



MEAL PLAN 1200-1499

COUNTDOWN TO COMPETITION

PLAN 1 1200-1499	DAY 1 C2C	DAY 2	DAY 3 C2C	DAY 4 C2C	DAY 5	DAY 6 C2C	DAY 7 C2C
Breakfast Coffee w/ Coconut Oil T	Scrambled Egg Whites w/ Mushrooms 	Scrambled Eggs & Mushrooms 	2 Hardboiled Eggs & Oatmeal 	2 Hardboiled Eggs & Oatmeal 	Acai Bowl 	Egg Whites & Oatmeal 	Egg Whites & Oatmeal
Shakeology Snack	Shakeology Coconut Oil T	Shakeology w/ Blueberries 	Shakeology Coconut Oil T	Shakeology Coconut Oil T	Shakeology 	Shakeology Coconut Oil T	Shakeology Coconut Oil T
Lunch	(LO) Steak Salad Sweet potato & Veggies 	Turkey Meatballs w/ Zucchini Noodles 	Garlic Shrimp Broccoli Spaghetti Squash 	Garlic Shrimp Broccoli Spaghetti Squash 	Turkey Bacon Avocado Club 	Chicken with Zucchini & Mushrooms 	Chicken with Zucchini & Mushrooms
Snack	Soft Boiled Eggs 	Toast w/ 1/2 Banana & PB 	Greek Yogurt 	Greek Yogurt 	Peppers 	Soft Boiled Eggs 	Soft Boiled Eggs
Dinner	Tilapia w/ Veggie T Greek Yogurt 	Pepper Nachos 	Mediterranean Turkey Burgers T Greek Yogurt 	Mediterranean Turkey Burgers T Greek Yogurt 	Lemon Garlic Chicken Thighs, Veggies 	Turkey Lettuce Wraps T Greek Yogurt 	Turkey Lettuce Wraps T Greek Yogurt