

# 5 Free Meal Plans from Full Armor Fitness

## *Meal Plan: Level 1*

## I'm Starting off Great!

Depending on when you choose to exercise, eat what's next in line on the list 45 minutes up to 2-3 hours beforehand, then eat the following meal within 30-45 minutes after your lift if possible. *If the timing is off and you aren't ready to eat, you could drink ½ of a protein drink, ½ cup cottage cheese, 1 string cheese, or low sugar, 10g protein bar.*

### 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

- Low sugar/plain yogurt or apple

### Meal 3: Lunch

- 3 oz pouch packed tuna, sea salt and 1 tbsp light ranch
- Flat whole grain crackers or whole grain tortilla
- Baby carrots, broccoli, and light ranch or peanut butter

### Meal 4: Afternoon Snack

- 10-15 almonds or walnuts
- ½ banana

### 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 butter and sea salt

### Meal 6: PM Snack

- Hard boiled egg or air popcorn with sea salt

Your calorie needs may be more or less than the recommended serving sizes 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 add sautéed sliced tomatoes, onions, garlic, cayenne pepper, turmeric, basil to make them taste much better. Try to eat this meal plan 3 days this week!

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## *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.

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## *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.

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## *Meal Plan: Level 4*

# I've Got This!

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 lift.

### **Meal 1: Breakfast**

- 1/2 cup Oatmeal with protein powder and tsp cinnamon.
- 1/2 cup of fresh berries, citrus, or melon

### **Meal 2: Morning Snack**

- Serving of carrots or celery
- 2 Tbsp hummus or peanut butter

### **Meal 3: Lunch**

- 5 oz cooked chicken breast strips
- 2 cups salad; broccoli, spinach, zucchini, mushrooms, onions, zucchini, tomatoes, dried fruit

### **Meal 4: Afternoon Snack**

- 10-15 almonds or walnuts
- Apple

### **Meal 5: Dinner**

- Tilapia, Salmon, fish cooked in coconut oil with herbs and spices
- Fresh loaded veggie salad with 1/2 avocado
- 1/2 cup brown rice

### **Meal 6: PM Snack**

- 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.

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## *Meal Plan: Level 5*

# Fitness Model

Extreme dedication to eating is what this plan is all about. Yes, it all depends on when and how you choose to lift, 30-45 minutes beforehand eat 1/2 cup uncooked oatmeal or brown rice and eat the next meal within 30-45 minutes after your lift. There is very low cardio segments in a fitness model plan. Most is lifting, and solid eating.

### **Meal 1:**

- 1/2 cup Oatmeal with protein powder and tsp cinnamon.
- 1/2 cup of fresh strawberries or kiwi
- Coffee or herbal tea

### **Meal 2:**

- 3 egg whites and/or 2 eggs omelet
- 1 cup vegetables: mushrooms, onions, zucchini, tomatoes, greens

### **Meal 3:**

- 5 oz cooked chicken breast
- 1/2 cup broccoli or zucchini or green beans

### **Meal 4:**

- Tilapia or Salmon cooked in coconut oil
- Fresh loaded veggie salad with 1/2 cup cottage cheese and almonds or walnuts

### **Meal 5:**

- Lean turkey or chicken breast
- 1/2- whole avocado
- 1-2 cups favorite vegetables

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

You may choose to add in additional vegetables. The rich spices coupled with the necessary saturated fat, makes a perfectly seasoned meal. I have found it much easier to stick to a meal plan that just tastes good instead of plain unseasoned foods.

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*From Meal Plans*

## Recipes

**1-2-3 Pancakes** - 1 cup cottage cheese, 2 cups rolled oats, 3 egg whites. Optional ingredients of vanilla and cinnamon. Put all together and stir. Heat skillet on low/med and spray/oil. Make into pancakes and place in skillet. Turn very slowly and carefully to fry the other side. Looks like a healthy pancake - fragile, but worth it!

**Mexican Power Salad** - a power salad has at least 10 ingredients. Use corn, black beans, onions, rice, lettuce, salsa, guacamole,

**Hidden Spaghetti** - this is your opportunity to make your spaghetti pop. Prepare as normal (although use whole grain noodles, organic spaghetti sauce if you can) and add as many veggies as possible. Some I usually add and “hide” in this Hidden Spaghetti are; shredded carrots, shredded zucchini, onions and mushrooms. You may need to add more spaghetti sauce.

**Crockpot BBQ Chicken** - take frozen chicken breast and place in crockpot. Pour a bottle of ‘Cookies’ brand BBQ sauce (only 7g of sugar) over the chicken. Cover. Turn on low for 5-8 hours or high for 3-5 hours - pending amount of chicken and crockpot temps. \*If BBQ is too bitter, add ½ bottle of Italian Light Salad Dressing.

**Chicken Breast Salsa Crockpot** - take frozen chicken breast and place in crockpot. Pour a bottle of salsa (fresh salsa is better) over the chicken. Cover. Turn on low for 5-8 hours or high for 3-5 hours - pending amount of chicken and crockpot temps. \*Eat this plain, inside rice or whole grain tortillas w black beans, onions and guacamole. Or, use the next day in soups, sandwiches or casseroles.

### References:

*“Women who eat two servings of red meat per day have a 30 percent increased risk of heart disease compared with women who average three to four servings per week (or half a serving per day), according to the study, which appears in the journal Circulation.”*

Reference:[www.cnn.com/2010/HEALTH/08/16/.../index.html](http://www.cnn.com/2010/HEALTH/08/16/.../index.html)

FDA Recommendations 1.8 servings of meat per day/pending on the type of meat and up to 12.6 oz.  
<http://healthyeating.sfgate.com/should-one-eat-red-meat-per-week-10822.html>

FDA my plate image provided by <http://www.choosemyplate.gov/>