
Meal Plan: Level 2

This is Exciting!

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 workout.

Meal 1: Breakfast

- Smoothie: 10 oz Almond, coconut, or milk with ½ cup spinach or kale, 1 scoop protein powder, ½ banana, ¼ strawberries

Meal 2: Morning Snack

- Carrots & ranch

Meal 3: Lunch

- 3 oz pouch packed tuna, sea salt and ½ tbsp light ranch
- Flat whole grain crackers
- Steamed broccoli or raw broccoli with ½ tbsp light ranch
- Banana

Meal 4: Afternoon Snack

- 10-15 almonds or walnuts

Meal 5: Dinner

- Turkey, beef, or chicken cooked in coconut oil with herbs and spices
- Fresh loaded veggie salad with ½ avocado
- Sweet potato with organic grass-fed butter and sea salt

Meal 6: PM Snack

- Cottage cheese or hard boiled egg

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.