

1,800 CAL PATREON SAMPLE MEAL PLAN

Meals

- English Muffin Bento Box
- Lasagna
- Orange Ginger Stir Fry
- M&M Baked Oats
- Chili's Skillet Queso Pasta
- Pollo a la Plancha Y Arroz con Gandules

Snacks

- String Cheese
- Fruit (banana & apple)
- Fairlife Shake
- Carrots
- Hummus
- Yogurt
- Quest Chips

Desserts

- Black Bean Brownies
- Choc Chip Muffins
- Yasso Ice Cream Bar

MONDAY

Breakfast - English Muffin Bento Box

Lunch - Lasagna

Snack - RTD Fairlife Shake & Banana

Dinner - Orange Ginger Stir Fry

Dessert - Black Bean Brownie & 1 C FF Milk

Cals:1,835 Fat:39G Carbs:194G Protein: 167G

SATURDAY

Breakfast - M&M Baked Oats

Lunch - Chili's Skillet Queso Pasta

Snack - Light & Fit Greek Yogurt w/Granola

Dinner - Pollo a la Plancha y Arroz con Gandules

Dessert - Kodiak CC Muffin w/ FF Milk

Cals:1,794 Fat:42G Carbs: 215G Protein: 140G

TUESDAY

Breakfast - English Muffin Bento Box

Lunch - Lasagna

Snack - Apple w/Peanut Butter & 1 String Cheese

Dinner - Orange Ginger Stir Fry

Dessert - Black Bean Brownie & 1 C FF Milk

Cals:1,802 Fat: 54G Carbs:194G Protein: 149G

SUNDAY

Breakfast - Banana Nut Overnight Oats

Lunch - Turkey w/Cheese Wrap & Quest Chips

Snack - Fairlife Shake & Banana

Dinner - Steak N Shake Bacon w/Cheese Burger-S Fry

Dessert - Yasso Ice Cream Bar

Cals:1,788 Fat: 66G Carbs: 181G Protein: 135G

WEDNESDAY

Breakfast - English Muffin Bento Box

Lunch - Lasagna

Snack - Carrots w/ hummus & 2 String Cheese

Dinner - Orange Ginger Stir Fry

Dessert - Black Bean Brownie & 1 C FF Milk

Cals:1,700 Fat: 46G Carbs:179G Protein: 151G

THURSDAY

Breakfast - M&M Baked Oats

Lunch - Chili's Skillet Queso Pasta

Snack - Quest Chips & Diet Soda

Dinner - Pollo a la Plancha y Arroz con Gandules

Dessert - Kodiak CC Muffin w/ FF Milk

Cals:1,734 Fat: 43G Carbs: 194G Protein: 143G

FRIDAY

Breakfast - M&M Baked Oats

Lunch - Chili's Skillet Queso Pasta

Snack - Fairlife Shake & Banana

Dinner - Pollo a la Plancha y Arroz con Gandules

Dessert - Kodiak CC Muffin w/ FF Milk

Cals:1,834 Fat: 41G Carbs: 216G Protein: 154G

Average Calories & Macros for the Week

Calories - 1784/day

Fat - 47g/day

Carbs - 196g/day

Protein - 148g/day

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