

UNJURY HEALTHY START GUIDE

SAMPLE MENUS

UNJURY® recommends Protein First™. Include UNJURY® Protein in your daily routine for weight loss or weight maintenance! Prioritizing protein in your meals helps you feel full and satisfied, helps prevent muscle loss, and helps you manage your healthy weight.

Protein First™ - Sample Menu Day 1

Breakfast
7 AM
to 9 AM



UNJURY® Cinnamon
Café Meal Replacement
mixed with icy cold
brew coffee

Lunch
11 AM
to 1 PM

1 Cup of
Chicken,
vegetable and
wild rice soup

Snack
1PM
to 3 PM



UNJURY® Brownie
Bite with 1 TBSP
Peanut Butter

Dinner
5 PM
to 7 PM

Salmon, broccoli,
½ sweet potato

Snack
7 PM
to 9 PM

Yogurt and berries

Protein First™ - Sample Menu Day 2

Breakfast
7 AM
to 9 AM



UNJURY® Vanilla Protein
Powder, almond milk,
blended with fresh
berries and ice.

Lunch
11 AM
to 1 PM

Apple slices
and cheese
stick

Snack
1PM
to 3 PM



UNJURY® Chicken
Soup and walnut
salad

Dinner
5 PM
to 7 PM

Steak, asparagus,
½ cup brown rice

Snack
7 PM
to 9 PM



Bonjoy™
Campfire
Latte Gelato

Protein First™ - Sample Menu Day 3

Breakfast
7 AM
to 9 AM

Veggie omelet
with side of
bacon and
melon

Lunch
11 AM
to 1 PM



UNJURY® Fresh
Berry Smoothie
Meal Replacement

Snack
1PM
to 3 PM

Oatmeal
sprinkled
with
almonds

Dinner
5 PM
to 7 PM

Grilled
Shrimp,
roasted
brussels
sprouts, ½
cup quinoa

Snack
7 PM
to 9 PM



UNJURY®
Chocolate
Ready to Drink
Shake

Protein First™ - Sample Menu Day 4

Breakfast
7 AM
to 9 AM



UNJURY®
Vanilla Ready
to Drink Shake

Lunch
11 AM
to 1 PM

Bunless burger
with cheese,
lettuce,
tomato, onion

Snack
1PM
to 3 PM



UNJURY®
Chocolate
Peanut
Butter Bite

Dinner
5 PM
to 7 PM

Pork loin,
cabbage
slaw, whole
wheat roll

Snack
7 PM
to 9 PM



UNJURY®
Chocolate Splendor
Protein Powder
Fudgesicle

HEALTHY EATING TIPS

Limit your intake of sweetened and alcoholic beverages.

Get 64oz of water or more each day.



Avoid food with added sugar.

Include healthy fats, dairy and whole grains as complements.

Build your meals with a focus on protein, vegetables and fruits.

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GROCERY LIST

Lean Proteins



Bison
Chicken
Eggs
Fish
Lean Beef
Pork Tenderloin
Seafood
Tofu
Turkey

Lower Carbohydrate Veggies



Asparagus
Bell Peppers
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Celery
Cucumber
Eggplant
Green Beans
Kale, Lettuce
Mushrooms
Onion
Radish
Spaghetti Squash
Spinach
Tomato
Yellow Squash
Zucchini

Lower Carbohydrate Fruits



Apple
Blueberry
Blackberry
Strawberry
Raspberry
Cantaloupe
Honeydew
Watermelon
Clementin
Grapefruit
Kiwi
Melon
Peach
Pear
Plum

Healthy Fats



Avocado
Nuts
Olive Oil
Olives
Seeds

Dairy Products



Butter
Cheese
Cottage Cheese
Greek Yogurt
Kefir
Milk
Sour Cream

Whole Grains



Barley
Brown Rice
Buckwheat
Corn
Oats
Quinoa
Rye