

2100 CAL PATREON SAMPLE MEAL PLAN

Meals

- Tater Tot Breakfast Muffins
- Jalapeño Popper Chicken Taquitos
- Crockpot Olive Garden Pasta
- Maple & Brown Sugar Overnight Oats
- Cluckin Chicken Bowl
- Sheet Pan Butter Parm Chicken

Snacks

- Peanut Butter
- Fruit
- Trail Mix
- Protein Shake
- Chips

Desserts

- No-Bake Turtle Cheesecake

MONDAY

Breakfast - Tater Tot Breakfast Muffins
Lunch - Jalapeño Popper Chicken Taquitos & Doritos
Snack - Fairlife Shake, Banana, 2 Tbsp Peanut Butter
Dinner - Crockpot Olive Garden Pasta
Dessert - No-Bake Turtle Cheesecake & 1C 2% Milk
Cals: 2,174 Fat: 76G Carbs: 211G Protein: 162G

TUESDAY

Breakfast - Tater Tot Breakfast Muffins
Lunch - Jalapeño Popper Chicken Taquitos & Doritos
Snack - Fairlife Shake, Banana, 2 Tbsp Peanut Butter
Dinner - Crockpot Olive Garden Pasta
Dessert - No-Bake Turtle Cheesecake & 1C 2% Milk
Cals: 2,174 Fat: 76G Carbs: 211G Protein: 162G

WEDNESDAY

Breakfast - Tater Tot Breakfast Muffins
Lunch - Jalapeño Popper Chicken Taquitos & Doritos
Snack - Fairlife Shake, Banana, 2 Tbsp Peanut Butter
Dinner - Crockpot Olive Garden Pasta
Dessert - No-Bake Turtle Cheesecake & 1C 2% Milk
Cals: 2,174 Fat: 76G Carbs: 211G Protein: 162G

THURSDAY

Breakfast - Maple & Brown Sugar Overnight Oats
Lunch - Cluckin Chicken Bowl
Snack - Fairlife Shake & 1.75 oz bag Trail Mix
Dinner - Sheet Pan Butter Parm Chicken
Dessert - No-Bake Turtle Cheesecake & 1C 2% Milk
Cals: 1,950 Fat: 52G Carbs: 181G Protein: 181G

FRIDAY

Breakfast - Maple & Brown Sugar Overnight Oats
Lunch - Cluckin Chicken Bowl
Snack - Fairlife Shake & 1.75 oz bag Trail Mix
Dinner - Sheet Pan Butter Parm Chicken
Dessert - No-Bake Turtle Cheesecake & 1C 2% Milk
Cals: 1,950 Fat: 52G Carbs: 181G Protein: 181G

SATURDAY

Breakfast - Maple & Brown Sugar Overnight Oats
Lunch - Cluckin Chicken Bowl
Snack - Fairlife Shake & 1.75 oz Trail Mix
Dinner - Sheet Pan Butter Parm Chicken
Dessert - No-Bake Turtle Cheesecake & 1C 2% Milk
Cals: 1,950 Fat: 52G Carbs: 181G Protein: 181G

SUNDAY

Breakfast - Biscuit, 2 Eggs, 1 Cheese, 2 Sausage Patty
Lunch - 2 Tuna Sandwiches w/ Chips
Snack - Fairlife Shake
Dinner - 3 slices Med Dominoes Pizza & Diet Soda
Dessert - No-Bake Turtle Cheesecake & 1C 2% Milk
Cals: 2,163 Fat: 88G Carbs: 180G Protein: 140G

Average Calories & Macros for the Week

Calories - 2076/day

Fat - 67g/day

Carbs - 194g/day

Protein - 167g/day

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