

THERE ARE HUNDREDS OF GREAT MEAL PLANS, THE BEST ONE YOU CAN FOLLOW IS THE ONE YOU STICK WITH AND DON'T GIVE UP ON!!!!

1 WEEK MEAL PLAN, BUILT AROUND WORKING OUT: m, t, w, f, sat. (th, sun off)  
Serving sizes are for a muscular female. If you are female but need to lose weight then start with this and monitor your weight, you might need to cut out 1 snack a day or use slightly smaller serving sizes. Most males will need to use larger portion sizes. When searching for the optimal diet it is important to monitor weight once a week, no more, no less. Daily weighing can make you neurotic and doesn't take into account normal fluctuations throughout the day. Also journal your sleep and workout patterns, as these can affect your body's hormonal levels and energy levels.

### MONDAY

**Breakfast:** 2 eggs w/ lots of greens. 2 cups broccoli, spinach, bell peppers etc.

**Snack:** 2/3 cup Greek yogurt w/ berries. (3/4 cup strawberries, blueberries etc.)

**Lunch:** Chicken Salad: 2 cups lettuce or spinach, 1 chicken breast, 1/2 cup black beans and oil and vinegar for dressing.

**Snack:** After workout: 1 cup chocolate milk and 1 apple or banana. (or protein shake with fruit)

**Dinner:** 1 serving meat (about 8 oz. steak, venison, chicken breast, turkey meat, salmon) along with lots of greens (2 cups) and 1/3 avocado or 10 almonds or cashews for fat.

### TUESDAY

**Breakfast:** 2 eggs w/ greens.

**Snack:** 2/3 cup low fat cottage cheese w/ 3/4 cup berries.

**Lunch:** 1 serving meat (ground turkey patty, chicken breast, turkey) and lots of fresh veggies with hummus.

**Snack:** After workout: 1 cup chocolate milk and 1 apple or banana. (or protein shake with fruit) or 10 oz. sweet potato fries.

**Dinner:** 1 serving meat (about 8 oz. steak, venison, chicken breast, turkey meat, salmon) along with lots of greens (2 cups) and 1/3 avocado or 10 almonds or cashews for fat.

### WEDNESDAY

**Breakfast:** 2 eggs w/ greens.

**Snack:** 2/3 cup Greek yogurt w/ berries. (3/4 cup strawberries, blueberries etc.)

**Lunch:** Chicken Salad: 2 cups lettuce or spinach, 1 chicken breast, 1/2 cup black beans and oil and vinegar for dressing.

**Snack:** After workout: 1 cup chocolate milk and 1 apple or banana. (or protein shake with fruit)

**Dinner:** 1 serving meat (about 8 oz. steak, venison, chicken breast, turkey meat, salmon) along with sweet potatoes (10 oz.) and some pistachios (10-15)

### THURSDAY

**Breakfast:** 2 eggs w/ greens.

**Snack:** 2/3 cup Greek yogurt w/ berries. (3/4 cup strawberries, blueberries etc.)

**Lunch:** Chicken Salad: 2 cups lettuce or spinach, 1 chicken breast, ½ cup black beans and oil and vinegar for dressing.

**Snack:** afternoon or later at night. 2/3 cup cottage cheese w/ fruit and a few nuts

**Dinner:** 1 serving meat (about 8 oz. steak, venison, chicken breast, turkey meat, salmon) along with lots of greens (2 cups) and 1/3 avocado or 10 almonds or cashews for fat.

## FRIDAY

**Breakfast:** 2 eggs w/ greens.

**Snack:** 2/3 cup Greek yogurt w/ berries. (3/4 cup strawberries, blueberries etc.)

**Lunch:** Chicken Salad: 2 cups lettuce or spinach, 1 chicken breast, ½ cup black beans and oil and vinegar for dressing.

**Snack:** After workout: 1 cup chocolate milk and 1 apple or banana. (or protein shake with fruit)

**Dinner:** 1 serving meat (about 8 oz. steak, venison, chicken breast, turkey meat, salmon) along with lots of greens (2 cups) and 1/3 avocado or 10 almonds or cashews for fat.

## SATURDAY

**Breakfast:** 1.5 cups fresh fruit with 4 pieces bacon or 2/3 cup cottage cheese.

**Snack:** 2/3 cup Greek yogurt w/ berries. (3/4 cup strawberries, blueberries etc.)

**Lunch:** Tuna Salad: 2 cups lettuce or spinach, 1 can tuna mix in some mayonnaise and mustard, ½ cup black beans and oil and vinegar for dressing.

**Snack:** After workout: 1 cup chocolate milk and 1 apple or banana. (or protein shake with fruit)

**Dinner:** Cheat meal. Eat whatever you want (try to avoid grains and starches) go to town on sweets like ice cream or chocolate ☺ Whatever you need to eat to keep your sanity...do it.

## SUNDAY

**Breakfast:** 2 eggs w/ greens.

**Snack:** 2/3 cup Greek yogurt w/ berries. (3/4 cup strawberries, blueberries etc.)

**Lunch:** Chicken Salad: 2 cups lettuce or spinach, 1 chicken breast, ½ cup black beans and oil and vinegar for dressing.

**Snack:** 5 oz. beef jerky, 1 apple and 12 nuts

**Dinner:** 1 serving meat (about 8 oz. steak, venison, chicken breast, turkey meat, salmon) along with lots of greens (2 cups) or sweet potatoes and 1/3 avocado or 10 almonds or cashews for fat.

**Supplements:** Take fish oil (1000mg) 3-5 times per day. Best taken w/ meals.

**Notes:** Feel free to sub cottage cheese for Greek yogurt and vice versa. Use whatever you prefer to eat.

Easiest to prepare lots of meat portions at once i.e. grill a bunch of chicken breasts then store in fridge in Tupperware. Ground turkey burger patties work well, also store bought rotisserie chickens will provide you with enough chicken for 3-5 meals. Great for making chicken salads.

Any snack can be subbed for another snack you prefer. Any lunch can be subbed for another lunch or dinner. These are ideas, do whatever is easiest for you personally and you will have more success sticking with it.

Muscle milk is best protein shake I know of, get whey protein if you're going to drink shakes for post workout recovery.

For more ideas on meals, copy and paste this web address to your browser to view the article in the CrossFit Journal: [http://library.crossfit.com/free/pdf/cfjissue21\\_May04.pdf](http://library.crossfit.com/free/pdf/cfjissue21_May04.pdf) This information is also available in your Ute CrossFit student handbooks in the nutrition section. Note not all of the meals in the article use the best choice of foods. Those meals are in zone proportions, but not necessarily made with all natural whole foods. For other ideas Google search "paleo recipes" and you should be able to find a ton of recipes.