



# 1.75 MEAL PLAN

## Proteins (P)

**\*\*Measure Raw \*\***

6 oz. Chicken Breast (Skinless)  
 6 oz. 99% Lean Turkey Breast  
 6 oz. Bison Burger  
 6 oz. 96/4 Ground Beef  
 6 oz. Venison  
 6 oz. Pork Tenderloin  
 6 oz. Any White Fish  
 6 oz. Any Shellfish  
 6 oz. Tuna (canned or whole)  
 1.25 Cup Liquid Egg Whites  
 6 Whole Eggs (yolks removed)  
 1.5 Cup 0% Fat Cottage Cheese  
 1.5 Cup 0% Fat Greek Yogurt  
 1.5 Scoops Protein Powder

*Vegan/Vegetarian Alternatives:*

6 oz. Tempeh  
 6 oz. Tofu  
 6 oz. Seitan

## Fats (F)

**\*\*Measure Raw \*\***

2 Tbsp. Peanut Butter  
 2 Tbsp. Almond Butter  
 1.5 Tbsp. Coconut Oil  
 2 Tbsp. Grass-fed Butter  
 1.5 Tbsp. E.V. Olive Oil  
 1/2 Medium Avocado  
 1/4 Cup Any Nuts

**\*\*Avoid Vegetable and Canola Oils \*\***

## Carbs (C)

**\*\*Measure Raw \*\***

3/4 Cup Sweet Potato  
 3/4 Cup Red Potato  
 1 Small Baked Potato  
 1/2 Cup Cooked Beans  
 1/2 Cup Cooked Lentils  
 1/2 Cup Cooked Brown Rice  
 1/2 Cup Cooked White Rice  
 1/2 Cup Cooked Quinoa  
 1/2 Cup Cooked Couscous  
 1/2 Cup Dry Rolled Oats  
 1.5 Slices Ezekiel Bread  
 3/4 Cup Strawberry  
 3/4 Cup Blueberry  
 3/4 Cup Raspberry  
 3/4 Cup Blackberry

## Veggies (V)

**\*\*Measure Raw \*\***

1 Cup Asparagus  
 1 Cup Broccoli  
 1 Cup Spinach  
 1 Cup Kale  
 1 Cup Cauliflower  
 1 Cup Brussel Sprouts  
 1 Cup Cabbage  
 1 Cup Romaine Lettuce  
 1 Cup Collard Greens  
 1 Cup Mustard Greens  
 1 Cup Beet  
 1 Cup White Mushrooms  
 1 Cup Artichoke Hearts

*Avoid all other vegetables*

## Condiments / Seasonings

Mustard  
 Soy Sauce (low sodium)  
 Lemon Juice  
 Balsamic  
 Hot Sauces

**\*\*If Condiment has zero calories, you may have it\*\***

All Dry Seasoning  
 All Dry Spices  
 All Dry Rubs  
 Raw Garlic  
 Raw Lemons  
 Raw Limes

**\*\*Season Your Food!\*\***

## Beverages

Water  
 Black Coffee  
 Unsweetened Tea  
 Sparkling Water  
 Zero Calorie Energy Drinks

**\*\*Do not add sugar or creamers to beverages\*\***

## Protein Shake

- Must have 20g Protein per serving
- Less than 2g Sugar per serving
- Mix Protein Powder with Cold Water.
- Do not add anything else to the Protein Shakes

### Breakfast

Select 1 Item From:  
 Protein  
 Carb  
 Veggie

Protein Shake



### Lunch

Select 1 Item From:  
 Protein  
 Carb  
 Veggie

Protein Shake



### Dinner

Select 1 Item From:  
 Protein  
 Fat  
 Veggie

## Eating Window

Start Time: \_\_\_\_\_ End Time: \_\_\_\_\_

Your eating window should start when you eat your first meal of the day, and end when you've finished eating your last meal. Choose a window that works for you. Recommended Eating Window for this plan is 10 hours, but depending on personal routine, can range from 8-12 hours. Choose your preference and stick to it.



# 1.75 GROCERY HELPER

## Proteins (P)

- 3 lb. Chicken Breast (Skinless)
- 3 lb. 99% Lean Turkey Breast
- 3 lb. Bison Burger
- 3 lb. 96% Lean Ground Beef
- 3 lb. Venison
- 3 lb. Pork Tenderloin
- 3 lb. Any White Fish
- 3 lb. Any Shellfish
- 3 lb. Tuna Filet
- 7 - 6oz. Cans Tuna
- 3 - 32 oz. ctn. Liquid Egg Whites
- 2 - 24 ct. carton Eggs
- 2 - 24 oz. 0% Fat Cottage Cheese
- 2 - 24 oz. 0% Fat Greek Yogurt
- 1 - 3 lb. Tub Protein Powder

### *Vegan/Vegetarian Alternatives:*

- 42 oz. Tempeh
- 42 oz. Tofu
- 42 oz. Seitan

## Fats (F)

- 1 Jar Peanut Butter
- 1 Jar Almond Butter
- 1 Jar Coconut Oil
- 1 Pkg Grass-fed Butter
- 1 Bottle E.V. Olive Oil
- 8 Avocados
- 1 lb. Any Nuts

## Carbs (C)

- 3 lb. Sweet Potato
- 3 lb. Bag Red Potato
- 3 lb. Bag Russet Potato
- 5 -15oz. Cans Any Bean
- 1 Bag Lentils
- 1 Bag Brown Rice
- 1 Bag White Rice
- 1 Container Rolled Oats
- 1 Bag Quinoa
- 1 Bag Couscous
- 1 Loaf Ezekiel Bread
- 3 lb. Strawberry
- 3 lb. Blueberry
- 3 lb. Raspberry
- 3 lb. Blackberry

## Veggies (V)

*\*Purchase Fresh if Possible\**

- 3 lb. Asparagus
- 3 lb. Broccoli
- 3 lb. Spinach
- 3 lb. Kale
- 3 lb. Cauliflower
- 3 lb. Brussel Sprouts
- 3 lb. Cabbage
- 3 lb. Romaine Lettuce
- 3 lb. Collard Greens
- 3 lb. Mustard Greens
- 3 lb. Beet
- 3 lb. White Mushrooms
- 3 lb. Artichoke Hearts

*Avoid all other vegetables*

## Condiments / Seasonings

- Mustard
- Soy Sauce (low sodium)
- Lemon Juice
- Balsamic
- Hot Sauces

- All Dry Seasoning
- All Dry Spices
- All Dry Rubs
- Raw Garlic
- Raw Lemons
- Raw Limes

*\*\*If Condiment has zero calories, you may have it\*\**

## Beverages

- Water
- Black Coffee
- Unsweetened Tea
- Sparkling Water
- Zero Calorie Energy Drinks

*\*\*Do not add sugar or creamers to beverages\*\**

## Tips

As long as it has zero calories, you can have it in moderation.

If it is not on the list, do not include it in this plan

This plan is by design!

# Create Your Plan!

Choose Breakfast:

P: \_\_\_\_\_  
 C: \_\_\_\_\_  
 V: \_\_\_\_\_

Choose Lunch:

P: \_\_\_\_\_  
 C: \_\_\_\_\_  
 V: \_\_\_\_\_

Choose Dinner:

P: \_\_\_\_\_  
 V: \_\_\_\_\_  
 F: \_\_\_\_\_

Choose Breakfast:

P: \_\_\_\_\_  
 C: \_\_\_\_\_  
 V: \_\_\_\_\_

Choose Lunch:

P: \_\_\_\_\_  
 C: \_\_\_\_\_  
 V: \_\_\_\_\_

Choose Dinner:

P: \_\_\_\_\_  
 V: \_\_\_\_\_  
 F: \_\_\_\_\_