

MALE - WEIGHT LOSS

SAMPLE MENU



BREAKFAST

*2 palm sized portions of whole eggs (4 eggs)
2 fist sized portions of mixed pepper and onions, cooked
(2 cups)
1 cupped handful of old fashioned oats (2/3 cut)
1 cupped handful of mixed berries (2/3 cup)
1 entire thumb of chopped walnuts (1 tbsp)
water/ green tea/ black coffee*

LUNCH

*2 palm sized portions of chicken (8 oz)
2 fist sized portions of mixed greens, chopped veggies
(2 cups)
1 cupped handful black beans (2/3 cup)
2 entire thumbs of guacamole (2 tbsp)
water/ green tea/ black coffee*

SHAKE

*2 scoops of vanilla or chocolate whey protein
1 medium banana
1 tbsp Smuckers Natural Peanut Butter
1 cup lowfat milk or almond milk
1 cup ice
blend together*

DINNER

*2 palm sized portions of wild salmon (8 oz)
2 fist sized portions of zucchini
1 cupped handful of sweet potato (1 medium)
1 thumb of extra virgin olive oil (1 tbsp)
1 thumb of butter (1 tbsp)
water*

Calories 2355 | Protein 210 g (36%) | Carbs 165 g (28%) | Fat 95 g (36%) |

MALE - BODY COMPOSITION

SAMPLE MENU



BREAKFAST

*2 palm sized portions of whole eggs (4 eggs)
2 fist-sized portions of broccoli, chopped (2 cups)
1 cupped handful of old fashioned oats (2/3 cut)
1 cupped handful of mixed berries (2/3 cup)
2 entire thumbs of slivered almonds (2 tbsp)
water/ green tea/ black coffee*

LUNCH

*2 palm sized portions of chicken (8 oz)
2 fist sized portions of mixed pepper and onions, cooked
(2 cups)
1 cupped handful black beans (2/3 cup)
1 cupped handful of brown or wild rice (2/3 cup)
2 entire thumbs of guacamole (2 tbsp)
water/ green tea/ black coffee*

SHAKE

*2 scoops of vanilla or chocolate whey protein
1 medium banana
1 tbsp Smuckers Natural Peanut Butter
1 cup lowfat milk or almond milk
1 cup ice
blend together*

DINNER

*2 palm sized portions of chicken(8 oz)
2 fist sized portions of asparagus
2 cupped handfuls of potatoes (1 large)
1 thumb of extra virgin olive oil (1 tbsp)
1 thumb of butter (1 tbsp)
water*

Calories 2775 | Protein 230 g (33%) | Carbs 250 g (36%) | Fat 95 g (31%) |

MALE - BUILD MUSCLE

SAMPLE MENU



BREAKFAST

*2 palm sized portions of whole eggs (4 eggs)
2 fist-sized portions of broccoli, chopped (2 cups)
1 cupped handful of old fashioned oats (2/3 cup)
1 cupped handful of mixed berries (2/3 cup)
2 entire thumbs of slivered almonds (2 tbsp)
water/ green tea/ black coffee*

LUNCH

*2 palm sized portions of chicken (8 oz)
2 fist sized portions of mixed pepper and onions, cooked (2 cups)
1 cupped handful black beans (2/3 cup)
1 cupped handful of brown or wild rice (2/3 cup)
2 entire thumbs of guacamole (2 tbsp)
water/ green tea/ black coffee*

SHAKE

*2 scoops of vanilla or chocolate whey protein
1 medium banana
2 tbsp Smuckers Natural Peanut Butter
1 cup lowfat milk or almond milk
1 cup ice
blend together*

DINNER

*2 palm sized portions of lean sirloin (8 oz)
2 fist sized portions of asparagus
2 cupped handfuls of potatoes (1 large)
1 thumb of extra virgin olive oil (1 tbsp)
1 thumb of butter (1 tbsp)
water*

Calories 3235 | Protein 255 g (32%) | Carbs 295 g (36%) | Fat 115 (32%) |

FEMALE - WEIGHT LOSS

SAMPLE MENU



BREAKFAST

*.5 palm-sized portion of whole eggs (1 egg)
.5 palm-sized portion of turkey sausage (1/2 sausage)
1 fist-sized portion of peppers and onions (3/4 cup)
1 cupped handful of sprouted grain toast (1 slice)
water/ green tea/ black coffee*

LUNCH

*1 palm sized portions of chicken (4 oz)
1 fist sized portion of spinach and tomatoes (3/4 cup)
1 cupped handful of sprouted grain wrap (1 wrap)
1 entire thumb of guacamole (1 tbsp)
water/ green tea/ black coffee*

SHAKE

*1 scoops of vanilla or chocolate whey protein
1 small banana
1 tbsp Smuckers Natural Peanut Butter
1 cup lowfat milk or almond milk
1 cup ice
blend together*

DINNER

*1 palm sized portions of wild salmon (4 oz)
1 fist-sized portion of asparagus (3/4 cup)
1 cupped handful of spinach (3/4 cup)
1 thumb of extra virgin olive oil (1 tbsp)
water*

Calories 1270 | Protein 115 g (36%) | Carbs 90 g (28%) | Fat 50 g (35%)

FEMALE - BODY COMPOSITION

SAMPLE MENU



BREAKFAST

*1 palm sized portions of whole eggs (2 eggs)
1 fist-sized portion of broccoli, chopped (3/4 cup)
1 cupped handful banana (1 small)
1 entire thumb of almond butter
water/ green tea/ black coffee*

LUNCH

*1 palm sized portions of chicken (4 oz)
1 fist sized portion of spinach (1 cups)
.5 cupped handful of sprouted grain wrap (1/2)
.5 cupped handful of black beans (1/2 cup)
1 entire thumb of pesto (1 tbsp)
water/ green tea/ black coffee*

SHAKE

*1 scoops of vanilla or chocolate whey protein
1 small banana
1 tbsp Smuckers Natural Peanut Butter
1 cup lowfat milk or almond milk
1 cup ice
blend together*

DINNER

*1 palm sized portions of wild salmon (4 oz)
1 fist-sized portion of cauliflower (3/4 cup)
1 cupped handful of quinoa (1/2 cup)
1 thumb of extra virgin olive oil (1 tbsp)
water*

Calories 1565 | Protein 115 g (29%) | Carbs 130 g (33%) | Fat 65 g (37%)

FEMALE - BUILD MUSCLE

SAMPLE MENU



BREAKFAST

*1 palm sized portions of whole eggs (2 eggs)
1 fist-sized portion of spinach (3/4 cup)
1 cupped handful of old fashioned oats (1/2 cup)
1 cupped handful of mixed berries (1/2 cup)
1 entire thumb of slivered almonds (1 tbsp)
water/ green tea/ black coffee*

LUNCH

*1 palm sized portions of chicken (4 oz)
1 fist sized portion of mixed peppers and onions (1 cups)
1 cupped handful of black beans (1/2 cup)
1 cupped handful of brown and wild rice (1/2 cup)
2 entire thumbs of guacamole (2 tbsp)
water/ green tea/ black coffee*

SHAKE

*1.5 scoops of vanilla or chocolate whey protein
1 small banana
1 tbsp Smuckers Natural Peanut Butter
1 cup lowfat milk or almond milk
1 cup ice
blend together*

DINNER

*1 palm sized portions of lean sirloin (4 oz)
1 fist-sized portion of broccoli (3/4 cup)
1 cupped handful of potato (1 small)
1 thumb of extra virgin olive oil (1 tbsp)
water*

Calories 1745 | Protein 120 g (28%) | Carbs 170 g (39%) | Fat 65 g (34%)