

1,800 CAL PATREON SAMPLE MEAL PLAN

Meals

- Blueberry Pecan Overnight Oats
- Lemon Chicken Orzo Soup
- Outback Steakhouse Alice Springs Chicken
- Frittata Breakfast Sandwich
- Crockpot Chicken & Gravy
- Chicken Pad Thai

Snacks/Desserts

- Protein Shakes
- Fruits and Veggies
- Hummus
- Cottage Cheese w/Fruit
- Peanut Butter
- Quest Chips
- Pumpkin Protein Bars
- Walmart Bakery Mini Cupcakes
- Walmart Bakery Carrot Cake Sandwich Cookies
- Walmart Bakery Snickerdoodle Cookies

MONDAY

Breakfast - Blueberry Pecan Overnight Oats

Lunch - Lemon Chicken Orzo Soup

Snack - Legion Shake & 2 Mini Cupcakes

Dinner - Outback Steakhouse Alice Springs Chicken

Dessert - Pumpkin Protein Bars & 1 C FF Fairlife Milk

Cals:1,763 Fat:61G Carbs:164G Protein:161G

SATURDAY

Breakfast - Frittata Breakfast Sandwich

Lunch - Crockpot Chicken & Gravy

Snack - Legion Shake & Hummus w/Carrots

Dinner - Chicken Pad Thai

Dessert - Pumpkin Protein Bars & 1 C FF Fairlife Milk

Cals:1754 Fat:55G Carbs:167G Protein:159G

TUESDAY

Breakfast - Blueberry Pecan Overnight Oats

Lunch - Lemon Chicken Orzo Soup

Snack - Shake & Carrot Cake Sandwich Cookie

Dinner - Outback Steakhouse Alice Springs Chicken

Dessert - Pumpkin Protein Bars & 1 C FF Fairlife Milk

Cals:1,760 Fat:62G Carbs:157G Protein:162G

SUNDAY

Breakfast - Cinnamon Roll Baked Oats

Lunch - Tuna Sandwich w/Lt Mayo & Quest Chips

Snack - Breakstone's Cottage Cheese w/Blueberries

Dinner - Culver's Original Butter Burger & Small Fry

Dessert - Pumpkin Protein Bars & 1 C FF Fairlife Milk

Cals:1,729 Fat:59G Carbs:161G Protein:139G

WEDNESDAY

Breakfast - Blueberry Pecan Overnight Oats

Lunch - Lemon Chicken Orzo Soup

Snack - Legion Shake & 2 Snickerdoodle Cookies

Dinner - Outback Steakhouse Alice Springs Chicken

Dessert - Pumpkin Protein Bars & 1 C FF Fairlife Milk

Cals:1,810 Fat:64G Carbs:169G Protein:163G

THURSDAY

Breakfast - Frittata Breakfast Sandwich

Lunch - Crockpot Chicken & Gravy

Snack - Legion Shake & Apple w/Peanut Butter

Dinner - Chicken Pad Thai

Dessert - Pumpkin Protein Bars & 1 C FF Fairlife Milk

Cals:1,806 Fat:65G Carbs:182G Protein:163G

FRIDAY

Breakfast - Frittata Breakfast Sandwich

Lunch - Crockpot Chicken & Gravy

Snack - Legion Shake & Banana w/Peanut Butter

Dinner - Chicken Pad Thai

Dessert - Pumpkin Protein Bars & 1 C FF Fairlife Milk

Cals:1,919 Fat:65G Carbs:185G Protein:164G

Average Calories & Macros for the Week

Calories - 1,792/day

Fat - 62g/day

Carbs - 169g/day

Protein - 159g/day

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