



2.75 MEAL PLAN

Proteins (P)

****Measure Raw ****

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

Vegan/Vegetarian Alternatives:

7 oz. Tempeh
 7 oz. Tofu
 7 oz. Seitan

Fats (F)

3 Tbsp. Peanut Butter
 3 Tbsp. Almond Butter
 3 Tbsp. Coconut Oil
 3 Tbsp. Grass-fed Butter
 3 Tbsp. Olive Oil
 3/4 Medium Avocado
 1/3 Cup Any Nuts

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

Carbs (C)

Measure Raw

2.25 Cup Sweet Potato
 2.25 Cup Red Potato
 1 Medium Baked Potato
 1.5 Cup Cooked Beans
 1.5 Cup Cooked Lentils
 1.5 Cup Cooked Brown Rice
 1.5 Cup Cooked White Rice
 1.5 Cup Cooked Quinoa
 1.5 Cup Cooked Couscous
 1 Cup Dry Rolled Oats
 3 Slices Ezekiel Bread
 2 Cup Strawberry
 2 Cup Blueberry
 2 Cup Raspberry
 2 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.



2.75 GROCERY HELPER

Proteins (P)

- 3.5 lb. Chicken Breast (Skinless)
- 3.5 lb. 99% Lean Turkey Breast
- 3.5 lb. Bison Burger
- 3.5 lb. 96% Lean Ground Beef
- 3.5 lb. Venison
- 3.5 lb. Pork Tenderloin
- 3.5 lb. Any White Fish
- 3.5 lb. Any Shellfish
- 3.5 lb. Tuna Filet
- 9 cans Tuna (canned)
- 6 - 32 oz. cart Liquid Egg Whites
- 4 - 24 ct. carton Eggs
- 6 - 24 oz. 0% Fat Cottage Cheese
- 6 - 24 oz. 0% Fat Greek Yogurt
- 1 - 3 lb. Tub Protein Powder

Vegan/Vegetarian Alternatives:

- 49oz Tempeh
- 49oz Tofu
- 49oz 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)

- 5 lb. Sweet Potato
- 5 lb. Bag Red Potato
- 5 lb. Bag Russet Potato
- 7 -15 oz. Cans Any Bean
- 1 Bag Lentils
- 1 Bag Brown Rice
- 1 Bag White Rice
- 1 Container Rolled Oats
- 1 Bag Quinoa
- 1 Bag Couscous
- 2 Loaf Ezekiel Bread
- 5 lb. Strawberry
- 5 lb. Blueberry
- 5 lb. Raspberry
- 5 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: _____