

2400 Calorie Meal Plan

Monday

Meal 1-

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

Meal 2 –

12 oz. Of Chicken
One Handful Of Kale
2 oz. Jasmine Rice
1 Cup Apple

Meal 3 -

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

Meal 4 –

13.5 oz. Turkey
One Handful Of Spinach
3 oz. Avocado
1 tbsp. Coconut Oil

Meal 5 –

2 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 Cup Blueberries

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. Coconut Oil

Meal 2 –

14 oz. White Fish

One Handful Of Green Veggies

2 oz. Quinoa

1 Grapefruit

Meal 3 –

2 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Green Veggies

Cinnamon

Meal 4 –

9.5 oz. Of Grass-Fed Beef

One Handful Of Green Veggies

1 tbsp. Coconut Oil

Meal 5 –

2 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Veggies

Cinnamon

1 Cup Strawberries

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-

9 Egg Whites

Greens Drink

1 tbsp. Coconut Oil

Meal 2 –

8 oz. Of Salmon

One Handful Of Broccoli

2 oz. Sweet Potato

1 Cup Strawberries

Meal 3 -

2 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

Cinnamon

Meal 4 –

12 oz. Of Chicken

One Handful Of Spinach

1 tbsp. Coconut Oil

Meal 5 –

2 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

1 Cup Blueberries

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. Coconut Oil

Meal 2 –

12 oz. Of Chicken

One Handful Of Kale

2 oz. Jasmine Rice

1 Apple

Meal 3 -

2 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

Cinnamon

Meal 4 –

13.5 oz. Turkey

One Handful Of Spinach

1 tbsp. Coconut Oil

3 oz. Avocado

Meal 5 –

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

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

Friday

Meal 1-

9 Egg Whites
Trader Joes Greens Drink
1 tbsp. Coconut Oil

Meal 2 –

14 oz. White Fish
2 oz. Quinoa
Handful Of Green Veggies
1 Grapefruit

Meal 3 -

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

Meal 4 -

9.5 oz. Of Grass-Fed Beef
One Handful Of Veggies
.5 tbsp. Coconut Oil

Meal 5 -

2 Scoop Of Whey Protein
1 Cup Of Unsweetened Almond Milk
4 oz. Of Frozen Veggies
1 Cup Strawberries
1 tbsp. Almond Butter
Cinnamon

Meal 6 -

2 Cup Fat Free Greek Yoghurt
1 Cup Strawberries

Supplements

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

