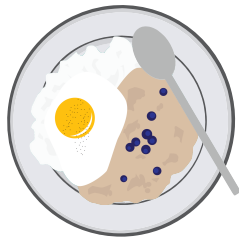


# MEAL PLAN GUIDE SHEET

## BREAKFAST

Includes protein from egg whites and complex carbohydrates from oats.



## WOMEN

1 cup egg whites and 1/3 cup oats, both measured before cooking.

## MEN

1 ½ cup egg whites and 1/2 cup oats, both measured before cooking.

## SNACK #1

Includes protein, complex carbohydrates and vegetables.

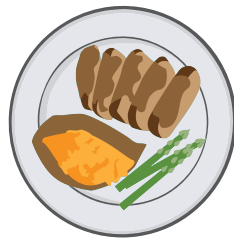


2-3 ounces protein, 1/3 cup complex carbohydrates and 4 ounces vegetables, all measured after cooking.

4-6 ounces protein, 1/2 cup complex carbohydrates and 6 ounces vegetables, all measured after cooking.

## LUNCH

Includes protein, complex carbohydrates and vegetables.

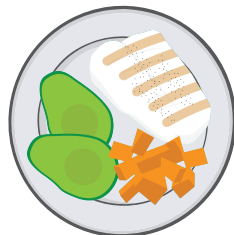


2-3 ounces protein, 1/3 cup complex carbohydrates and 4 ounces vegetables, all measured after cooking.

4-6 ounces protein, 1/2 cup complex carbohydrates and 6 ounces vegetables, all measured after cooking.

## SNACK #2

Includes protein and vegetables.

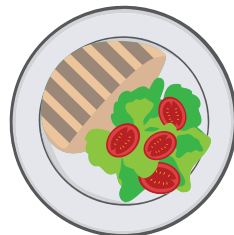


2-3 ounces protein and 4 ounces vegetables, both measured after cooking, and 1/4 an avocado.

4-6 ounces protein and 6 ounces vegetables, both measured after cooking, and 1/2 an avocado.

## DINNER

Includes protein and vegetables.



2-3 ounces protein, and 4 ounces vegetables, both measured after cooking, and a teaspoon of olive or coconut oil.

4-6 ounces protein, and 6 ounces vegetables, both measured after cooking, and 2 teaspoons of olive or coconut oil.

## DESSERT

Includes protein powder and Greek yogurt.



1 scoop high quality protein powder mixed with 2/3 cup nonfat, plain Greek yogurt.

2 scoops high quality protein powder mixed with 1 cup nonfat, plain Greek yogurt.