



Meal Plan Made Easy – 2 Sample Days

@kbhealthcoach

Meal	Sample Meal Plan Day 1	Sample Meal Plan Day 2
Breakfast	<ul style="list-style-type: none"> • Peanut butter overnight oats with Greek yogurt • 2 grams Omega 3 Fish Oils • 1 multi-vitamin (or specific vitamin to your needs) 	<ul style="list-style-type: none"> • 2-3 pre-made egg muffins • 2 grams Omega 3 Fish Oils • 1 multi-vitamin (or specific vitamin to your needs)
Snack	<ul style="list-style-type: none"> • Almond flour zucchini muffins 	<ul style="list-style-type: none"> • Apple with natural peanut butter
Lunch	<ul style="list-style-type: none"> • Tuna Quinoa Toss 	<ul style="list-style-type: none"> • Whole grain burrito/wrap with chicken, brown rice, black beans, peppers, spinach, onions, tomato, cheese, guacamole, or avocado
Pre-Workout Snack	<ul style="list-style-type: none"> • Raspberry Chia seed pudding (only if hungry) 	<ul style="list-style-type: none"> • Chopped fresh veggies (ex. cucumber, carrots, snap peas) with roasted red pepper hummus dip and almond crackers (only if hungry)
During Workout	<ul style="list-style-type: none"> • HPSD (BCAA's) in 500mL Water (optional but recommended). Water required. 	<ul style="list-style-type: none"> • HPSD (BCAA's) in 500mL Water (optional but recommended). Water required.
Post-Workout Snack	<ul style="list-style-type: none"> • Protein shake- Chocolate peanut butter banana shake 	<ul style="list-style-type: none"> • Cinnamon Crunch protein balls (2-4)
Dinner	<ul style="list-style-type: none"> • Ground turkey sweet potato skillet and a large kale/spinach salad with bright veggies, pumpkin seeds, mixed nuts in an olive oil-based dressing 	<ul style="list-style-type: none"> • Butter Salmon Rice Bowl
Pre-Bed Snack	<ul style="list-style-type: none"> • Blueberry yogurt protein bites (only if hungry) 	<ul style="list-style-type: none"> • Greek yogurt, granola, almonds, and berries (only if hungry)

Notes: If you workout at a different time of day, just adjust as needed. If it's a rest day, take out the pre, during and post snack. Remember to portion your meals using your hand (palm size protein, thumb fats etc.).

See recipe book for more details of meals above. Drink water before and after each meal/eating time.