

## SAMPLE DAILY MEAL PLAN

MEAL & TIMING	FOOD OR SUPPLEMENT	WORKOUT DAY	NON-WORKOUT DAY
Breakfast (after morning cardio)	Egg whites Oat pancakes Spinach	8 large 8 oz 8 oz	10 large 4 oz 10 oz
Mid-morning snack	Cod Quinoa Green salad	10 oz 8 oz 8 oz	12 oz 6 oz 8 oz
Lunch	Chicken breast Yam Kale (cooked or as a salad)	8 oz 1 large 8 oz	10 oz 1 small 8 oz
Mid-afternoon snack	Tuna Broccoli Zucchini	6 oz 4 oz 4 oz	6 oz 4 oz 4 oz
Pre-workout	Pre-Kaged®	1 serving before weight training	N/A
Intra-workout	In-Kaged®	1 serving during weight training	N/A
Post-workout	Re-Kaged®	1 serving (before cardio)	N/A
Dinner	Salmon Cauliflower Green salad	10 oz 6 oz 8 oz	10 oz 4 oz 8 oz
Bed-time meal	Kasein®	1 serving	1 serving

# MEAL SUGGESTIONS

MEAL	NOTES
Breakfast Options	<ul style="list-style-type: none"> <li>• Egg-white omelet with a side of spinach</li> <li>• Fat-free cottage cheese, boiled eggs and some blueberries</li> <li>• Scrambled egg whites with lean beef—cook</li> <li>• Steak, and egg whites with mushrooms</li> <li>• Salmon on a bed of brown rice with a side of vegetables</li> </ul>
Mid-morning snack	<ul style="list-style-type: none"> <li>• Tofu scramble with mushrooms, tomatoes, and spinach</li> <li>• Fat-free cottage cheese with diced cucumbers, tomatoes, and onions</li> <li>• Chicken breast with brown rice and broccoli</li> <li>• Homemade sweet potato fries with onion, sliced chicken breast, and a spread of fat-free cottage cheese</li> <li>• Lean-beef patty, fat-free cottage cheese, and a large green salad</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• Lean ground turkey in a lettuce shell, diced tomatoes and salsa, and brown rice cakes</li> <li>• Canned tuna (water packed); quinoa mixed with vegetables (celery, onions, radishes), and balsamic vinaigrette with a bit of extra virgin olive oil</li> <li>• Egg whites, sardines, Brussels sprouts, and brown rice</li> <li>• Lentils, egg whites, and a large green salad with quinoa</li> <li>• Bison, sweet potato, and steamed kale</li> </ul>
Mid-afternoon snack	<ul style="list-style-type: none"> <li>• Salmon, yam and green beans</li> <li>• Cod and homemade sweet potato fries</li> <li>• Diced chicken breast and quinoa</li> <li>• Micropure® Whey Protein Isolate mixed in Cream of Rice</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>• Steak and potatoes. Add a side of your favorite vegetable medley from my list</li> <li>• Tuna steak, and a large side salad with balsamic vinaigrette with a bit of extra virgin olive oil.</li> <li>• Lean ground beef with some avocado, vegetables, and scrambled egg whites.</li> <li>• Lean game meat, large green salad, and a whole egg.</li> <li>• Tofu, vegetables, and a side salad.</li> </ul>

## SPICE IT UP

The following condiments and spices are essentially “free” foods because they are low in calories or boost metabolism. Use can use them to your taste.

- Kelp
- Redmond Real Salt
- Cayenne pepper
- Black pepper
- Mixed herbs and spices
- Chopped garlic
- Garlic powder
- Ginger
- Turmeric
- Soy sauce
- Franks Hot Sauce
- Balsamic vinaigrette
- Apple cider vinegar
- Freshly squeezed lemon juice
- Cholula
- Hot English mustard

# GROCERY LIST

- Chicken breast
- Turkey breast
- Cod
- Tuna (fresh or packed in water)
- Pollock
- Low-fat steak
- Salmon
- Egg whites
- Fat-free cottage cheese
- Low-fat tofu (a vegetarian option)
- Lentils (a vegetarian option)
- Yams
- Sweet potatoes
- Red potatoes
- White potatoes
- Rice
- Oats
- Cream of Rice
- Quinoa
- Oat pancakes
- Brown rice cakes
- Leafy greens
- Brussels sprouts
- Asparagus
- Broccoli
- Cauliflower
- Kale
- Cabbage
- Green beans
- Spinach
- Sardines
- Omega-3 fish and krill supplements (high in EPA and DHA)
- Avocados
- Extra-virgin olive oil
- Walnuts
- Almonds
- Medium-chain triglycerides (MCTs)

## NOTES:

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