

---

# WEEK 3 NUTRITION

---

Breakfast: 3-4 EGG WHITES FOR WOMEN, 5-6 EGG WHITES FOR MEN

- 1 cup spinach, chopped and scrambled with 3-6 egg whites, ½ cup (1 cup for men) diced sweet potato (roasted)
- ½ cup plain greek yogurt, ¼ low-sugar granola (1/2 cup for men), 1 scoop protein

Snack 1: 2-3 EGG WHITES FOR WOMEN, 3-4 EGG WHITES FOR MEN.

- ½ banana sliced on 1 slice whole grain or Ezekiel Bread + 1 protein shake
- 2 egg muffins (recipe on MA Fitness Facebook this week!)

Lunch: 4 OZ PROTEIN FOR WOMEN, 6 OZ PROTEIN FOR MEN. ½ CUP RICE FOR WOMEN, 1 CUP FOR MEN.

- 4-6 oz chicken, 2 slices whole grain or Ezekiel bread, lettuce and tomato, ¼ avocado or 1 tbs oil-based dressing
- 4-6 oz chicken, lean turkey or fish, large salad with veggies, ¼ cup rice, ¼ cup beans, salsa, ¼ avocado

Snack 2:

- 1 low-sugar (less than 10g) KIND bar (optional: add protein shake)
- 1 cup cucumber slices or other veggies + ¼ cup guacamole (optional: add 3-4 oz diced chicken)

Dinner: 4 OZ PROTEIN FOR WOMEN, 6 OZ PROTEIN FOR MEN

- 4-6 oz broiled salmon + 2 cups veggies tossed & roasted in 1 tbs olive oil
- 4-6 oz lean ground turkey, chicken or fish, 1 cup cauliflower 'fried rice' cooked in 1 tbs olive oil with 1 cup chopped spinach mixed in

Pre-workout Options (eat if it has been more than 1.5 hours between your last meal/snack and your workout or if you are hungry prior to training. Must be eaten at least 45 mins before workout):

- 1 banana
- 1 slice whole grain or Ezekiel toast with 1 tbs nut butter and 1 tbs sugar-free jelly

Post-workout Options (after every workout):

- 1 protein shake
- 1 scoop protein + 1 small banana (after strength training)

---

EAT EVERY 2.5-3 HOURS. DO NOT SKIP MEALS! IF YOU ARE HUNGRY 1-2 HOURS AFTER YOUR MEAL/SNACK, ADD MORE PROTEIN.

---