

1900 Calorie Meal Plan

Monday

Meal 1-

6 Egg Whites

Greens Drink

.5 tbsp. Grass-Fed Butter

Meal 2 –

8.5 oz. Of Grass-Fed Beef

One Handful Of Spinach

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 –

8 oz. Turkey

One Handful Of Spinach

4 oz. Yukon Potatoes

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 –

1 Cup Fat Free Cottage Cheese

1 tsp. Almond Butter

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 –

10 oz. Chicken

One Handful Of Kale

6 oz. Sweet Potato Fries

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 –

6 oz. Of Ground Bison

One Handful Of Sprouts

2 oz. Avocado

4 oz Quinoa

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 Blueberries

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. Grass-Fed Butter

Meal 2 –

6 oz. Of Salmon

One Handful Of Broccoli

6 oz. Yukon Potatoes

1 Cup Tomato

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Broccoli

0.5 Cup Of Strawberries

Cinnamon

Meal 4 –

7 oz. Of Chicken

One Handful Of Asparagus

4 oz. Jasmine Rice

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

0.5 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

Thursday

Meal 1-

6 Egg Whites

Trader Joes Greens Drink

.5 tbsp. Grass-Fed Butter

Meal 2 –

8.5 oz. Of Grass-Fed Beef

One Handful Of Spinach

6 oz. Jasmine Rice

1 Apple

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.5 Cup Oatmeal

Cinnamon

Meal 4 –

8 oz. Turkey

One Handful Of Spinach

4 oz. Yukon Potatoes

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

1 Cup Blueberries

Cinnamon

Meal 6 –

1 Cup Fat Free Cottage Cheese

1 tsp. Almond Butter

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. Grass-Fed Butter

Meal 2 –

10 oz. White Chicken

One Handful Of Spinach

6 oz. Sweet Potato Fries

1 Grapefruit

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 Ground Bison
One Handful Of Sprouts
4 oz. Quinoa
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 Blueberries

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch
Honey Badger - Take 15 Minutes Pre Workout

