



## JUMPSTART MEAL PLAN

### LOW CARB DAY

75G CARBS | 60G FAT | 150G PROTEIN | 1440 CAL



#### MEAL 1

30g protein, 25g carbs  
6 egg whites with spinach,  
½ cup oatmeal

#### MEAL 2

30g protein, 20g fat  
1 can albacore tuna,  
1/2 medium avocado

#### MEAL 3 (PRE-WORKOUT)

30g protein, 25g carbs, 20g fat  
5oz salmon,  
½ cup brown rice,  
1 cup broccoli

#### MEAL 4 (POST-WORKOUT)

30g protein, 25g carbs  
4oz chicken,  
4oz red potato

#### MEAL 5

30g protein, 20g fat  
Protein Pancake:  
1/2 scoop whey protein,  
3 egg whites and 1 yolk.  
*Mix together and cook in skillet  
like a pancake. Top with 1 tbsp  
natural peanut butter.*

#### MEAL 1

30g protein, 30g carbs, 10g fat  
2 slices of Ezekiel bread,  
1tbsp natural almond butter,  
5 egg whites with spinach

#### MEAL 2

30g protein, 30g carbs  
6oz plain nonfat Greek yogurt,  
1/2 scoop whey protein,  
½ cup oatmeal in water

#### MEAL 3 (PRE-WORKOUT)

30g protein, 30g carbs, 15g fat  
4oz chicken,  
5oz sweet potato,  
15 whole cashews,  
1 cup broccoli

#### MEAL 4 (POST-WORKOUT)

30g protein, 40g carbs  
1.5 scoops whey protein,  
1 medium apple,  
2 plain lightly salted rice cakes

#### MEAL 5

30g protein, 20g carbs  
4oz chicken,  
1 cup broccoli,  
3oz sweet potato

### HIGH CARB DAY

150G CARBS | 25G FAT | 150G PROTEIN | 1425 CAL

