

1800 Calorie Meal Plan

Monday

Meal 1-

6 Egg Whites

Greens Drink

.5 tbsp. Grass-Fed Butter

Meal 2 –

7 oz. Of Chicken

One Handful Of Kale

6 oz. Quinoa

1 Apple

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.5 Cup Oatmeal

Cinnamon

Meal 4 –

8 oz. Turkey

One Handful Of Spinach

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk



4 oz. Of Frozen Spinach

1 Cup Of Blueberries

Cinnamon

Meal 6 –

6 Egg-Whites

2 oz. Avocado

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. Coconut Oil

Meal 2 –

9 oz. White Fish

One Handful Of Spinach

6 oz. Yukon Potatoes

1 Grapefruit

Meal 3 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

0.5 Cup Blueberries

Cinnamon

Meal 4 –

7 oz. Of Chicken

One Handful Of Broccoli

2 oz. Avocado

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

1 Cup Strawberries

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 –

4oz. Of Ground Bison

One Handful Of Green Beans

6 oz. Jasmine Rice

1 Cup Strawberries

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.5 Cup Of Oatmeal

Cinnamon

Meal 4 –

4 oz. Of Salmon

One Handful Of Romanian Lettuce

1 Tomato

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Broccoli

Cinnamon

Meal 6 –

6 Egg-Whites

2 oz. Avocado

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. Grass-Fed Butter

Meal 2 –

7oz. Of Chicken

One Handful Of Kale

6 oz. Quinoa

1 Apple

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.5 Cup Oatmeal

Cinnamon

Meal 4 –

8 oz. Turkey

One Handful Of Spinach

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

1 Cup Blueberries

Cinnamon

Meal 6 –

6 Egg-Whites

2 oz. Avocado

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

.5 tbsp. Coconut Oil

Meal 2 –

9 oz. White Fish

One Handful Of Spinach

6 oz. Yukon Potatoes

1 Grapefruit

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

0.5 Cup Blueberries

Cinnamon

Meal 4 –

7 oz. Of Chicken

One Handful Of Broccoli

2 oz. Avocado

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

1 Cup Strawberries

Supplements

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

Honey Badger - Take 15 Minutes Pre Workout