

SAMPLE MEAL PLAN #1

Breakfast – 6:30 am

Nutrition Shake – 8 oz. cold water, 2 scoops SP Complete, 1 scoop Standard Process Blend Whey Protein (chocolate) and ½ cup of frozen raspberries, strawberries and blueberries.

Mid-morning snack – 9:30 am

20 raw almonds
½ cucumber

Lunch – noon

3-4 oz. chicken breast
½ cup cooked broccoli
1 medium salad with mixed greens, onions, tomatoes, green peppers, goat cheese
Salad dressing – 2 tablespoons of olive oil and apple cider vinegar

Mid-day snack

½ cocoa cherry standard bar
1 green pepper

Dinner

4 oz salmon
½ cup cooked asparagus
1-cup kale (sautéed in olive oil or butter)

Nighttime snack (if needed)

Nutrition shake listed for breakfast OR
15-20 walnuts OR
2 tablespoons of almond butter

SAMPLE MEAL PLAN #2

Breakfast – 6:30 am

2-3 eggs scrambled with sautéed spinach, mushrooms and feta cheese
2 tablespoons of fresh salsa on top

Mid-morning snack – 9:30 am

30 pistachios
1 red pepper

Lunch – noon

1 can albacore tuna mixed with grape seed oil mayonnaise
1 cup swiss chard (sautéed in olive oil or butter)
½ cup cooked lentils

Mid-day snack – 4 pm

1 high protein bar (cocoa cherry)

Dinner – 6:30 pm

4 oz. turkey breast
1 medium salad with celery, cucumbers, green peppers, goat cheese
Dressing – 2 tablespoons olive oil and apple cider vinegar
½ cup wild or brown rice

Nighttime snack – 9 pm

Nutrition shake OR
2 tablespoons almond butter