

# 1600 Calorie Meal Plan

## Monday

### Meal 1-

6 Egg Whites  
Greens Drink  
.5 tbsp. Coconut Oil

### Meal 2 –

8 oz. Of Turkey Metaball  
One Handful Of Kale  
6 oz. Jasmine Rice  
1 Apple

### 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 –

7 oz. Chicken  
One Handful Of Spinach  
2 oz. Avocado

### 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  
.5 tbsp. Grass-Fed Butter

**Meal 2 –**

7 oz. Chicken  
One Romanian Lettuce  
6 oz. Quinoa  
1 Tomato

**Meal 3 –**

1 Scoop Of Whey Protein  
1 Cup Of Unsweetened Almond Milk  
4 oz. Of Frozen Spinach  
0.25 Cup Blueberries

Cinnamon

**Meal 4** –

6 oz. Of Grass-Fed Beef

One Handful Of Asparagus

**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 Greek Yoghurt

14 Almonds

**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

.5 tbsp. Coconut Oil

**Meal 2** –

4 oz. Of Salmon

One Handful Of Broccoli

6 oz. Jasmine Rice

1 Apple

**Meal 3 -**

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Broccoli

0.25 Cup Of Blueberries

Cinnamon

**Meal 4 -**

9 oz. Of White Fish

One Handful Of Sprouts

**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 Yoghurt

14 Cashews

**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

.5 tbsp. Coconut Oil

## Meal 2 –

8 oz. Of Turkey Meatball

One Handful Of Kale

6 oz. Jasmine Rice

1 Apple

## 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 –

7 oz. Chicken

One Handful Of Spinach

2 oz. Avocado

## Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

Cinnamon

**Meal 6 –**

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

# Friday

**Meal 1-**

6 Egg Whites

Trader Joes Greens Drink

**Meal 2 –**

7 oz. Chicken

One Romanian Lettuce

6 oz. Quinoa

1 Tomato

**Meal 3 -**

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

0.25 Cup Blueberries

Cinnamon

**Meal 4 –**

6 oz. Of Grass-Fed Beef

One Handful Of Asparagus

**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 Yoghurt

14 Almonds

**Supplements**

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

Honey Badger - Take 15 Minutes Pre Workout