

# Weekly Meal Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

# The Sunday Ritual

Use a couple hours on Sundays to plan out your meals, go grocery shopping, and prepare your meals for the week.

Pre-cooking protein- Prepare all of your proteins on your shopping day and store until you need to eat it.

Pre-chopping veggies- Chop half the veggies you get on shopping day and store in Tupperware in the fridge or freezer.

## Here is a quick guide on how you should plan your meals out for week

First split your meals into two categories:

1. **Anytime meals- Protein + Vegetables + Healthy Fats + Water**
2. **Post workout meals- Protein + Starch + Vegetables/Fruits + Water**

\*Your largest meal of the day should be the meal immediately following your workout.

### 1) When you are planning your meals ask yourself what's my protein?

#### - Protein options

- Chicken Breasts\* Boneless, Skinless
- Chicken thighs are okay for specific recipes
- Ground Beef – 85% lean or higher
- Ground Turkey\* – 93% lean or higher\*
- Fish – Salmon,\* Tilapia, Shrimp\*
- Eggs
- Steak

Vegetarian or Vegan?

Try plant based proteins: beans (black beans, garbanzo beans, kidney beans, etc.)

### 2) What is my vegetable?

- **Vegetable options:** leafy greens are your best bet here!

- Spinach\*
- Green Beans\*
- Mushrooms\*
- Asparagus\*
- Broccoli
- Cucumber\*
- Red, Yellow, Orange Peppers\*
- Zucchini\*
- Kale
- Bok Choy
- Spaghetti Squash\*
- Carrots\*
- Tomatoes\*

### 3) What's my healthy fat?

### **- Healthy fat options:**

- Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)
- Oils (Olive Oil, Canola oil, Sunflower oil, Peanut oil)
- Seeds (Sunflower, sesame, pumpkin seeds, Flaxseed)
- Avocados
- Peanut Butter

### **4) What is my starch? (Only If post workout meal)**

#### **- Starch options:**

- Quinoa\*— you can add whatever flavors/spices of dish to quinoa to boost flavor
- Sweet potato\*
- Brown rice\*
- Oatmeal
- Potato
- Rice Varieties: Jasmine\*, Basmati\*, Wild Grain\*, Etc.

Once you chose one from each category your meal is complete. Now follow the same steps and plan out your meals for the entire week.

Keep it simple!

## **My Plate**

On the following pages, you will find an easy to use guide for determining what you should eat at certain times and what your plate should look like when you do eat. This is one of the best visual resources for ensuring that you are eating according to your guidelines and following the 5 habits.

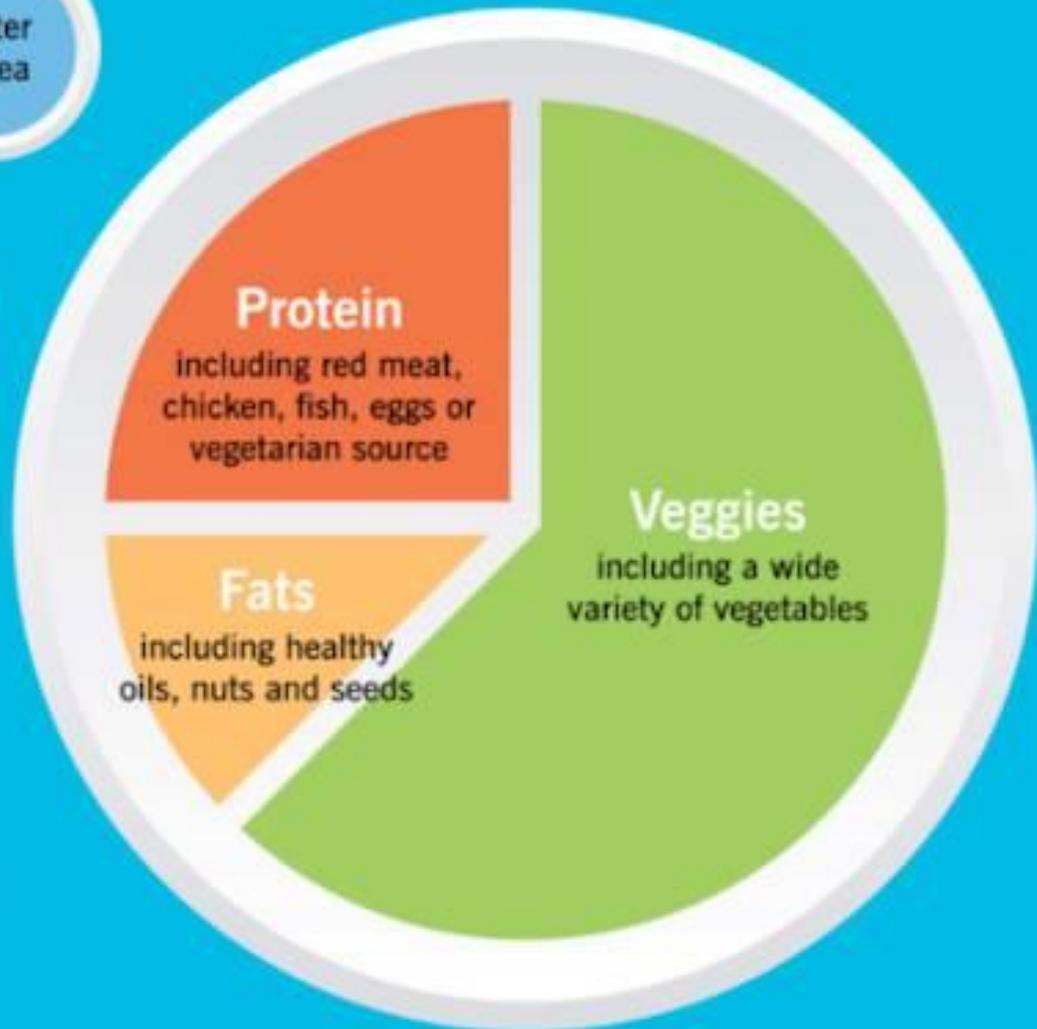
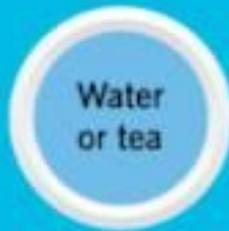
There is an “Anytime,” “Post-Workout.” The “Anytime” plate should be used to determine meals at any time. These will be your protein- and veggie based meals. The “Post-Workout” plate will show you what and how much you can eat of each item within 60 minutes of your workouts.

You will notice that most of your plate should be comprised of veggies. This is important not only for your results and health but also to control your calories. With this eating plan, you don't have constantly count calories because you will automatically be regulating them with the increased veggies.

See the following pages for the My Plate diagrams.

# Anytime Meal

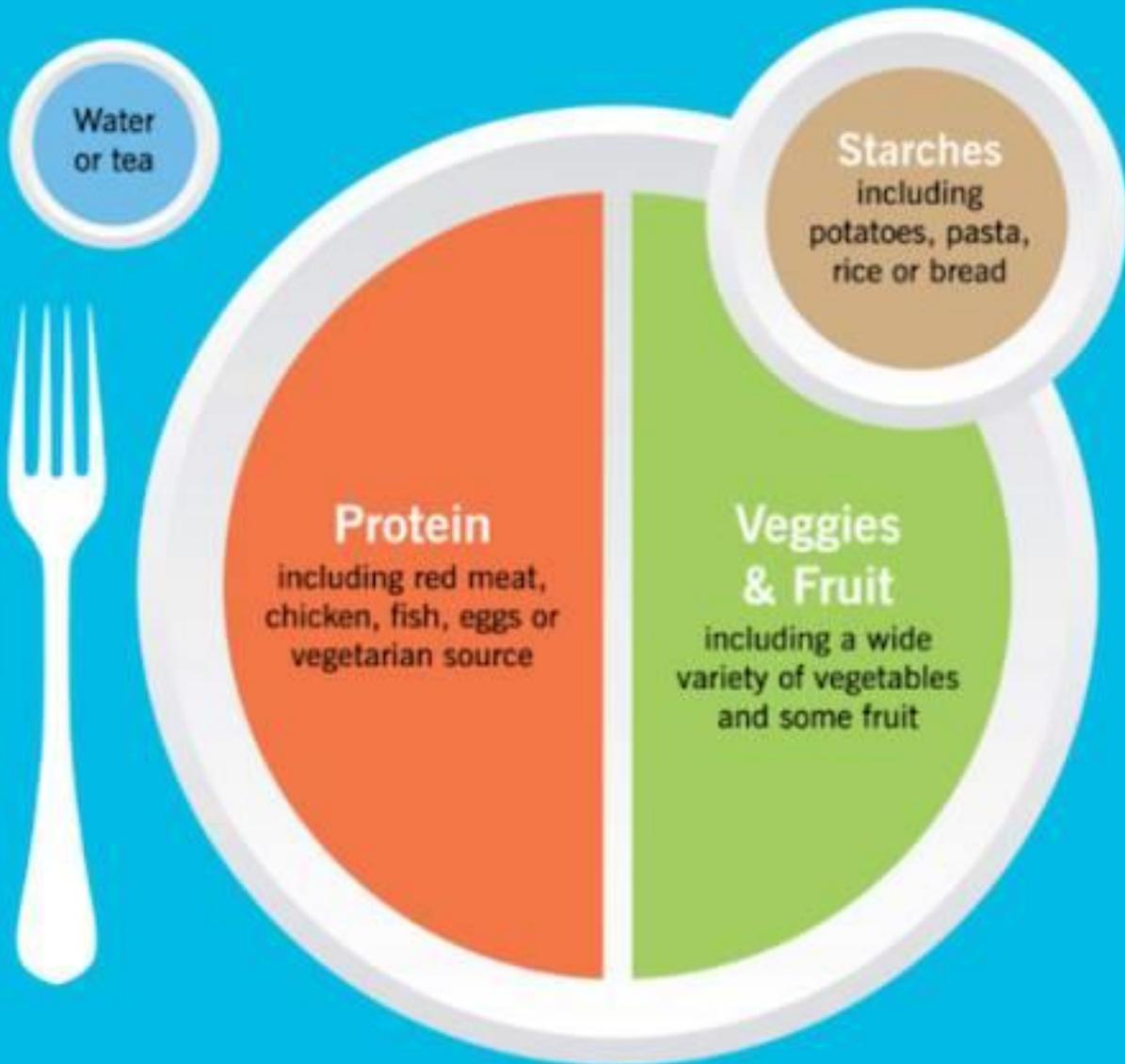
All your meals not directly after a workout



- Eat slowly and stop eating when you're 80% full.
- Save the starchy carbohydrates for after your exercise.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

# Post Workout Meal

Your first meal after an intense workout



- Eat your largest meal of the day after exercise.
- Eat more vegetables than fruit with this meal.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.