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Wake Up 5:30 / 6:00 am								
Meal 1	DEplete DAY Egg Whites with Spinach & tsp Coconut Oil 	DEplete DAY Egg Whites with Spinach & tsp Coconut Oil 		DEplete DAY Egg Whites with Spinach & tsp Coconut Oil 	DEplete DAY Egg Whites with Spinach & tsp Coconut Oil 			
Meal 2	Ground Turkey & Green Beans 	Cauliflower Rice Stuffed Peppers 	Shakeology, Almond Milk Blueberries 	Ground Turkey & Green Beans 	Cauliflower Rice Stuffed Peppers 	Shakeology, Almond Milk Blueberries 	Shakeology, Almond Milk Blueberries	
Meal 3	2 Hardboiled Eggs & Tesseme's Zesty Ranch Dressing 	2 Hardboiled Eggs & Tesseme's Zesty Ranch Dressing 	Microgreen Salad with Chicken 	2 Hardboiled Eggs & Tesseme's Zesty Ranch Dressing 	2 Hardboiled Eggs & Tesseme's Zesty Ranch Dressing 	Microgreen Salad with Chicken 	Egg & Spinach Scramble w/ Protein Pancake 	
Meal 4	Broccoli Cheese Soup 	Peppers & Hummus 	Broccoli Cheese Soup 	Peppers & Hummus 	Broccoli Cheese Soup 	Peppers & Hummus 	½ Banana Cucumber & Hummus 	
Pre-Workout Meal	Sweet Potato & Chicken Wraps 	Sweet Potato & Chicken Wraps 	2 Eggs w/ Roasted Veggies & Sweet Pot. 	Sweet Potato & Chicken Wraps 	2 Eggs w/ Roasted Veggies & Sweet Pot. 	Sweet Potato & Chicken Wraps 	Microgreen Salad with Chicken 	
Pre-Workout Supplement	BEACHBODY PERFORMANCE ENERGIZE 20-30 MINUTES BEFORE WORKOUT							REST
Workout 5 PM								REST
Post-Workout Supplement	BEACHBODY PERFORMANCE RECOVER 10-30 MINUTES AFTER WORKOUT + ½ BANANA 							REST
Post-Workout Meal Dinner	Unstuffed Pepper Skillet 	Crock Pot Pork Ragu w/ Zoodles 	Grilled Chicken w/ Sweet Potato & Veggies 	Unstuffed Cabbage Rolls 	Turkey Burgers with Caramelized Onions (no cheese) 	Instant Pot Beef & Broccoli w/ Brown Rice 	Pasta, Turkey Meatballs, Homemade Sauce 