

# 2400 Calorie Meal Plan

## Monday

### Meal 1-

9 Egg Whites  
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  
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 –**

8 oz. 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 Spinach

Cinnamon

**Meal 4 –**

8 oz. Of Bison

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

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. Coconut Oil

**Meal 2 –**

14 oz. Of 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 Frozen Green Veggies

Cinnamon

**Meal 4 –**

9.5 oz. Of Grass-Fed Beef

One Handful Of Veggies

1 tbsp. Coconut Oil

**Meal 5 –**

2 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Veggies

1 Cup Strawberries

Cinnamon

**Meal 6 –**

1 Cup Fat Free Greek Yoghurt

1 Cup Strawberries

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 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 –**

8 oz. Salmon

2 oz. Sweet Potato

Handful Of Broccoli

1 Strawberries

**Meal 3 -**

2 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

Cinnamon

**Meal 4 -**

8 oz. Of Bison

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 -**

2 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

