
WEEK 4 NUTRITION

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

- ½-1 cup cooked oats with cinnamon, stevia & 1 tbs chia seeds + 3-6 egg whites
- 1/2 cup pineapple, ½ cup strawberries, 1 cup spinach, 1 scoop protein blended with ice and unsweetened almond milk

Snack 1: 1/2 CUP QUINOA FOR WOMEN, 1 CUP FOR MEN

- 1 can tuna + ½-1 cup quinoa with lemon juice, capers, basil, salt and pepper
- 1 serving high protein cereal (like cheerios protein) + 1 cup unsweetened almond milk

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

- 4-6 oz chicken, lean turkey or fish with ½ cup chopped tomato, lettuce & onion wrapped in 1 whole grain or Ezekiel tortilla + ½ cup berries
- 4-6 oz chicken, lean turkey or fish, ½-1 cup quinoa, 1 cup mixed veggies with 1 tbs oil-based dressing

Snack 2:

- 3-4 oz low-sodium turkey slices rolled up with 2 slices reduced-fat cheese in lettuce leaves
- 1 container plain greek yogurt mixed with lemon juice, salt, pepper, parsley & chives + 1 cup cucumber slices

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

- 4-6 oz chicken seared in 1 tbs olive oil + 2 cups green beans with 2 tbs slivered almonds
- 1 large bell pepper stuffed with 3-5 oz chicken or lean turkey and diced onion, topped with 2 tbs reduced-fat shredded cheese and baked + side salad with 1 tbs oil-based dressing

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 Power Muffin
- 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.
