

1300 Calorie Meal Plan

Monday

Meal 1-

6 Egg Whites

Greens Drink

Meal 2 –

3 oz. Of Chicken

One Handful Of Kale

6 oz. Jasmine Rice

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.25 Cup Oatmeal

Cinnamon

Meal 4 –

3 oz. Of Turkey

One Handful Of Spinach

6 oz. Yukon Potatoes

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach



Cinnamon

Meal 6 –

1 Cup Of Fat Free Cottage Cheese

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

Tuesday

Meal 1-

6 Egg Whites

Greens Drink

Meal 2 –

4 oz. White Fish

One Handful Of Broccoli

6 oz. Quinoa

Meal 3 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Broccoli

0.25 Cup Strawberries

Cinnamon

Meal 4 –

3 oz. Of Chicken

One Handful Of Broccoli

6 oz. Sweet Potato Fries

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

Cinnamon

Meal 6 –

1 Cup Fat Free Greek Yoghurt

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

Wednesday

Meal 1-

6 Egg Whites

Greens Drink

Meal 2 –

3 oz. Of Turkey

One Handful Of Sprouts

6 oz. Sweet Potato Fries

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

0.25 Cup Of Blueberries

Cinnamon

Meal 4 –

4 oz. Of White Fish

One Handful Of Asparagus

4 oz. Quinoa

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

Cinnamon

Meal 6 –

6 Egg-Whites

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

Thursday

Meal 1-

6 Egg Whites

Trader Joes Greens Drink

Meal 2 –

3 oz. Of Chicken

One Handful Of Kale

6 oz. Jasmine Rice

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.25 Cup Oatmeal

Cinnamon

Meal 4 –

3 oz. Of Turkey

One Handful Of Spinach

6 oz. Yukon Potatoes

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Veggies

Cinnamon

Meal 6 –

Cup Of Fat Free Greek Yoghurt

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

Friday

Meal 1-

6 Egg Whites

Trader Joes Greens Drink

Meal 2 –

4 oz. White Fish

One Handful Of Broccoli

6 oz. Quinoa

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

0.25 Cup Strawberries

Cinnamon

Meal 4 –

3 oz. Of Chicken

One Handful Of Broccoli

6 oz. Sweet Potato Fries

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

Cinnamon

Meal 6 –

1 Cup Of Fat Free Yoghurt

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout