

2300 Calorie Meal Plan

Monday

Meal 1-

9 Egg Whites
Greens Drink
1 tbsp. Grass-Fed Butter

Meal 2 –

6 oz. Of Salmon
One Handful Of Green Veggies
.5 tbsp. Coconut Oil
1 Cup Strawberries

Meal 3 -

2 Scoop Of Whey Protein
1 Cup Of Unsweetened Almond Milk
4 oz. Of Frozen Spinach
Cinnamon

Meal 4 –

8.5 oz. Grass-Fed Beef
One Handful Of Asparagus
Handful Of Asparagus
1 tbsp. Coconut Oil

Meal 5 –

2 Scoop Of Whey Protein



1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

1 tbsp. Almond Butter

1 Cup Blueberries

Cinnamon

Meal 6 –

1 Cup Fat Free Greek Yoghurt

1 Scoop Whey Protein

1 Cup Strawberries

Supplements

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

Honey Badger - Take 15 Minutes Pre Workout

Tuesday

Meal 1-

9 Egg Whites

Greens Drink

1 tbsp. Grass-Fed Butter

Meal 2 –

10 oz. Chicken

One Handful Of Green Veggies

.5 tbsp. Coconut Oil

1 Apple

Meal 3 –

2 Scoop Of Whey Protein
1 Cup Of Unsweetened Almond Milk
4 oz. Of Frozen Kale
Cinnamon

Meal 4 –

11.5 oz. Of Turkey
One Handful Of Spinach
1 tbsp. Grass-Fed Butter
2 oz. Avocado

Meal 5 –

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

Meal 6 –

1 Cup Fat Free Cottage Cheese
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-

9 Egg Whites

Greens Drink

1 tbsp. Grass-Fed Butter

Meal 2 –

10 oz. Of Chicken

One Handful Of Green Veggies

.5 tbsp. Coconut Oil

1 Apple

Meal 3 -

2 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

Cinnamon

Meal 4 –

11.5 oz. Of Turkey

One Handful Of Spinach

1 tbsp. Grass-Fed Butter

2 oz. Avocado

Meal 5 –

2 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

Cinnamon

Meal 6 –

1 Cup Fat Free Cottage Cheese

1 Cup Blueberries

14 Almonds

Supplements

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

Honey Badger - Take 15 Minutes Pre Workout

Thursday

Meal 1-

9 Egg Whites

Trader Joes Greens Drink

1 tbsp. Grass-Fed Butter

Meal 2 –

6 oz. Of Salmon

One Handful Of Green Veggies

.5 tbsp. Coconut Oil

1 Cup Strawberries

Meal 3 -

2 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

Cinnamon

Meal 4 –

8.5 oz. Grass-Fed Beef

One Handful Of Asparagus

1 tbsp. Coconut Oil

Meal 5 –

2 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

1 tbsp. Almond Butter

1 Cup Blueberries

Cinnamon

Meal 6 –

1 Cup Fat Free Greek Yoghurt

1 Scoop Whey Protein

1 Cup Strawberries

Supplements

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

Honey Badger - Take 15 Minutes Pre Workout

Friday

Meal 1-

9 Egg Whites

Trader Joes Greens Drink

1 tbsp. Coconut Oil

Meal 2 –

10 oz. Chicken

.5 Coconut Oil

Handful Of Green Veggies

1 Apple

Meal 3 -

2 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

Cinnamon

Meal 4 –

11.5 oz. Of Turkey

One Handful Of Spinach

.5 tbsp. Grass-Fed Butter

2 oz. Avocado

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

1 Cup Blueberries

Cinnamon

Meal 6 –

2 Cup Fat Free Cottage Cheese

1 Cup Blueberries

Supplements

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

Honey Badger - Take 15 Minutes Pre Workout