

# Sample Meal Days 2400-2600 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 2400-2600 calories

## MEAL 1

### Spinach and Feta Omlette on Toast

546 cals: 46.1p/57.7c/15.6f/4.1 fiber

PROTEIN	CARB	FAT	VEGGIE
325g egg whites	2 slices sourdough bread	20g feta 10g butter	100g cherry tomato, 50g red onion

## MEAL 2

### Grilled Chicken Quinoa Salad

729 cals: 63.6p/53.6c/29.2f/10.4 fiber

PROTEIN	CARB	FAT	VEGGIE
160g Cooked Chicken Breast	200g Cooked Quinoa	40g avocado, 15g feta, 10ml olive oil	Mixed greens, 70g red pepper, 80g cucumber, 15g lemon juice (for dressing)

## POSTWORKOUT

### Greek yogurt with Banana & Oats

493 cals: 40.8p/75.2c/3.5f/6.7 fiber

PROTEIN	CARB	FAT	Fruit
225g 0% Plain Greek Yogurt, 1/2 scoop protein powder	35g Oats and 25g Honey	--	100g banana

## MEAL 3

### Baked Salmon with Broccoli & Sweet Potato

642 cals: 46.1p/60.9c/24.9f/11.9 fiber

PROTEIN	CARB	FAT	VEGGIE
100g cooked Salmon	250g sweet potato cooked	Fat from Salmon	120g broccoli

Season Salmon with garlic powder and lemon juice

## SUMMARY

CALORIES: 2410

CARBS: 247 (33g fiber)

PROTEIN: 197g

FAT: 73

# Sample Day #2 2400-2600 calories

## MEAL 1

**Protein Pancakes with PB and Berries** 552 cals: 44.4p/70.1c/11.1f/9.6 fiber

PROTEIN	CARB	FAT	Fruit
150g egg whites 20g whey protein powder	40g oats & 100g banana	15g peanut butter	100g 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 with Side Potatoes** 800 cals: 52.6p/63.3c/37.4f/13 fiber

PROTEIN	CARB	FAT	VEGGIE
140g cooked turkey breast	1 whole wheat tortilla, 100g baked potato	45g hummus, 80g avocado, 5g butter (for potato)	lettuce, 50g tomato, 30g red onion

## SNACK (REST DAY)

**Cottage Cheese with Pineapple and Walnuts** 472 cals: 44.4p/38.6c/19.2f/5.8 fiber

PROTEIN	CARB	FAT	Fruit
250g low-fat cottage cheese, 15g protein powder	5g honey	15g walnuts 10g chia seeds	100g crushed pineapple

## MEAL 3

**Beef Stir Fry with Vegetables and Rice** 638 cals: 52.9p/71.5c/14.9f/2.9 fiber

PROTEIN	CARB	FAT	VEGGIE
150g cooked lean beef strips	200g rice cooked	10ml sesame oil	80g peppers, 50g carrots.

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

## SUMMARY

**CALORIES: 2463**

**CARBS: 244g (31g fiber)**

**PROTEIN: 194g**

**FAT: 83g**

# Sample Day #3 2400-2600 calories

## MEAL 1

### High Protein Avocado Toast

691 cals: 46.3p/58.5c/32.5f/9.3 fiber

PROTEIN	CARB	FAT	VEGGIE
250g egg whites, 1 whole egg	2 slices sourdough bread	100g avocado, 5ml olive oil, 25 feta	60g tomato

## MEAL 2

### Lentil & Chickpea Salad with Grilled Chicken

705 cals: 62.8p/73.7c/16.3f/9 fiber

PROTEIN	CARB	FAT	VEGGIE
160g cooked chicken breast	50g lentils, 50g chickpeas, 150g rice	10ml olive oil- mix with 1 tbsp lemon juice for dressing	80g cucumber, 60g pepper, 30g red onion

## POSTWORKOUT Smoothie

387 cals: 30.5p/56.6c/5.7f/7.2 fiber

PROTEIN	CARB	FAT	VEGGIE
45g whey protein powder	100g banana, 20g oats, 20g honey	5g flaxseed	50g Spinach

## MEAL 3

### Shrimp Stir Fry with Quinoa and Veggies

554 cals: 52.4p/58.2c/13.6f/11.1 fiber

PROTEIN	CARB	FAT	VEGGIE
160g cooked shrimp	200 g cooked quinoa	10ml sesame oil	100g broccoli, 50g peppers, 50g carrots

15g soy sauce with serving

## SUMMARY

CALORIES: 2400

CARBS: 248 (37g fiber)

PROTEIN: 205

FAT: 69g

# Grocery Shopping List

## Protein

- Chicken Breast
- 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