

## 2250 Calorie Meal Plan

### **BREAKFAST**

Protein 52 grams	8 ounces fat free Greek yogurt mixed with 1 scoop protein powder	Or	<u>2 scoop protein powder</u>
Carbohydrate 55 grams	1 cup oats (uncooked)	Or	<u>3.5 slices Ezekiel bread</u> <u>9 ounces yams</u>

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### **AM SNACK**

Protein 50 grams	2 scoops powder	Or	8 ounces fat free Greek yogurt mixed with 1 scoop protein powder
Carbohydrate 15 grams	2 rice cakes	Or	1/2 medium apple
Fat 16 grams	2 TBS almond butter	Or	<u>1/2 avocado</u> <u>22 almonds</u>

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### **Lunch**

Protein 49 grams	8 ounces ground beef (95% lean)	Or	<u>9 ounces canned tuna in water</u> <u>8 ounces top sirloin</u> <u>8 ounces chicken breast</u>
Carbohydrate 25 grams	¾ cup black beans	Or	<u>½ cup brown rice (cooked)</u> <u>4 ounces yams</u>
Fat 8 grams	1/3 avocado		<u>12 almonds</u> <u>2 TBS chia seeds</u>

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### **PM SNACK**

Fat 14 grams	22 almonds	Or	<u>2 TBS almond butter</u> <u>½ avocado</u>
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**2250 Calorie Meal Plan**  
Continued

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**Dinner**

Protein 20 grams	3 ounces Chicken Breast	Or	<u>4 ounces cod</u> <u>3 ounces lean ground turkey (97% lean)</u> <u>3 ounces top sirloin steak</u>
Vegetables	1 large salad		At least 5 vegetables. Eat as much as You can.

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**Post Workout Shake**

Protein 48-50 grams	2 scoop protein powder	Drink immediately after workout
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