

UNJURY

30-30-30

SAMPLE MEAL PLAN



WHAT IS 30-30-30?

Scientific studies have shown that getting 30 grams of high-quality protein, 3 times per day gives you all of the necessary amino acids, in the right proportions for maintaining and building lean muscle. Lean muscle supports a healthy metabolism.

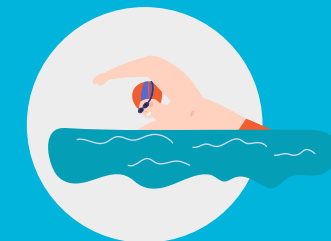
WHAT IS HIGH QUALITY PROTEIN?

High Quality Protein contains all of the amino acids (building blocks of cells) in the right proportions so your body can use them to build new tissue. This protein is also low in fat.

Best Sources of High-Quality Protein: **Whey Protein (UNJURY® Protein Powders), Milk, Eggs, Chicken, Turkey, Beef, Pork, Fish.**

WHY IS EXERCISE IMPORTANT?

- Muscle is metabolically active – it burns calories.
- Repetitive use (regular exercise) + high-quality protein are needed to build muscle.
- More lean muscle is helpful for weight loss and weight maintenance.
- Choose activities you enjoy.
- Start slow, increase intensity when it feels comfortable.





30-30-30 SAMPLE MEAL PLAN

Breakfast, Lunch, and Dinner meal suggestions are designed to provide 30g of high quality protein.

	BREAKFAST	LUNCH	DINNER	LOW CAL SNACK IDEAS
SUNDAY	<p>Protein Coffee 1½ Scps UNJURY® Chocolate Splendor 8oz Decaf or cold brew coffee</p>	<p>Brownie and Milk UNJURY® Brownie Bar 6-8oz Skim milk ½ Cup of berries</p>	<p>Shrimp Stir Fry 6 Shrimp, 1 cup chopped veggies ½ Cup brown rice, soy, seasoning ½ Cup Miso soup</p>	<p>½ cup hummus with carrots 1 clementine Sugar free Jello, pudding, popsicle Bonjoy™ Gelato 10 almonds 1 cup of watermelon UNJURY RTD ½ cup cottage cheese with ½ peach handful of pumpkin or sunflower seeds</p>
MONDAY	<p>Bonjoy Pancakes or Waffles 1 Scp Bonjoy™ 3oz Skim milk, Egg</p>	<p>Bunless Burger 4oz lean ground beef 1 Slice of cheese Lettuce and tomato</p>	<p>Ricotta Bake 1 Scp UNJURY® Unflavored 4oz Ricotta cheese, Italian seasoning, tomato sauce, mozzarella cheese</p>	<p>½ grapefruit 1 slice multigrain toast with 1tbsp nut butter UNJURY Mighty Bite</p>
TUESDAY	<p>Protein Oatmeal 1 Heaping scp of UNJURY® Cinnamon Café MRP ½ Cup of oatmeal</p>	<p>UNJURY Chicken Soup 1 Scp UNJURY® Chicken Soup Flavor 2oz Cubed chicken & veggies</p>	<p>Pork Loin 4oz Pork loin Roasted brussels sprouts ½ Sweet potato</p>	<p>½ cup cottage cheese with ½ peach handful of pumpkin or sunflower seeds</p>
WEDNESDAY	<p>Shake and Eggs 1 UNJURY® RTD Shake 2 Eggs</p>	<p>Vanilla Berry Smoothie 1 heaping scp UNJURY® French Vanilla MRP ½ cup berries</p>	<p>Taco Bowl 4oz Seasoned lean ground beef or turkey, lettuce, cheese, salsa, black beans</p>	<p>½ cup cottage cheese with ½ peach handful of pumpkin or sunflower seeds</p>
THURSDAY	<p>Banana Berry Smoothie 1 Scp of UNJURY® Strawberry Sorbet in milk frozen berries, ½ banana</p>	<p>Protein Bar and Milk 1 UNJURY® Chocolate Peanut Butter Bar 6-8oz Skim milk</p>	<p>Asian Lettuce Wraps 4oz Ground turkey or chicken Soy sauce, garlic, and ginger, Veggies</p>	<p>½ grapefruit 1 slice multigrain toast with 1tbsp nut butter</p>
FRIDAY	<p>ProYo 1 Scp UNJURY® Chocolate Splendor 1 Cup Greek yogurt</p>	<p>Salmon Salad 4-6oz salmon Avocado, lemon, olive oil sunflower seeds, feta cheese</p>	<p>Egg Drop Soup 1 Scp UNJURY Chicken Soup Flavor in water 1 Egg whisked into mixture</p>	<p>½ cup cottage cheese with ½ peach handful of pumpkin or sunflower seeds</p>
SATURDAY	<p>Egg and Cheese Omelet 3 Eggs with cheese Onions, mushrooms, peppers 2 Slices lean bacon</p>	<p>Bonjoy Parfait 1 Heaping scp Bonjoy™ 3oz Water 1 Tbsp almond slices ¼ Cup blueberries</p>	<p>Turkey Chili 2oz Ground turkey 1 Scp UNJURY Santa Fe Chili Red beans, onions, peppers</p>	<p>½ grapefruit 1 slice multigrain toast with 1tbsp nut butter UNJURY Mighty Bite ½ green apple with a cheese stick 15-20 olives</p>