

REDEFINING THE RULES
GAME CHANGER
WITH REAL SOLUTIONS

FOOD GAME PLAN

BREAKFAST OPTIONS

Cottage Cheese
(1 Cup 1% Nordica)
Strawberries (1 Cup)
1 tbsp Slivered Almonds
289 cals

Turkey Bacon (3 Slices)
3 Egg Whites
1 Egg
1 Slice Toast
318 Cals

LUNCH OPTIONS

Chicken Wrap
1 Tortilla
100g Chicken Breast
Lettuce, Tomato, Pepper
Light Sauce
Cals: 323

Grill Chicken Salad
150g Chicken
3 Cup Romaine Lettuce
Light Dressing 1tbsp
Croutons 20g
Cals: 305

English Muffin
Chicken Sandwich
Chicken 150g
1 tbsp bbq Sauce
English Muffin
Lettuce, Tomato, Onion
Cals: 321

DINNER OPTIONS

Chicken Stirfry
150g Chicken
1/2 Cup rice
3 Cups Vegetables
Cals: 390

Pork Souvlaki & Rice
150g Porkloin
1/2 Cup Rice
1/2 Cup Grilled Veggies
Cals: 293

Steak and Veggies
Sirloin 100g
2 Cups Vegetables
Cals: 307

Shrimp and Rice
16 Pieces Small Shrimp
1 Cup Rice
Cals: 400

Pulled Chicken
Open Face Sannie
150g Chicken
30ml bbq Sauce
1/2 Chiabbata Bun
Cals: 321

SNACK OPTIONS

Quest Bar	10 Almonds
Apple	Greek Yogurt Cup

KEY PRINCIPLES

- Eat every 3-5 hrs during waking hours**
- Adequate protein throughout the day**
- Quality food choices to meet micronutrients**
- Plan out your food the night prior for next day**
- Stick with your food plan**
- Address emotions maturely, without food**

KEY NUMBERS

CALORIES: 1300
PROTEIN:

GOAL & TIMELINE

Blank space for writing goals and timeline.