

1600 CALORIE MEAL PLAN

BASIC BREAKDOWN

BREAKFAST	500 CALORIES
LUNCH	450 CALORIES
DINNER	450 CALORIES
SNACKS	200 CALORIES

TOTAL	1600 CALORIES
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BREAKFAST: 500 Calories

ITEM	CATEGORY	PREPARATION METHOD
CHOOSE ONE:		
2 EACH EGGS	Organic/Omega-3 added	<p align="center">Cooked any way</p> <p>◆ Add 1 teaspoon of <u>Ghee, Coconut Oil, Or Extra Virgin Olive Oil</u></p>
2/3 CUP COTTAGE CHEESE, REGULAR	Organic	<p align="center">Serve Cold</p> <p>◆ With 1½ tablespoons of Nuts, dried or Roasted</p>
6oz/170g GREEK YOGHURT, PLAIN	Organic	<p align="center">Serve Cold</p> <p>◆ With 2 tablespoons of Nuts, dried or Roasted</p>
1 Each SMOOTHIE -1 scoop Vegan Protein Powder -1 tablespoon Nut Butter (almond/cashew)	Protein Powder	<p align="center">Serve Cold</p> <p>◆ Blend ingredients on High with water or ice as needed, continue until smooth</p>
ADD A MEAT:		
6oz/170g Meat or Seafood -Red Meat, Poultry, Ham, Wild Fish	Organic	Roasted/Smoked/Etc
4.5oz/127g Poultry, Sausage	Organic	Grilled or Roasted
3oz/85g Pork/Beef Sausage	Organic	Grilled or Roasted
2oz/57g Naturally Smoked/Cured Seafood -Smoked Salmon or Mackerel, Lox, etc.	Wild Caught	As is Cooked
4 SLICES Bacon	Organic (Nitrate Free)	Grilled
ADD A FRUIT:		
1¼ CUP Fruit Salad, fresh	1¼ CUP	Berries
1 EACH Grapefruit, pink, large, fresh 4½"	1 EACH	Banana, fresh 9" long
1 EACH Orange, fresh, California, navel 3¾"	1 EACH	Apple, fresh large 3¼"

LUNCH: 450 Calories

ITEM	CATEGORY	PREPARATION METHOD
CHOOSE A MEAT:		
4oz/113g POULTRY -Chicken, Turkey Breast, etc.	Free Range	Braised, Grilled or Roasted
4oz/113g PORK -Tenderloin, Loin chop, etc.	Free Range	Braised, Grilled or Roasted
3.5oz/99g BEEF -Filet, Flank, Strip, Ribeye, Skirt Steak, Lean Ground, etc.	100% Grass-Fed	Braised, Grilled or Roasted
3.5oz/99g FISH -Cod, Bass, Salmon, Tuna, etc.	Wild Caught	Baked, Grilled or Roasted
ADD A STARCH OR LEGUME:		
1/3 cup Starchy Vegetables -E.g. Acorn & Butternut Squash, Corn, Peas, Plantains, Potatoes, Yams, etc.	Fresh Local Organic	Baked ♦ Bake or Roast with 1 tablespoon of <u>Ghee</u> , <u>Coconut Oil</u> , Or <u>Extra Virgin Olive Oil</u>
1/4 cup Legumes -E.g. Beans (cannelini, fava, kidney, etc.), Lentils, Chickpeas, etc.		Cook Anyway ♦ Cook with 1 tablespoon of <u>Ghee</u> , <u>Coconut Oil</u> , Or <u>Extra Virgin Olive Oil</u>
ADD A VEGETABLE OR SALAD:		
1 cup Non Starchy Vegetables -E.g. Asparagus, Broccoli, Carrots, Green Beans, Leafy Greens, Cauliflower, etc.	Fresh Local Organic Seasonal when possible	Cook Anyway ♦ Steam vegetables & drizzle with 2 tablespoon of <u>Ghee</u> , <u>Coconut Oil</u> , Or <u>Extra Virgin Olive Oil</u>
1 each Salad -2 cups Greens, ½ each Roma tomato, 1 slice Red Onions		Serve Cold ♦ Mix vegetables & drizzle with 3 tbs. <u>Balsamic Vinaigrette</u> OR 2 tbs. <u>Caesar Dressing</u> OR 1 tbs. <u>Extra Virgin Olive Oil</u>

DINNER: 450 Calories

ITEM	CATEGORY	PREPARATION METHOD
CHOOSE A MEAT:		
4oz/113g POULTRY -Chicken, Turkey Breast, etc.	Free Range	Braised, Grilled or Roasted
4oz/113g PORK -Tenderloin, Loin chop, etc.	Free Range	Braised, Grilled or Roasted
3.5oz/99g BEEF -Filet, Flank, Strip, Ribeye, Skirt Steak, Lean Ground, etc.	100% Grass-Fed	Braised, Grilled or Roasted
3.5oz/99g FISH -Cod, Bass, Salmon, Tuna, etc.	Wild Caught	Baked, Grilled or Roasted
ADD A STARCH OR LEGUME:		
1/3 cup Starchy Vegetables -E.g. Acorn & Butternut Squash, Corn, Peas, Plantains, Potatoes, Yams, etc.	Fresh Local Organic Seasonal when possible	Baked ♦ Bake or Roast with 1 tablespoon of <u>Ghee</u> , <u>Coconut Oil</u> , Or <u>Extra Virgin Olive Oil</u>
1/4 cup Legumes -E.g. Beans (cannelini, fava, kidney, etc.), Lentils, Chickpeas, etc.		Cook Anyway ♦ Cook with 1 tablespoon of <u>Ghee</u> , <u>Coconut Oil</u> , Or <u>Extra Virgin Olive Oil</u>
ADD A VEGETABLE OR SALAD:		
1 cup Non Starchy Vegetables -Ex. Asparagus, Broccoli, Carrots, Green Beans, Leafy Greens, Cauliflower, etc.	Fresh Local Organic Seasonal when possible	Cook Anyway ♦ Steam vegetables & drizzle with 1 tablespoon of <u>Ghee</u> , <u>Coconut Oil</u> , Or <u>Extra Virgin Olive Oil</u>
1 each Salad -2 cups Greens, ½ each Roma tomato, 1 slice Red Onions		Serve Cold ♦ Mix vegetables & drizzle with 3 tbs. <u>Balsamic Vinaigrette</u> OR 3 tbs. <u>Caesar Dressing</u> OR 2 tbs. <u>Extra Virgin Olive Oil</u>

SNACKS: 200 Calories Per Day

EXAMPLE

2 tablespoon Almond Butter, Organic

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2 each Celery Stalk, 5" long

(See snack list for more examples)