










PLAN A	Containers	Mon	Tues	Wed	Thurs	Friday	Saturday	Sunday
Wake Up 5:30 / 6:00 am								
Meal 1 8:00 AM		Shakeology, Almond Milk ½ Banana	Shakeology, Almond Milk ½ Banana	Shakeology, Almond Milk ½ Banana	Shakeology, Almond Milk ½ Banana	Shakeology, Almond Milk ½ Banana	Shakeology, Almond Milk ½ Banana	Shakeology, Almond Milk ½ Banana
Meal 2 11 AM		Turkey, Lettuce Roll up w/ Italian Dressing	Egg Roll in a Bowl	Turkey, Lettuce Roll up w/ Italian Dressing	Egg Roll in a Bowl	Turkey, Lettuce Roll up w/ Italian Dressing	Egg Roll in a Bowl	Breakfast Fried Rice 
Meal 3 2 PM		Cauliflower Risotto	Caprese Salad	Carrots & Hummus	Cauliflower Risotto	Caprese Salad	Carrots & Hummus	½ Banana Cucumber & Hummus 
Pre-Workout Meal		Breakfast Fried Rice	Egg Salad, Corn Tortilla w/ Snap Peas	Breakfast Fried Rice	Egg Salad, Corn Tortilla w/ Snap Peas	Breakfast Fried Rice	Egg Salad, Corn Tortilla w/ Snap Peas	Salad with Protein 
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		Cilantro Lime Chick Drumsticks w/ Rice & Veg	Turkey Taco Nachos w/ Tortilla Chips	(IP) Chicken Meatballs	Chili w/ Beans	Grilled Chicken Zucchini Brown Rice		Pasta, Turkey Meatballs, Homemade Sauce 