

REDEFINING THE RULES
GAME CHANGER
WITH REAL SOLUTIONS

FOOD GAME PLAN

BREAKFAST OPTIONS

Egg & Peameal Muffin 2 Egg whites 2 Peameal Slices 1 Slice Process Cheese 1 English Muffin Cals 314	Smoothie 1 Scoop Protein 1 Cup Berries 1 Cup Almond Milk Cals 270
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KEY PRINCIPLES

- Eat every 3-5 hrs during waking hours**
- Adequate protein throughout the day**
- Quality food choices to meet micronutrients**
- Plan out your food the night prior for next day**
- Stick with your food plan**
- Address emotions maturely, without food**

LUNCH OPTIONS

Tuna Lettuce Wrap 1 Cup Romaine 1 Can Tuna 1.5 tbsp Low fat mayo 1 Medium Apple Cals: 248	Mex Bean and Chicken 1/2 Cup Black Beans 150g Chicken 2 tbsp salsa 1/2 Cup Grilled Veg Cals: 328	Chicken Stirfry 150g Chicken 1/2 Cup rice 3 Cups Vegetables Cals: 390
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KEY NUMBERS

CALORIES: 1500
PROTEIN:

DINNER OPTIONS

BBQ Chicken & Potato 150g Chicken Baked Potato 1 oz Light Sour Cream Cals: 430 Cals	Taco Salad Ex. Lean Grou.Beef 100g Salsa 2tbsp Light Sour Cream 50g 14g Tortilla Strips 2 Cups Lettuce Cals: 398	Pork/Quinoa Salad 150g Porkloin 1/2 Cup Quinoa Romaine Lettuce 1 tbsp Light Dressing Cals:390	Tilapia/Salad/Rice 1.5 Tilapia Filet 1 Cup Rice 1 Side Salad 1 tbsp Light Dressing Cals: 415	Ground Chicken & Spaghetti Squash 300g Spaghetti Squash Ex. Lean Grou Beef 150g 1/2 Cup Pasta Sauce Cals: 391
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SNACK OPTIONS

Quest Bar	Cottage Cheese
Smoothie	Almonds

GOAL & TIMELINE

Blank space for writing goals and a timeline.