingredients like gelatin. A vegan diet may be limited in omega fatty acids, vitamin B12, and folate. Vegans may need to supplement these nutrients.

Vegans should focus on nuts and seeds, tempeh, tofu, legumes, and fortified cereals and dairy products for optimal zinc intake. Athletes consuming a vegan diet may need to supplement beta alanine, creatine, and other essential amino acids, but with proper supplementation, they can achieve similar performance as their meat-eating counterparts.

Vegan Pancakes

Recipe serves		Prepared for
(444.8 CAL 10.4 PRO 65 CAR 16.3 FAT)	2	1

[illegible]

Lentil Bolognese

	Recipe serves	Prepared for
(268 CAL 13.9 PRO 30.9 CAR 11.5 FAT)	1	1

Ingredient	Amount		Scaled amount
Olive Oil	2	TBSP	
Onion, Diced	1		
Carrots, Diced	1 1/2	Cup	
Celery, Diced	1 1/2	Cup	
Garlic Cloves	4-6		
Himalayan Pink Salt	1 1/2	TSP	
Pepper	1/2	TSP	
Oregano or Thyme	1	TBSP	
Tomato Paste	1/3	Cup	
Lentils	1 1/4	Cup	
Tomato	3		
Veggie Stock	3 1/2	Cup	
Hemp Seeds or Toasted Walnuts or Pecans	3/4	Cup	
Balsamic Vinegar	2	TSP	

Butternut Squash Risotto with Leeks

Recipe serves		Prepared for	
(321 CAL 8.1 PRO 48.3 CAR 10.4 FAT)		1	1
Ingredient	Amount	Scaled amount	
Olive Oil	2 TBSP		
Leeks, Sliced	2 Cup		
Garlic Cloves	4		
Sage Leaves	8		
Rice, Arborio or Short Grain Spanish	1 Cup		
Butternut Squash	2 Cup		
Veggie Stock	2 Cup		
Himalayan Pink Salt	1/2 TSP		
Pepper	1/8 TSP		
Nutmeg	1/2 TSP		
Spinach or Kale	2-4 Cup		

Vegan Burrito

		Recipe serves		Prepared for	
(490 CAL 14.2 PRO 77.1 CAR 15.6 FAT)				1	1
Ingredient		Amount		Scaled amount	
Curry Mashed Potatoes (Spread)					
Baby Potatoes		16	Oz		
Olive Oil		1	TBSP		
Himalayan Pink Salt		3/4	TSP		
Curry Powder		2-3	TSP		
Onion or Garlic Powder		1	TSP		
Roasted Cauliflower & Chickpea (Filling)					
Cauliflower		1	Head		
Chickpeas		1	Can		
Olive Oil		1-2	TBSP		
Himalayan Pink Salt		1 1/2	TSP		
Coriander		1	TBSP		
Cumin		1	TBSP		
Chili Flakes					
Burrito Fixings					
Tortillas					
Spinach		2-4	Cup		
Cilantro Mint Chutney & Quick Pickled Onions					

Coconut Rice Bowl

	Recipe serves	Prepared for
(373 CAL 7.9 PRO 60.3 CAR 10.6 FAT)	1	1

Ingredient	Amount		Scaled amount	
Coconut Rice				
White Rice	2	Cup		
Coconut Milk	400	mL		
Water	1 3/4	Cup		
Curry Powder	2	TSP		
Himalayan Pink Salt	1/8	TSP		
Ginger	1	TSP		
Sauce				
Sriracha	2	TBSP		
Liquid Aminos or Soy Sauce	1-2	TBSP		
Coconut Sugar	2	TSP		
Tofu & Veggies				
Coconut Oil	2	TBSP		
Tofu	16	Oz		
Garlic Cloves	4			
Lemongrass	2	TSP		
Ginger	1	TSP		
Asparagus	16	Oz		
Green Onion	2			
Peas	1/2	Cup		
Lime juice	2-3	TBSP		
Cilantro	1/4	Cup		
Fresh Mint	1/4	Cup		
Toasted Coconut Flakes	1/2	Cup		

CHAPTER 6: VEGETARIAN MEALS FOR ADULT MEN & WOMEN



What is a Vegetarian?

There are three types of Vegetarian Lacto-Vegetarian, Ovo-Vegetarian, and Lacto-Ovo Vegetarian.

The Lacto-Vegetarian diet does not allow for any meat, poultry, fish, or eggs but does include dairy. Again, folate, vitamin B12, and omega fatty acids may be limited for lacto-vegetarians. Including dairy increases calcium intake, protects bones, and aids in muscle tissue functioning and metabolic processes.

An ovo-vegetarian eats eggs and foods with eggs as ingredients but not any dairy or meat. The inclusion of eggs makes up for the loss of some B vitamins. Eggs provide high-quality protein.

The most common type of vegetarian (Lacto-Ovo Vegetarian), is what most people refer to when using the term “vegetarian.” Lacto-ovo vegetarians eat dairy and eggs but no meat, poultry, or fish.

BBQ Tofu Burger & Slaw

	Recipe serves	Prepared for
(527 CAL 21.6 PRO 43.2 CAR 30.6 FAT)	1	1

	Ingredient	Amount	Scaled amount
	Tofu	1 Block	
	Olive or Coconut Oil	2 TBSP	
	Himalayan Pink Salt	1/4 TSP	
	Pepper	1/4 TSP	
	G Hughes BBQ Sauce	1/4 Cup	
	Chili Paste or Sriracha	1 TSP	
	Sprouted Grain Burger Buns	2	
	Slaw		
	Cabbage	4 Oz	
	Cilantro	1/4 Cup	
	Red Onion	1/4 Cup	
	Vegan Mayo	3 - 4 TBSP	
	Vinegar	1 TBSP	
	Himalayan Pink Salt	1/4 TSP	

Baked Beans & Greens

	Recipe serves	Prepared for
(445 CAL 30.6 PRO 67 CAR 7 FAT) Serving size = 1 1/4 Cup	1	1

[illegible]

Vegan Bulgogi Bowl

Recipe serves		Prepared for	
(130 CAL 1.9 PRO 10.6 CAR 9.4 FAT) Serving Size = 3/4 Cup	1	1	
Ingredient	Amount	Scaled amount	
Asian Pear	1/2 Cup		
Soy Sauce or Liquid Aminos	1/4 Cup		
Brown Sugar	1 1/2 TBSP		
Garlic Clove	2		
Ginger	1 TBSP		
Garlic Chili Paste	1 TBSP		
Avocado Oil	1 TBSP		
Green Onion	2		
Sesame Seed	2 TSP		
Jackfruit	20 Oz		
Serve With			
Rice			
Steamed or Sautéed Veggies			
Kimchi			
Radish			