

		Feel Good Mama Meal Planner*	Allocations						
		Baseline Target Calories 1200 (increase as necessary)	Veggies	Fruit	Protein	Starches/ Carbs	Cheese, Nuts, Avocado, Coconut	Dressings & Seeds	Oils, Nut & Seed Butters
DAY	MEALS	MENU	3	2	4	2	1	1	2
DAY 1	Breakfast	Turkey Bacon(2 slices), Egg (1), 1/2 cup diced red potato			1	1			
	Snack	1 med. Banana, 12 raw almonds		1			1		
	Lunch	Tuna Salad (2 cups mixed greens, 1 can tuna, 2 tsp olive oil & vinegar dressing)	2		1				2
	Snack	3/4 cup Yogurt w/1 cup strawberries and 2 tbsp pumpkin/sunflower seeds or Nutrition/Protein Shake with fruit and 2 tbsp flaxseed/shredded coconut		1	1				1
	Dinner	Grilled Chicken (3/4 cup) w/Steamed Asparagus (10 spears) & 1/2 sweet potato	1		1	1			
	Total		3.00	2.00	4.00	2.00	1.00	1.00	2.00
DAY 2	Breakfast	2 hard boiled eggs and apple sprinkled with cinnamon		1	1				
	Snack	3/4 cup Yogurt & 1/2 cup mixed berries sprinkled with 2 tbsp pumpkin seeds or Nutrition/Protein Shake with 2 tablespoons flaxseed or shredded coconut		0.5	1			1	
	Lunch	Turkey Wrap (3 slices turkey, 1/4 cup hummus or 1 slice of cheese, tomato & lettuce, on wrap) and small side salad with olive oil & vinegar dressing (2 tbsp)	2		1	1	1		1
	Snack	1 teaspoon nut or seed butter & 1/2 Banana		0.5					1
	Dinner	Fish (3/4 cup) w/ 1/2 cup brown rice and 1 cup Green Beans	1		1	1			
	Total		3.00	2.00	4.00	2.00	1.00	1.00	2.00
DAY 3	Breakfast	1 cup of Pineapple & 3/4 cup Cottage Cheese or Yogurt		1	1				
	Snack	Apple & 12 almonds		1			1		
	Lunch	1/2 Sweet potato & Salad with 1 can of tuna & veggies (oil & vinegar dressing) - Can also sub 3/4 cup grilled chicken for tuna	2		1	1		1	
	Snack	Nutrition shake (or vegan protein powder) with nut/seed butter (2 tsp)			1				2
	Dinner	Chicken Tacos (3/4 cup ground chicken w/taco seasoning) lettuce wrap w/Rice & Beans (1/2 cup mixed)	1		1	1			
	Total		3.00	2.00	4.00	2.00	1.00	1.00	2.00
DAY 4	Breakfast	2 eggs (any style) cooked with 1 tsp coconut oil or Nutrition shake wih 1tsp PB/Almond/sunflower seed butter			1				1
	Snack	1 small apple		1					
	Lunch	Chicken Salad Wrap (1 wrap, 1/2 cup diced Chicken mixed with 1/2 cup 2% cottage cheese or yogurt)			1.5	1			
	Snack	1 cup of grapes, 12 almonds		1			1		

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	Dinner	Grilled Steak (3/4 cup) w/Salad (olive oil and vinegar dressing) and 1/2 baked sweet potato	3		1.5	1		1	1
	Total		3.00	2.00	4.00	2.00	1.00	1.00	2.00
DAY 5	Breakfast	Rice Cakes (2 large or 4 small) or 1 slice of toast w/Almond Butter (1 tsp) & turkey bacon (4 slices)			1	1			1
	Snack	Yogurt with 1/2 banana or Nutrition Shake with 1/2 banana		1	1				
	Lunch	Ground Chicken (3/4 cup) & Hummus (1/4 cup) wrap w/small side salad (2 tbsp olive oil & vinegar dressing)	2		1		1	1	
	Snack	Apple & Nut/Seed Butter (1 tsp)		1					1
	Dinner	Grilled/broiled pork w/ 1 cup squash & 1/2 cup quinoa (or wild rice or brown rice)	1		1	1			
	Total		3.00	2.00	4.00	2.00	1.00	1.00	2.00
DAY 6	Breakfast	2 Hard boiled eggs, 1/2 cup cooked oatmeal (with cinnamon), sliced small apple		1	1	1			
	Snack	Marinated Cucumbers (Vinegar, Himalayan Salt, & Crushed red peppers or ground black pepper, garlic powder, onion powder)	1						
	Lunch	Grilled Chicken Salad with 1 cup of spinach, 3/4 cup grilled chicken, 1 cup of tomatoes/cucumbers, 1/4 cup avocado and 2 tablespoons olive oil & vinegar dressing)	2		1		1	1	
	Snack	Yogurt with strawberries and 2 tsp nut/seed butter or Nutrition Shake w/ Strawberries & nut/seed butter (2 tsp)		1	1				2
	Dinner	Salmon (3/4 cup) w/1/2 cup quinoa			1	1			
	Total		3.00	2.00	4.00	2.00	1.00	1.00	2.00
DAY 7	Breakfast	2 poached eggs with rice cakes or toast, 1 cup of grapes		1	1	1			
	Snack	1 cup carrot sticks with 1/4 cup hummus	1				1		
	Lunch	Grilled Chicken breast (3/4 cup) w/Quinoa (1/2 cup) and 1 cup cooked veggies of your choice mixed with 1 tbsp sunflower or pumpkin seeds, Add himalyian sea salt to taste.	1		1	1		0.5	
	Snack	Shakeology w/1/2 banana and 1 tsp nut/seed butter or yogurt with 1 cup strawberries and 1 tsp shredded coconut or pumpkin seeds		1	1			0.5	1
	Dinner	Salmon (3/4 cup) and Zucchini (1 cup) cooked with 1 tsp coconut oil.	1		1				1
	Total		3.00	2.00	4.00	2.00	1.00	1.00	2.00

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<i>*This plan is just for reference, and informational purposes only. It's recommended to speak with your doctor before starting a new diet meal plan.</i>								
<i>It is not a substitute for medical advice, and if you have any questions about your health, you should always consult with your doctor or a medical professional.</i>								
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