

Sample Meal Days 1800-2000 Calories

How to use this guide:

- Inspiration with meal planning and prep!
 - Understanding of how your calorie goals can look like with a whole food/balanced meals approach
- X** NOT a rigid list of meals you “must eat” to be on plan

Takeaways from each day

- **Minimum 3 cups veggies**
- **Minimum 25g fiber**
- **80-90% whole foods**
- **minimum 25g protein each meal**

**** this approach is SO important for managing hunger, cravings, and energy levels!*

Each day include 3 meals and 1 snack or postworkout meal to help you reach your goals.

The meals in this plan are set to the lower end of your calorie range so that if you would like to add something to enhance taste you have room to do so (for example a favorite sauce for extra flavour).

We have also included a **grocery list** that contains the food mentioned in this plan to again assist you with meal prep!

If you have any questions about this plan, please reach out to your coach!

Sample Day #1 1800-2000 calories

MEAL 1

Spinach and Feta Omlette on Toast

415 cals: 51.8p/35.3c/8.1/7fiber

PROTEIN	CARB	FAT	VEGGIE
250g egg whites 75g deli meat (turkey or ham)	2 slices whole grain or high fiber bread (little big bread, Dave killer, etc)	20g feta	100g cherry tomato, 50g red onion

MEAL 2

Grilled Chicken Quinoa Salad

556cals: 55.9p/30c/23.6g/7.5 fiber

PROTEIN	CARB	FAT	VEGGIE
160g Cooked Chicken Breast	90g Cooked Quinoa	40g avocado, 10ml olive oil	Mixed greens, 70g red pepper, 80g cucumber, 15g lemon juice (for dressing)

POSTWORKOUT

Greek yogurt with Berries & Oats

376 cals, 40.9p/44.4c/2.8f/4.5fiber

PROTEIN	CARB	FAT	Fruit
250g 0% Plain Greek Yogurt 15g protein powder	25g Oats and 10g Honey	--	50g Strawberries, 50g Blueberries

MEAL 3

Baked Salmon with Broccoli & Sweet Potato 525 cals, 43.5p/33.6c/24.7f/7.6 fiber

PROTEIN	CARB	FAT	VEGGIE
120g cooked Salmon	120g sweet potato cooked	Fat from Salmon	120g broccoli

Season Salmon with garlic power and lemon juice

SUMMARY

CALORIES: 1873

CARBS: 143 (27 fiber)

PROTEIN: 192g

FAT: 59

Sample Day #2 1800-2000 calories

MEAL 1

Protein Pancakes with PB and Berries

520 cals: 48.1p/64c/8.8f/8.6 fiber

PROTEIN	CARB	FAT	Fruit
200g egg whites 20g whey protein powder	40g oats & 100g banana	10g peanut butter	50g blueberries

Blend together egg whites, protein powder, oats, banana, and 2g baking powder, cook on low-medium heat, top with blueberries.

MEAL 2

Turkey & Avocado Wrap

580 cals: 50.9p/34.8c/25.3f/7 fiber

PROTEIN	CARB	FAT	VEGGIE
150g cooked turkey breast	1 whole wheat tortilla	30g hummus, 40g avocado	lettuce, 50g tomato, 30g red onion

SNACK (REST DAY)

Cottage Cheese with Pineapple and Walnuts

370 cals: 41.6p/28.5c/12.7f/1.5 fiber

PROTEIN	CARB	FAT	Fruit
250g low-fat cottage cheese 15g protein powder	5g honey	10g walnuts 5g chia seeds	60g crushed pineapple

MEAL 3

Beef Stir Fry with Vegetables and Rice

393 cals: 49.8p/25.7c/10.4f/3.1 fiber

PROTEIN	CARB	FAT	VEGGIE
150g cooked lean beef strips	50g rice cooked	5ml sesame oil	80g peppers, 50g carrots.

Season with 15g soy sauce, 5g chopped garlic, 1/2 tsp ginger

SUMMARY

CALORIES: 1863

CARBS: 153 (20g fiber)

PROTEIN: 190g

FAT: 58g

Sample Day #3 1800-2000 calories

MEAL 1

High Protein Avocado Toast

543 cals: 53.1p/34.5c/22.9f/9.7 fiber

PROTEIN	CARB	FAT	VEGGIE
250g egg whites 75g deli meat (ham or chicken)	2 slices high fiber bread	60g avocado, 25g feta, 5ml olive oil	60g tomato

MEAL 2

Lentil & Chickpea Salad with Grilled Chicken

542 cals: 58.6p/28c/21.4f/9.4 fiber

PROTEIN	CARB	FAT	VEGGIE
160g cooked chicken breast	50g lentils, 50g chickpeas	15ml olive oil- mix with 1 tbsp lemon juice for dressing	80g cucumber, 60g pepper, 30g red onion

POSTWORKOUT

Smoothie

356 cals: 41p/41.3c/4.5f/6.1 fiber

PROTEIN	CARB	FAT	VEGGIE
45g whey protein powder	100g banana, 20g oats	--	50g Spinach

MEAL 3

Shrimp Stir Fry with Quinoa and Veggies

431 cals: 48.2p/36c/11.6f/8 fiber

PROTEIN	CARB	FAT	VEGGIE
160g cooked shrimp	100g cooked quinoa	10ml sesame oil	100g broccoli, 50g peppers, 50g carrots

15g soy sauce with serving

SUMMARY

CALORIES: 1872

CARBS: 140 (33g fiber)

PROTEIN: 200

FAT: 60g

Grocery Shopping List

Protein

- Chicken Breast
- Ham
- Shrimp
- Whey Protein Powder
- Low-Fat Cottage Cheese
- Egg Whites
- Greek Yogurt
- Lean Beef Strips
- Salmon
- Turkey Breast

Carbs

- Bread
- Wraps
- Rice
- Quinoa
- Lentils
- Chickpeas
- Sweet Potato
- Oats
- Honey

Fruits

- Blueberries
- Bananas
- Strawberries
- Crushed Pineapple

Fats

- Peanut Butter
- Olive Oil
- Sesame Oil
- Avocado
- Feta
- Walnuts
- Hummus
- chia seeds
- flax seeds

Veggies

- Spinach
- Red Onion
- Tomato
- Peppers
- Broccoli
- Carrots
- Lettuce
- Cucumber

***** If you are Dairy Free or Gluten Free, make the following substitutions:**

- Bread/wrap> Gluten Free Bread/wrap
- Feta> More avocado/olive oil
- Yogurt/cottage cheese> coconut yogurt+ 1/2 scoop vegan protein powder
- Whey Protein Powder> Vegan Protein Powder
- Please note macros may differ slightly with substitutions

Macros Explained

Macronutrients = the proteins, carbohydrates, and fats that make up the calories of the foods we eat. It isn't just about calories, it is important to eat enough of certain macronutrients based on your GOALS

Protein

ROLES: helps us build muscle, keeps us feeling full, helps with energy regulation
This is the macronutrient people tend to skimp on most.

Hardest to store as body fat.

Becomes more important as we age to offset natural muscle loss

Fats

ROLES: Important so your body absorbs the micronutrients (vitamins and minerals) you are eating!

Assists satiety

Helps with overall health and body function (immune health, metabolism and hormones)

Carbohydrates

ROLES: Helps to fuel workouts and support recovery, gives us ENERGY, supports stress response, assists in digestion (due to fiber content)

TYPES of Carbs:

1. Starchy Carbs - oats, potatoes, quinoa, other grains
2. Fruit
3. Veggies

PROTEIN

- Meat- Chicken, Beef, Steak, Turkey, Pork
- Fish (Salmon, Cod, Tuna)
- Egg whites
- Protein Powder
- Whole Eggs
- Greek Yogurt
- Cottage Cheese
- Beans + Legumes

CARBS

- Oats
- White Rice
- Veggies
- Quinoa/Couscous/ Other Grains
- White/Red Potatoes
- Beans/Legumes
- Fruit
- Sweet Potatoes/Yams

FATS

- All natural nut butters + nuts
- Extra virgin olive oil + olives
- Coconut oil + coconut
- Butter
- Avocado & Avocado Oil
- Cheese
- Fatty Fish + Meat + whole eggs
- Flaxseed, chia seed, hemp hearts