










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 Blueberries	Shakeology , Almond Milk Blueberries	Shakeology , Almond Milk Blueberries	Shakeology , Almond Milk Blueberries	Shakeology , Almond Milk Blueberries	Shakeology , Almond Milk Blueberries	Shakeology , Almond Milk Blueberries
Meal 3 2 PM		Turkey & Lettuce Roll Up dipped in Italian dressing	Cauliflower Rice Stuffed Peppers	Turkey & Lettuce Roll Up dipped in Italian dressing	Cauliflower Rice Stuffed Peppers	Turkey & Lettuce Roll Up dipped in Italian dressing	Cauliflower Rice Stuffed Peppers	Egg & Spinach Scramble w/ Potatoes 
Meal 2 11 AM		Cucumbers & Hummus	Steamed Broccoli w/ Cheese	Peppers w/ Guac	Steamed Broccoli w/ Cheese	Cucumbers & Hummus	Peppers w/ Guac	½ Banana Cucumber & Hummus 
Pre-Workout Meal		2 Eggs w/ Roasted Veggies & Sweet Pot.	Grilled Chicken, Grilled Zucchini w/ Quinoa	Unstuffed Cabbage Rolls w/ Pumpkin Seeds (on side)	2 Eggs w/ Roasted Veggies & Sweet Pot.	Chicken Marsala w/ Steamed Cauliflower	Grilled- Chimichurri- Chicken-Salad	Salad w/ Burger on top 
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		Grilled Chicken, Grilled Zucchini w/ Quinoa	Unstuffed Cabbage Rolls w/ Pumpkin Seeds (on side)	Chicken Marsala w/ Steamed Cauliflower	Cauliflower Rice Stuffed Peppers	Grilled- Chimichurri- Chicken-Salad	Burger Portobello Buns w/ Pasta Salad	Burger w/ Pasta Salad 