

1,800 CAL PATREON SAMPLE MEAL PLAN

Meals

- Maple & Brown Sugar Overnight Oats
- Cheesy Taco Pasta
- Chicken Gyro Bowl
- Cookies & Cream Protein Smoothie
- Chicken Pollo Asado Bowl
- Cheesy Ranch Pasta

Snacks

- Dannon Yogurt Light/Fit
- Cocoa Roasted Almonds
- Quest Chips
- Protein Shake
- Banana

Desserts

- Skinny Cow Ice Cream Sandwiches
- Oreo Cookies

MONDAY

Breakfast - Maple & Brown Sugar Overnight Oats
Lunch - Cheesy Taco Pasta
Snack - Yogurt Light/Fit & Cocoa Roasted Almonds
Dinner - Chicken Gyro Bowl
Dessert - Skinny Cow Ice Cream Sandwich
Cals:1,760 Fat: 43G Carbs:197G Protein: 151G

TUESDAY

Breakfast - Maple & Brown Sugar Overnight Oats
Lunch - Cheesy Taco Pasta
Snack - Yogurt Light/Fit & Cocoa Roasted Almonds
Dinner - Chicken Gyro Bowl
Dessert - Skinny Cow Ice Cream Sandwich
Cals:1,760 Fat: 43G Carbs:197G Protein: 151G

WEDNESDAY

Breakfast - Maple & Brown Sugar Overnight Oats
Lunch - Cheesy Taco Pasta
Snack - Yogurt Light/Fit & Cocoa Roasted Almonds
Dinner - Chicken Gyro Bowl
Dessert - Skinny Cow Ice Cream Sandwich
Cals:1,760 Fat: 43G Carbs:197G Protein: 151G

THURSDAY

Breakfast - Cookies & Cream Protein Smoothie
Lunch - Chicken Pollo Asado Bowl
Snack - Fairlife Shake & Quest Loaded Taco Chips
Dinner - Cheesy Ranch Pasta
Dessert - Skinny Cow Ice Cream Sandwich
Cals:1,779 Fat: 41G Carbs:184G Protein: 170G

FRIDAY

Breakfast - Cookies & Cream Protein Smoothie
Lunch - Chicken Pollo Asado Bowl
Snack - Fairlife Shake & Quest Loaded Taco Chips
Dinner - Cheesy Ranch Pasta
Dessert - Skinny Cow Ice Cream Sandwich
Cals:1,779 Fat: 41G Carbs:184G Protein: 170G

SATURDAY

Breakfast - Cookies & Cream Protein Smoothie
Lunch - Chicken Pollo Asado Bowl
Snack - Fairlife Shake & Quest Loaded Taco Chips
Dinner - Cheesy Ranch Pasta
Dessert - Skinny Cow Ice Cream Sandwich
Cals:1,779 Fat: 41G Carbs:184G Protein: 170G

SUNDAY

Breakfast - 2 Boiled Eggs, 2 Bacon, 1 English Muffin
Lunch - Wendy's Parmesan Caesar Chicken Salad
Snack - Fairlife Shake & Banana
Dinner - Jennie O Turkey Burger on Bun w/ Fries
Dessert - 3 Oreos, 1 Cup Fairlife Milk
Cals:1,830 Fat: 70G Carbs:132G Protein:142G

Average Calories & Macros for the Week

Calories - 1778/day

Fat - 46g/day

Carbs - 182g/day

Protein - 158g/day

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