
Meal Plan: Level 3

Getting Good!

Depending on when you choose to exercise, 30-45 minutes beforehand drink protein drink and eat the next meal within 30-45 minutes after your exercise.

Meal 1: Breakfast

- 2 egg omelet with mushrooms, onions, zucchini, tomatoes, greens
- 1 cup steamed broccoli

Meal 2: Morning Snack

- Fresh berries
- Greek or low sugar/plain yogurt

Meal 3: Lunch

- 3 oz pouch packed tuna, sea salt and 1 tbsp light ranch
- Flat whole grain crackers
- Baby carrots
- Banana

Meal 4: Afternoon Snack

- 10-15 almonds or walnuts

Meal 5: Dinner

- Tilapia, Salmon, fish cooked in coconut oil with herbs and spices
- Fresh loaded veggie salad with ½ avocado
- ½ cup brown rice

Meal 6: PM Snack

- Cottage cheese

Your calories needs may be more or less than the recommended serving size above. Add or subtract your serving size as needed. Additionally, I love to add flavor to my recipes by adding spices. My meals that consist of a lean protein such as fish or chicken and green vegetables - I often sauté sliced tomatoes, onions, garlic, cayenne pepper, turmeric, basil to make them taste much better.