



1.25 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)

****No Added Fats****

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.



1.25 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)

****No Added Fats****

2 cans Zero Calorie Cooking Spray

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: _____