

REDEFINING THE RULES
GAME CHANGER
WITH REAL SOLUTIONS

FOOD GAME PLAN

BREAKFAST OPTIONS

Omellete 3 Egg Whites 1 Egg 30 g Cheese 1 Cup Veggies 282 Cals	Greek Yogurt (200g Oikos) Fruit (1 Cup Berries) 2 tbsp Granola 303 Cals
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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**

LUNCH OPTIONS

Chicken & Veg 150g Chicken Mixed Veggies (2 cups) 1 Side Salad 1 tbsp Light Dressing Cals: 305	Burrito Bowl 150g Chicken 1 Cup Grilled Veggies 2 tbsp Salsa Lettuce 1/3 Cup Rice Cheese 20g Cals: 402	Chicken Pita 1/2 Pita 150g Chicken 1 tbsp Light Dressing Lettuce 20 grams cheese Cals: 405
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KEY NUMBERS

CALORIES: 1400
PROTEIN:

DINNER OPTIONS

Chicken Parm & Veggies 150g Chicken 1 tbsp Parmesan 1 tbsp Pasta Sauce Bread Crumbs 2 Cups Veggies Cals: 427	Salmon and Veggies 110g Salmon 2 Cups Vegetables Cals: 306	Pork Fajita 150g Porkloin 2 Cups Grilled Vegetables 1/2 Cup Rice 1 tbsp Salsa Cals: 405	Chicken Thighs 150g Thighs 1 tbsp BBQ Sauce 2 Cups Vegetables Cals: 338	Steak and Yam 125g Sirloin 1 Medium Yam Cals: 424
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SNACK OPTIONS

Quest Bar	Milk
Apple	Greek Yogurt Cup

GOAL & TIMELINE

Blank space for writing goals and timeline.