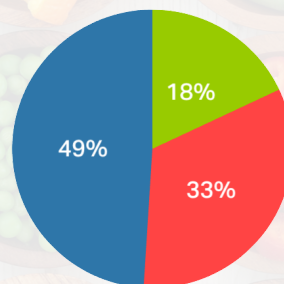


SAMPLE MEAL PLAN

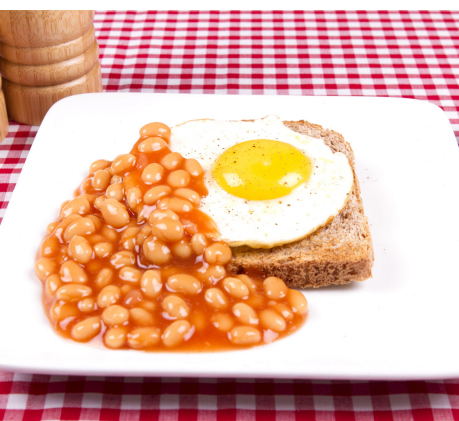


1510 CALS

190 G CARBOHYDRATE

56G FAT

69 G PROTEIN



BREAKFAST

EGG, BEANS, TOAST AND A SMOOTHIE (448 CALS)

INGREDIENTS

1X EGG
1X SMALL CAN BAKED BEANS
1X SLICE WHOLE WHEAT TOAST
1/2 CUP RASPBERRIES

1/2 CUP STRAWBERRIES
1/2 BANANA
1/2 CUP ALMOND MILK
8OZ MILK



SNACK

FRUIT SALAD (150 CALS)

INGREDIENTS

1/2 CUP SLICED APPLES
1/2 CUP MANGO

5 STRAWBERRIES
1/2 CUP GRAPES



LUNCH

BEEF BURRITO BOWL (527 CALS)

INGREDIENTS

50G MINCED LEAN BEEF
1/4 MEDIUM ONION
1 TABLESPOON GARLIC
30G CANNED BLACK BEANS
CHOICE OF SEASONING
1 JAR ELPASO TACO SAUCE

3/4 CUP BROWN RICE
1/2 CUP LETTUCE
2 CHERRY TOMATOES
1/8 CUP CORN KERNELS
1/4 MEDIUM AVOCADO
15 G GRATED CHEESE



DINNER

CHICKEN, POTATOES AND SALAD (385 CALS)

INGREDIENTS

1.5 OZ CHICKEN BREAST
4 OZ RED-SKINNED POTATOES
1/2 TBSP EXTRA VIRGIN-OIL
PINCH OF CUMIN
GARLIC CLOVE
SALT AND PEPPER

1 LEMON
PINCH OF RED PEPPER FLAKES
1 TBSP PARSLEY
2 CUPS ARUGULA
SALT AND PEPPER
1/2 TBSP OLIVE OIL
1 TBSP FRESH LEMON JUICE