

PhenQ

MEAL PLAN



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Tips for Success



Plan out your meals. Those that fail to plan, plan to fail. Plan out your meals and snacks the day before to insure success.

Since the body responds best to structure, it is important to eat your meals as close to the same time per day, every day. Establish your set meal times to be 2-4 hours apart based on your schedule. A great tip for success with this is to set an alarm as a reminder to eat! After a few days, your body's natural alarm clock will have you ready for that meal time without even waiting for the alarm.



Water Intake. Your body is made up mostly of water. When you are not properly hydrated, your body does not work at 100% efficiency. A good rule of thumb is to strive to drink about 2 liters of water per day. You may actually need to consume more if you use caffeine, play extracurricular sports, or work outdoors.



One time per week, reward yourself with a "cheat meal." That means replace any meal with eating anything you want keeping the portions similar once per week. This will act as a reward system for your diligence, AND it will help "shock" your metabolism by giving a kick start.



Seasonings/Marinades: Eating healthy does not have to be boring or bland! However, you can sabotage your own success by using seasonings high in sodium, as well as using marinades or dressings that are high in calories, carbs and fats. Feel free to use marinades in small amounts to make your food more flavorful, but be cognizant of how much you are using and the amount of calories, carbs and fats you are adding to your food. Try diluting them with water and use a very minimal amount. It can still make a big difference in flavor!

Some examples of flavorful healthy seasonings are as follows: Black pepper, Garlic powder (not Garlic salt), Chopped or Minced Onion, Italian Herbs, Crushed Red Pepper, Cayenne Pepper, Cinnamon.

- ✓ **If you are used to consuming butter on toast or vegetables**, look for a butter flavored seasoning or spray to get the same flavor without the calories.
- ✓ **If you choose to partake in the optional side salad**, be cognizant of the dressings you use and remember the lighter, the better. A trick to help you enjoy the same flavors while consuming far less is to put the dressing on the side and dip each bite in versus pouring the dressing directly on your salad.
- ✓ **Getting plenty of rest is essential!** Lack of sleep can raise your cortisol levels and make it much harder to succeed.
- ✓ **Choose carefully when selecting a protein powder**, or a pre-mixed protein shake. The lower the carbs and fats, the better. Also be cautious with the number of calories. It should have no more than 5 calories per gram of protein. (For example, a protein shake with 22 grams of protein should have no more than 110 calories.) Also, get creative to make them tasty and enjoyable! Feel free to add unsweetened cocoa powder or cinnamon for a healthy, low calorie flavor addition!

“ Eating healthy does not have to be boring or bland!

Female, 50-55kg (110-121lbs)

BREAKFAST:

2 large eggs
50g turkey OR chicken sausage
1 slice whole wheat toast

SNACK 1:

150g Greek yogurt OR low fat cottage cheese
50g fresh berries OR pineapple

LUNCH:

85g chicken breast OR 100g white fish
85g brown rice OR sweet potato
100g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)

SNACK 2:

Protein shake OR protein bar (low carb and at least 20g protein)

DINNER:

85g chicken thigh OR salmon
85g brown rice OR baked potato
100g vegetable of your choice OR side salad

Female, 56-60kg (122-132lbs)

- BREAKFAST:** 2 large eggs,
50g turkey OR chicken sausage,
2 slices whole wheat toast OR 40g oatmeal
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
50g fresh berries OR pineapple
- LUNCH:** 85g chicken breast OR 100g white fish,
85g brown rice OR sweet potato
100g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
50g mushrooms OR kale
- SNACK 2:** Protein shake OR protein bar (low carb and at least 20g protein)
- DINNER:** 85g chicken thigh OR salmon
85g brown rice OR baked potato
100g vegetable of your choice OR side salad
50g mushrooms OR kale

Female, 61-65kg (133-143lbs)

- BREAKFAST:** 2 large eggs,
50g turkey OR chicken sausage,
2 slices whole wheat toast OR 40g oatmeal
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
50g fresh berries OR pineapple
- LUNCH:** 100g chicken breast OR 140g white fish,
100g brown rice OR sweet potato
100g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
50g mushrooms OR 30g baked beans
- SNACK 2:** Protein shake OR protein bar (low carb and at least 20g protein)
- DINNER:** 100g salmon OR 85g lean steak
85g brown rice OR baked potato
100g vegetable of your choice OR side salad
50g mushrooms OR kale

Female, 66-70kg (144-154lbs)

BREAKFAST:	2 large eggs 50g turkey OR chicken sausage, 2 slices whole wheat toast OR 40g oatmeal
SNACK 1:	150g Greek yogurt OR low fat cottage cheese 50g fresh berries OR pineapple
LUNCH:	85g chicken breast OR 100g white fish, 100g brown rice OR sweet potato 100g vegetable of your choice <i>(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)</i> 50g mushrooms OR 30g baked beans
SNACK 2:	Protein shake OR protein bar (low carb and at least 20g protein)
SNACK 3:	150g Greek yogurt OR low fat cottage cheese
DINNER:	100g salmon OR 85g lean steak 100g brown rice OR baked potato 100g vegetable of your choice OR side salad 50g mushrooms or kale

Female, 71-75kg (155-165lbs)

BREAKFAST:	2 large eggs 50g turkey OR chicken sausage, 2 slices whole wheat toast OR 40g oatmeal
SNACK 1:	150g Greek yogurt OR low fat cottage cheese 50g fresh berries OR pineapple
LUNCH:	100g chicken breast OR 140g white fish, 100g brown rice OR sweet potato 100g vegetable of your choice <i>(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)</i> 50g mushrooms OR 30g baked beans
SNACK 2:	Protein shake OR protein bar (low carb and at least 20g protein)
SNACK 3:	150g Greek yogurt OR low fat cottage cheese 50g berries OR pineapple
DINNER:	100g salmon OR 85g lean steak 100g brown rice OR baked potato 100g vegetable of your choice OR side salad 50g mushrooms or kale

Female, 76-80kg (165-176lbs)

BREAKFAST:	2 large eggs 50g turkey OR chicken sausage, 2 slices whole wheat toast OR 40g oatmeal
SNACK 1:	150g Greek yogurt OR low fat cottage cheese 50g fresh berries OR pineapple
LUNCH:	100g chicken breast OR 140g white fish, 100g brown rice OR sweet potato 100g vegetable of your choice <i>(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)</i> 50g mushrooms OR 30g baked beans
SNACK 2:	Protein shake OR protein bar (low carb and at least 22g protein)
SNACK 3:	150g Greek yogurt OR low fat cottage cheese 50g berries OR pineapple
DINNER:	130g salmon OR 100g lean steak 100g brown rice OR baked potato 100g vegetable of your choice OR side salad 50g mushrooms or kale

Female, 81-90kg (177-198lbs)

- BREAKFAST:** 2 large eggs
50g turkey OR chicken sausage,
2 slices whole wheat toast OR 40g oatmeal
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
50g fresh berries OR pineapple
- LUNCH:** 100g chicken breast OR 140g white fish,
100g brown rice OR sweet potato
120g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
50g mushrooms OR 30g baked beans
- SNACK 2:** Protein shake OR protein bar (low carb and at least 20g protein)
- SNACK 3:** Protein shake OR protein bar (low carb and at least 20g protein)
50g berries OR pineapple (blended into shake or separate)
150g Greek yogurt (blended in shake or separate)
- DINNER:** 100g salmon OR 85g lean steak
100g brown rice OR baked potato
120g vegetable of your choice OR side salad
50g mushrooms or kale

Female, 91-100+kg (199lbs+)

- BREAKFAST:** 3 large eggs
50g turkey OR chicken sausage,
2 slices whole wheat toast OR 40g oatmeal
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
50g fresh berries OR pineapple
- LUNCH:** 100g chicken breast OR 140g white fish,
120g brown rice OR sweet potato
120g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
50g mushrooms OR 30g baked beans
- SNACK 2:** Protein shake OR protein bar (low carb and at least 20g protein)
- SNACK 3:** Protein shake OR protein bar (low carb and at least 20g protein)
50g berries OR pineapple (blended into shake or separate)
150g Greek yogurt (blended in shake or separate)
- DINNER:** 100g salmon OR 85g lean steak
120g brown rice OR baked potato
120g vegetable of your choice OR side salad
50g mushrooms or kale

Male, 70-75kg (154-165lbs)

- BREAKFAST:** 3 large eggs
50g turkey OR chicken sausage,
2 slices whole wheat toast OR 40g oatmeal
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
50g fresh berries OR pineapple
- LUNCH:** 100g chicken breast OR 140g white fish,
100g brown rice OR sweet potato
100g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
50g mushrooms OR 30g baked beans
- SNACK 2:** Protein shake OR protein bar (low carb and at least 20g protein)
- SNACK 3:** Protein shake OR protein bar (low carb and at least 20g protein)
50g berries OR pineapple (blended into shake or separate)
150g Greek yogurt (blended in shake or separate)
- DINNER:** 130g salmon OR 100g lean steak
100g brown rice OR baked potato
100g vegetable of your choice OR side salad
50g mushrooms or kale

Male, 76-80kg (166-176lbs)

- BREAKFAST:** 3 large eggs
50g turkey OR chicken sausage,
2 slices whole wheat toast OR 40g oatmeal
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
50g fresh berries OR pineapple
- LUNCH:** 120g chicken breast OR 160g white fish,
120g brown rice OR sweet potato
120g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
50g mushrooms OR 30g baked beans
- SNACK 2:** Protein shake OR protein bar (low carb and at least 20g protein)
- SNACK 3:** Protein shake OR protein bar (low carb and at least 20g protein)
50g berries OR pineapple (blended into shake or separate)
150g Greek yogurt (blended in shake or separate)
- DINNER:** 130g salmon OR 100g lean steak
120g brown rice OR baked potato
120g vegetable of your choice OR side salad
50g mushrooms or kale

Male, 81-85kg (177-187lbs)

- BREAKFAST:** 3 large eggs
50g turkey OR chicken sausage,
2 slices whole wheat toast OR 40g oatmeal
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
50g fresh berries OR pineapple
- LUNCH:** 120g chicken breast OR 160g white fish,
120g brown rice OR sweet potato
150g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
50g mushrooms OR 30g baked beans
- SNACK 2:** Protein shake OR protein bar (low carb and at least 22g protein)
- SNACK 3:** Protein shake OR protein bar (low carb and at least 22g protein)
50g berries OR pineapple (blended into shake or separate)
150g Greek yogurt (blended in shake or separate)
- DINNER:** 130g salmon OR 100g lean steak
120g brown rice OR baked potato
150g vegetable of your choice OR side salad
100g mushrooms OR kale

Male, 86-90kg (188-198lbs)

- BREAKFAST:** 3 large eggs
50g turkey OR chicken sausage,
2 slices whole wheat toast OR 40g oatmeal
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
50g fresh berries OR pineapple
- LUNCH:** 120g chicken breast OR 160g white fish,
150g brown rice OR sweet potato
150g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
80g mushrooms OR 50g baked beans
- SNACK 2:** Protein shake OR protein bar (low carb and at least 22g protein)
- SNACK 3:** Protein shake OR protein bar (low carb and at least 22g protein)
50g berries OR pineapple (blended into shake or separate)
150g Greek yogurt (blended in shake or separate)
- DINNER:** 130g salmon OR 100g lean steak
120g brown rice OR baked potato
150g vegetable of your choice OR side salad
100g mushrooms OR kale

Male, 91-95kg (199-209lbs)

- BREAKFAST:** 3 large eggs
75g turkey OR chicken sausage,
2 slices whole wheat toast OR 40g oatmeal
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
50g fresh berries OR pineapple
- LUNCH:** 120g chicken breast OR 160g white fish,
150g brown rice OR sweet potato
150g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
50g mushrooms OR 30g baked beans
- SNACK 2:** Protein shake OR protein bar (low carb and at least 22g protein)
- SNACK 3:** Protein shake OR protein bar (low carb and at least 22g protein)
50g berries OR pineapple (blended into shake or separate)
150g Greek yogurt (blended in shake or separate)
- DINNER:** 150g salmon OR 120g lean steak
150g brown rice OR baked potato
150g vegetable of your choice OR side salad
100g mushrooms OR kale

Male, 96-100kg (210-220lbs)

- BREAKFAST:** 3 large eggs
75g turkey OR chicken sausage,
40g oatmeal OR 2 slices whole wheat toast
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
80g fresh berries OR pineapple
- LUNCH:** 120g chicken breast OR 160g white fish,
150g brown rice OR sweet potato
150g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
50g mushrooms OR 30g baked beans
- SNACK 2:** Protein shake OR protein bar (low carb and at least 25g protein)
- SNACK 3:** Protein shake OR protein bar (low carb and at least 25g protein)
80g berries OR pineapple (blended into shake or separate)
150g Greek yogurt (blended in shake or separate)
- DINNER:** 150g salmon OR 120g lean steak
150g brown rice OR baked potato
150g vegetable of your choice OR side salad
100g mushrooms OR kale

Male, 100-110kg (220-242lbs)

- BREAKFAST:** 3 large eggs
75g turkey OR chicken sausage,
40g oatmeal OR 2 slices whole wheat toast
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
80g fresh berries OR pineapple
- LUNCH:** 140g chicken breast OR 180g white fish,
150g brown rice OR sweet potato
150g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
50g mushrooms OR 30g baked beans
- SNACK 2:** Protein shake OR protein bar (low carb and at least 25g protein)
- SNACK 3:** Protein shake OR protein bar (low carb and at least 25g protein)
80g berries OR pineapple (blended into shake or separate)
150g Greek yogurt (blended in shake or separate)
- DINNER:** 180g salmon OR 140g lean steak
150g brown rice OR baked potato
150g vegetable of your choice OR side salad
100g mushrooms OR kale

Male, 110-120+kg (243lbs+)

- BREAKFAST:** 3 large eggs
75g turkey OR chicken sausage,
40g oatmeal OR 2 slices whole wheat toast
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
80g fresh berries OR pineapple
- LUNCH:** 140g chicken breast OR 180g white fish,
150g brown rice OR sweet potato
150g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
50g mushrooms OR 30g baked beans
- SNACK 2:** Protein shake OR protein bar (low carb and at least 25g protein)
100g Greek yogurt (blended in shake or separate)
- SNACK 3:** Protein shake OR protein bar (low carb and at least 25g protein)
80g berries OR pineapple (blended into shake or separate)
150g Greek yogurt (blended in shake or separate)
- DINNER:** 180g salmon OR 140g lean steak
150g brown rice OR baked potato
150g vegetable of your choice OR side salad
100g mushrooms OR kale

Adjustments for Activity Level

The categories for activity level range from very sedentary to very active.

They are as follows:

Very Sedentary – Desk job, little to no walking or exercise in everyday life

Lightly Active – Active job with no additional exercise, or sedentary job with some walking, flights of stairs, etc. in everyday life

Moderately Active – Participate in some form of moderate exercise such as walking or light weight training for under one hour 1-3 days per week

Very Active – Participate in some form of intense exercise such as running or intense weight training for at least one hour 3 or more times per week

Most people will fit into the **Lightly Active** or **Moderately Active** categories. However, if you fit into Very Sedentary or Very Active, you will need to make adjustments to your meal plan.

If you are **Very Sedentary**, you will simply go to the category one level **BELOW** your weight range to compensate for the lack of activity.

If you are **Very Active**, you will simply go to the category one level **ABOVE** your weight range to ensure you are getting enough calories to sustain your activity level.



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