

MEAL PREP WEEK 3

1500 CALORIES

151 GRAMS PROTEIN, 151 GRAMS CARBS, 33 GRAMS FAT.

WHAT TO PREP

FOOD PREPPED PROTEIN:

- CHICKEN BREASTS
- GROUND TURKEY
- RICE
- SWEET POTATOES

MEAL IDEAS

BREAKFAST

- 1 CUP EGG WHITES
- 1 THIN SLICED SARGENTO CHEDDAR CHEESE
- 50 GRAMS AVOCADO
- 1 MEDIUM BANANA

SNACK

- 1/3 CUP OATS
- 1 SCOOP CLEAN SIMPLE EATS PROTEIN POWDER
- 1 TABLESPOON SUGAR FREE SYRUP
- 1/2 TEASPOON CINNAMON

LUNCH

- 3 OUNCES COOKED CHICKEN BREAST
- 1 LARGE CUCUMBER
- 100 GRAMS SWEET POTATO
- 1/2 TEASPOON CINNAMON
- BUTTER SPRAY
- MS. DASH CHICKEN SEASONING

SNACK

- 85 GRAMS GRAPEFRUIT (1/2 LARGE GRAPEFRUIT)
- 1 TEASPOON MONK SUGAR
- 1 MINT BROWNIE BUILT BAR

DINNER

- 3 OUNCES COOKED 93% LEAN GROUND TURKEY
- 1 CUP ROASTED BROCCOLI
- 1/3 CUP WHITE RICE

DESSERT

- LEGION PROTEIN POWDER
- 6 OUNCES ALMOND MILK



210 calories 23P/25C/2F



250 calories 28P/26C/3F



157 calories 18P/27C/3F



354 calories 28P/42C/10F



150 calories 26P/2C/3F