



Meal Plan

Phase #1

May 16th - May 30th



www.fitbodies4life.fit



Meal Plan

Phase #1

01

May 16th - May 30th

	Option #1	Option #2	Option #3	Option #4
Breakfast Meal #1	• Veggie Omelet • 1 cup blueberries P-F-FS-V	• Breakfast Brownie • 1 cup strawberries P-FS-F	• 2 whole eggs • 1 banana P-FS-F	• Green Pina Colada Smoothie or • Breakfast Skillet (vegan) • ½ cup pineapple P-FS-V-F
Snack Meal #2	• PBJ Smoothie P-FS-F	• 2 oz deli meat no nitrate/low sodium • 1 oz almonds • ½ cup grapes P-FS-F	• Banana Muffins P-FS-F	• Banana • 1 tbsp nut butter P-FS
Lunch Meal #3	• Chicken Parmesan Patties • 1 cup grilled zucchini P-FS-V	• 4oz. grilled chicken • 2 cups greens w/veggies • 1 tbsp dressing P-FS-V	• 4 oz. turkey burger – no bun top with 1 tbsp salsa 1 slice avocado • 1 cup steamed broccoli P-FS-V	• Tuna Salad • 1 cup raw veggies • 1 tbsp hummus P-FS-V
Snack Meal #4	• 2 tbsp hummus • 1 cup carrots P-V-FS	• 2 whole eggs • 1 cup carrots P-FS-V	• Peanut Butter Fudge P-FS	• PB Chocolate Mocha Smoothie P-FS
Dinner Meal #5	• Balsamic Chicken in crockpot • 1 cup Grilled Vegetables P-FS-V	• 4 oz. salmon • 1 cup broccoli • 2 cups greens w/veggies • 1 tbsp dressing P-FS-V	• 4 oz turkey tenderloin • 6-8 grilled asparagus spears P-FS-V	• Beef & Broccoli Stir-Fry or • Vegan Stir Fry • 2 cups greens w/veggies • 1 tbsp dressing P-FS-V
After Dinner Snack Meal #6	• 1 oz almonds	• Mug Cake	• Almond Joy Protein Balls	• Zucchini Ice Cream

Veggie Omelet

Recipe



Ingredients

- 4 egg whites
- 1 whole egg
- 1 cup fresh veggies of choice (spinach, onions, peppers, mushrooms)

How to:

1. Mix egg whites and whole egg together.
2. In a skillet, add olive oil or spray and grilled veggies.
3. Remove veggies from skillet.
4. Add egg mixture to skillet as eggs are cooking, top with veggies.
5. Fold over to make an omelet.

Nutrition Snapshot *(per serving)*

- Calories 215
- Protein 23g
- Carbs 6g
- Fats 10g

Makes 1 Serving



Breakfast Brownie



How to (Microwave version):

1. Grease a small cereal bowl or deep mug and set aside.
2. In a mixing bowl, combine the protein powder, coconut flour, baking powder, sweetener and cocoa powder and mix well.
3. In a separate bowl, whisk the egg with the milk and pour into the dry mixture and mix until fully incorporated. Top with chocolate chips if desired.
4. Microwave for 45 -60 seconds and remove from microwave and enjoy immediately.

Serves 1

Ingredients

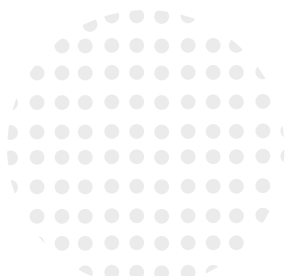
- ♦ 1 scoop Fit Bodies 4 Life chocolate protein powder
- ♦ 1 tbsp coconut flour
- ♦ 1 tsp Truvia (optional)
- ♦ 1/2 tsp baking powder
- ♦ 1 tbsp cocoa powder
- ♦ 1 large egg
- ♦ 1/4 cup unsweetened almond milk
- ♦ 1 tbsp Lily's chocolate chips (optional)

How to (Oven version):

1. Pour batter in an oven safe dish and bake for 10-12 minutes on 180 degrees celsius for 10-12 minutes, until desired consistency. For a more moist and fudgy cake, remove from microwave/oven earlier. For a muffin like cake, you can cook slightly longer.

Nutrition Snapshot (per serving)

- ♦ Calories 216
- ♦ Protein 24g
- ♦ Carbs 12g
- ♦ Fat 8g



PBJ Smoothie



Ingredients

- 1 serving vanilla protein powder
- 1 tbsp. powdered peanut butter (PB FIT or PB2)
- 1 cup strawberries
- 1 cup unsweetened almond milk

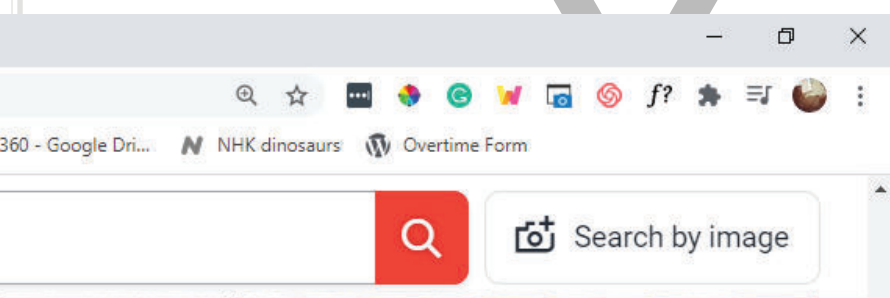
Serves 1

Directions:

- Combine all ingredients in blender with ice.
- Blend until smooth.

Nutrition Snapshot *(per serving)*

- Calories: 222
- Protein: 24 g
- Carbs: 21 g
- Fat: 5 g



PB Chocolate Mocha Smoothie

Recipe



Ingredients

- 1 scoop chocolate protein (Fit Bodies 4 Life Plant Based or Whey)
- 1/2 cup cold brewed coffee
- 1 tbsp peanut butter
- Ice and water

How to:

1. Add all ingredients in blender and blend to desired consistency

Nutrition Snapshot *(per serving)*

- Calories 222
- Protein 28g
- Carbs 5g
- Fat 10g

Serves 1





Peanut Butter Fudge



How to:

1. In a small saucepan, over medium heat melt together the peanut butter, 1/4 cup coconut oil, 1.5 tbsp sugar free maple syrup and sea salt
2. Line a 8 by 8 dish with parchment paper.
3. Pour mixture into dish.
4. In a small saucepan, melt the chocolate chips and 1 tsp coconut oil until smooth. Drizzle the melted chocolate over the fudge and take a toothpick and swirl chocolate through the fudge.
5. Freeze 1 hour and cut into 15 squares.

Serves 15

Ingredients

- ◆ 1 cup peanut butter
- ◆ 1/4 cup coconut oil
- ◆ 1.5 tbsp sugar free maple syrup
- ◆ 1/8 tsp sea salt

Chocolate marble topping

- ◆ 1/4 cup dark chocolate chips
- ◆ 1 tsp coconut oil

Nutrition Snapshot:

Per Serving = 1

- ◆ Calories 145
- ◆ Protein 4g
- ◆ Carbs 5g
- ◆ Fats 12g





2. Mix all ingredients in a bowl.
3. Spray muffin tin with non – stick cooking spray.
4. Divide into 9 muffins
5. Bake 8-9 minutes. Enjoy

Makes 9 Muffins

Ingredients

- ◆ 2 bananas
- ◆ 1 cup peanut butter
- ◆ 2 tbsp honey
- ◆ 2 egg whites or $\frac{1}{4}$ cup liquid egg whites
- ◆ 1 tsp vanilla
- ◆ $\frac{1}{4}$ cup Lily's chocolate chips

Nutrition Snapshot

(per serving size=1)

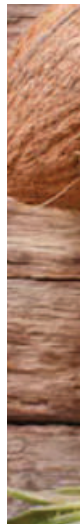
- ◆ Calories 131
- ◆ Protein 8g
- ◆ Carbs 18g
- ◆ Fat 6g

3:38 AM
9/24/2020



Search Downloads

G
Sr



Ho

1.

2.

thick

Serves 1

Most relevant Fresh content

Image type ^

All images Photos

Vectors Illustrations

Orientation ^

All orientations Horizontal

Vertical

Color ^

People ^

With people Without people

Ethnicity ^

Quick access

Desktop

Downloads

Documents

Pictures

#4808 Phase #2 Meal Plan and recipes for Strong

#4814 Karen Sticka Consultation Cards

#4818 Need a Label

Update 09-23-2020

OneDrive

This PC

3D Objects

Desktop

Documents

Downloads

Music

Pictures

Videos

Local Disk (C:)

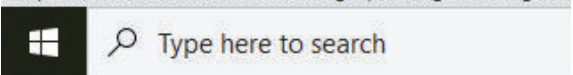
New Volume (D:)

Network

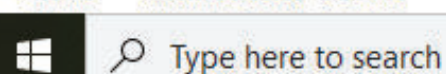
Earlier

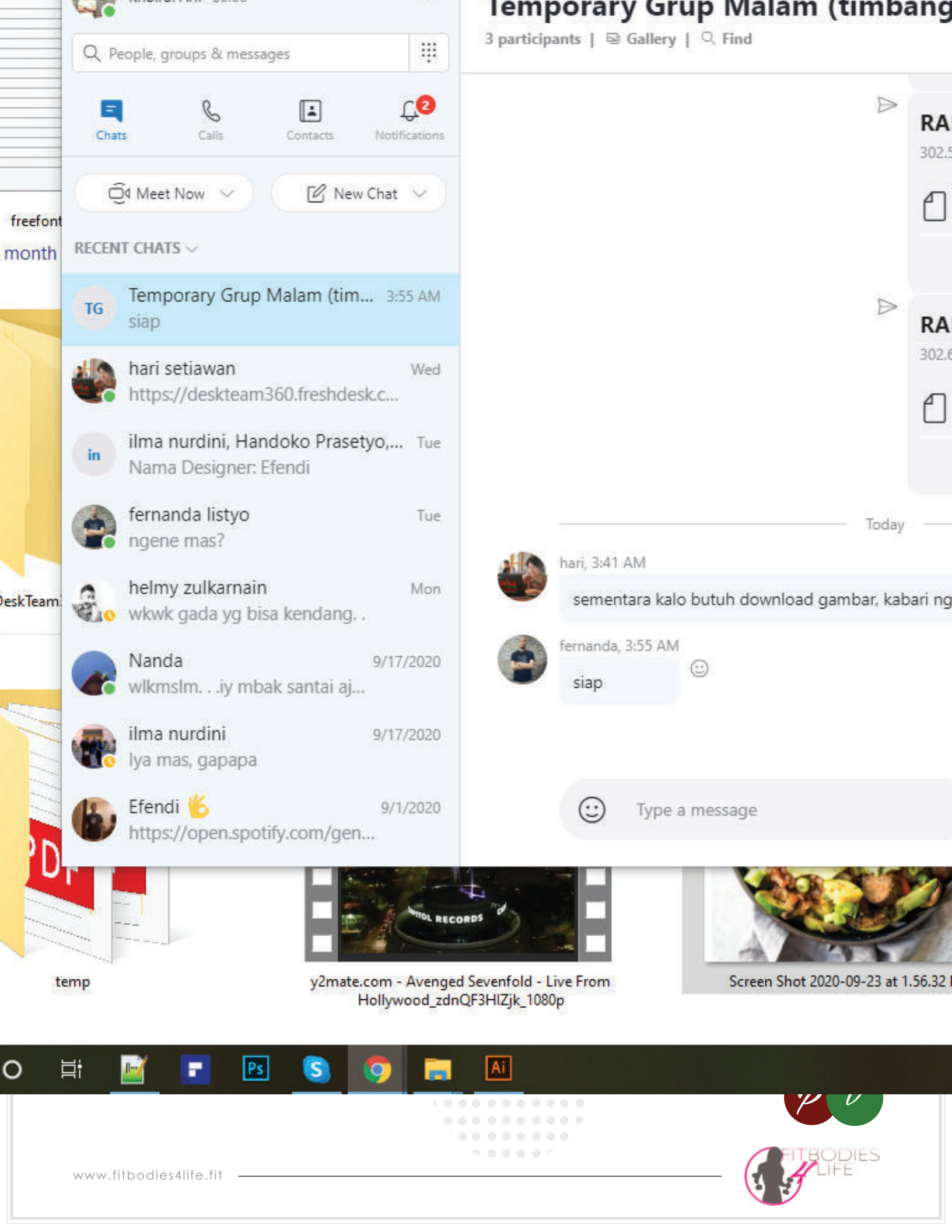
Today

<https://www.shutterstock.com/image-photo/grilled-vegetab>



7 items 1 item selected 3.29 MB





Temporary Grup Malam (timbang)

3 participants | Gallery | Find

People, groups & messages

Chats

Calls

Contacts

Notifications

Meet Now

New Chat

RECENT CHATS

TG

Temporary Grup Malam (tim... 3:55 AM
siap



hari setiawan Wed
<https://deskteam360.freshdesk.c...>



ilma nurdini, Handoko Prasetyo,... Tue
Nama Designer: Efendi



fernanda listyo Tue
ngene mas?



helmy zulkarnain Mon
wkwk gada yg bisa kendang. .



Nanda 9/17/2020
wlkmslm. .iy mbak santai aj...



ilma nurdini 9/17/2020
lya mas, gapapa



Efendi 9/1/2020
<https://open.spotify.com/gen...>



hari, 3:41 AM

sementara kalo butuh download gambar, kabari ng



fernanda, 3:55 AM

siap



Type a message



y2mate.com - Avenged Sevenfold - Live From
Hollywood_zdnQF3HIZjk_1080p



Screen Shot 2020-09-23 at 1.56.32

Tuna Salad



Ingredients

- ♦ 6 oz of canned albacore tuna
- ♦ 1/2 cup diced green onion
- ♦ 1 chopped celery stalk
- ♦ 2 tbsp chopped pickle relish
- ♦ 3 tbsp Greek yogurt
- ♦ 2 tsp dijon mustard
- ♦ 1/2 tsp chili flakes
- ♦ Juice from half a lemon
- ♦ Sea salt & pepper to taste

How to:

1. Drain excess water from canned tuna.
2. Combine all of the ingredients in a bowl and mash and mix with a fork.
3. Season to taste with sea salt & pepper.
4. Enjoy on top of salad or in a wrap.

Nutrition Snapshot (per serving) = 2

- ♦ Calories 245
- ♦ Protein 22g
- ♦ Carbs 10g
- ♦ Fat 15g

Serves 2



filters

orientations

Horizontal

Vertical



with people

Without people

ity

African

African American

Black

Brazilian

Chinese

Caucasian

view more



All images

vegan buddha bowl

Vegan buddha bowl images

11,549 vegan buddha bowl stock photos, vectors, and illustrations

buddha bowls

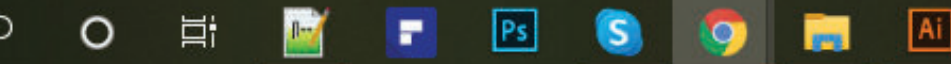
buddha bowl

lunch bowl

colored quinoa s



shutterstock.com/image-photo/vegan-buddha-bowl-chickpeas-courgette-sundried-1021858819



Beef & Broccoli Stir-Fry



Ingredients

- ◆ 1 lb. lean beef steak(tenderloin), cut into strips
- ◆ 1 tbsp. extra virgin olive oil
- ◆ 1 tsp low sodium Worcestershire sauce
- ◆ 1 tbsp. garlic powder
- ◆ 1 cup broccoli
- ◆ 1 cup red pepper, cut into strips
- ◆ ½ cup onions, diced
- ◆ ½ cup yellow squash, sliced
- ◆ ¼ cup low sodium vegetable both or beef broth
- ◆ 1 tsp oregano

How to:

1. Brown steak strips in skillet with olive oil.
2. Add remaining ingredients and cook until vegetables are tender.

Nutrition Snapshot (per serving)

- ◆ Calories 280
- ◆ Protein 33g
- ◆ Carbs 8g
- ◆ Fat 12g
- ◆ Sugar 4g

Balsamic Chicken in Crockpot



Ingredients

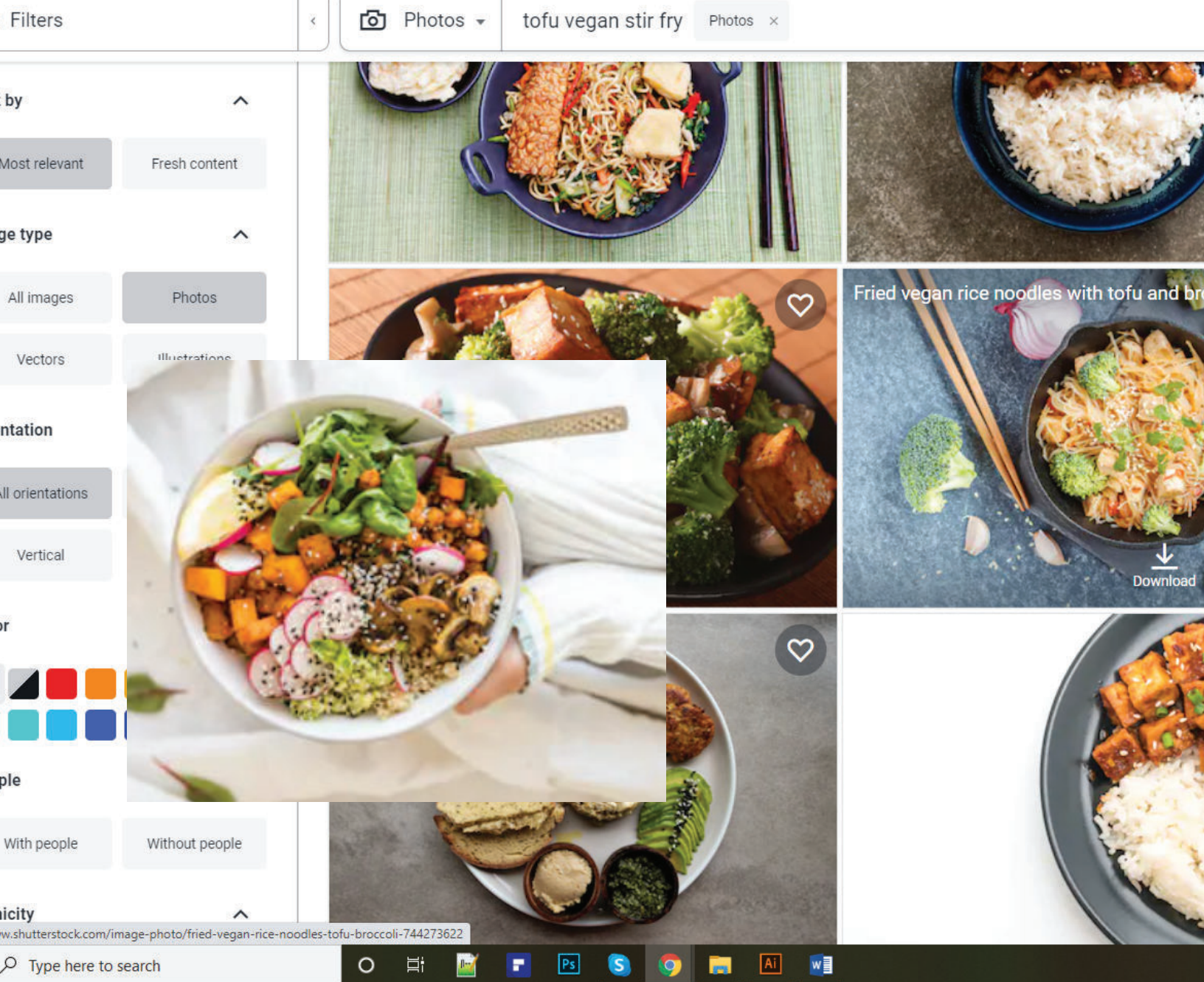
- ♦ 16 oz. chicken breasts
- ♦ 1 cup low sodium chicken broth
- ♦ 1 onion, sliced
- ♦ 1 tbsp. balsamic vinegar
- ♦ 1 tbsp. coconut amino
- ♦ 1 tsp. garlic powder
- ♦ 1 can no salt diced tomatoes

How to:

1. Place all ingredients in crock pot.
2. Cook on high for 4 – 6 hours or until chicken is tender and will shred with a fork.

Nutrition Snapshot (per serving)

- ♦ Calories 150
- ♦ Protein 28g
- ♦ Carbs 7g
- ♦ Fat 1g
- ♦ Sugar 4g
- ♦



- a few splashes of water (it starts to stick to the pan) until the veggies are softened and nicely browned, about 6-7 minutes. Season with
2. Season with salt and pepper, top with avocado, salsa, extra chopped green onion and fresh cilantro and hot sauce if desired and serve right away.

Serves 1

Nutrition Snapshot (per serving)

- ◆ Calories 361
- ◆ Protein 33g
- ◆ Carbs 31g
- ◆ Fat 12g



4:04 AM
9/24/2020

Serves 4

Stir Fry



Ingredients to a
d, and shake

move as much
, then cut into

to marinate tofu
e – at least 1 hour
ve sauce.
fu – 375°F – about
opping midway
nd cut in half
skillet with a splash
er – turn heat to

to boil, add frozen
ust a few minutes

oes and

thickened

Ingredients

The Sauce

- ♦ 1/4 cup low-sodium vegetable broth
- ♦ 1/4 cup low-sodium soy sauce (or tamari)
- ♦ 2 tbsp. rice vinegar
- ♦ 2 tbsp sugar free maple syrup
- ♦ 1 tbsp minced garlic
- ♦ 1 tbsp minced ginger
- ♦ 1 tbsp corn starch

The Stir Fry

- ♦ 1 cup of sauce
- ♦ 12–14 oz package extra firm organic tofu
- ♦ 1 lb baby bella mushrooms
- ♦ 12 oz package frozen stir fry vegetables

Nutrition Snapshot (per serving)

- ♦ Calories 151
- ♦ Protein 14g
- ♦ Carbs 10g
- ♦ Fat 5g



1 Minute Mug Cake



Ingredients

- ◆ 1 scoop protein powder
- ◆ 1 egg white
- ◆ 2 tbsp unsweetened almond milk
- ◆ 1 tsp unsweetened cocoa
- ◆ 1/2 tsp baking powder

Nutrition Snapshot

(per serving: Excludes toppings)

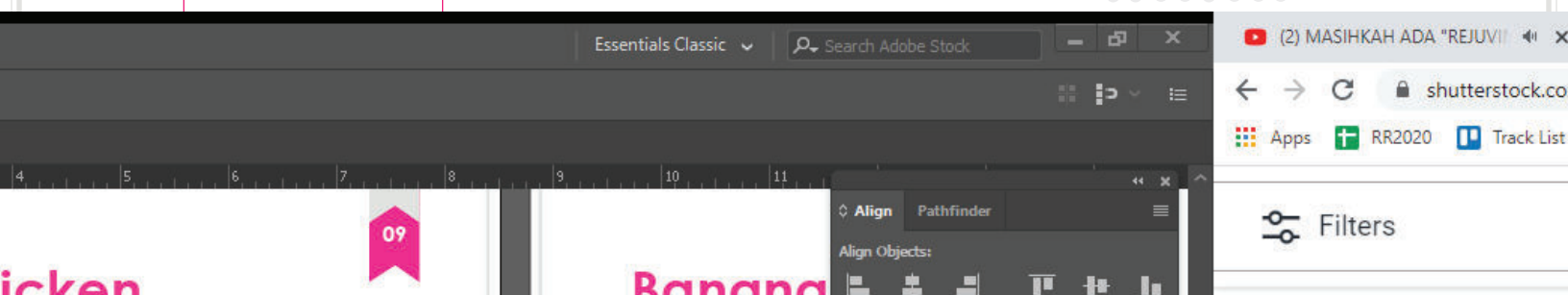
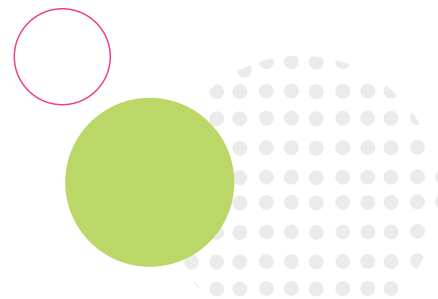
- ◆ Calories 146
- ◆ Protein 24g
- ◆ Carbs 5g
- ◆ Fat 4g

How to:

1. Spray a mug with cooking spray.
2. Mix all ingredients together until cake-like batter.
3. Cover with a paper towel and microwave 45 - 60 seconds.

Optional - Add 1 tsp. almond butter to the center. This would increase the calories.

Optional - Add Walden Farms chocolate or caramel syrup to the center before microwaving.



Zucchini Ice Cream



Ingredients

- ◆ 2 cups frozen zucchini, peeled and diced
- ◆ 1 scoop protein powder - any flavor
- ◆ water or unsweetened almond milk

How to:

1. Add frozen zucchini to blender with 1 scoop protein powder.
2. Slowly add milk or water and blend until desired consistency.

Topping ideas: strawberries, banana, and Walden Farms chocolate syrup for a banana split, or 1/2 cup peanut butter quest bar chopped for a blizzard.

Nutrition Snapshot (per serving)

- ◆ Calories 150
- ◆ Protein 22g
- ◆ Carbs 8g
- ◆ Fat 4g

Almond Joy Protein Balls



Ingredients

- ◆ 1 cup chia seeds or hemp seeds
- ◆ 1/2 cup unsalted walnuts
- ◆ 1 serving plant based chocolate protein powder
- ◆ 1 tbsp cacao powder
- ◆ 2 tsp coconut oil
- ◆ 1 tsp vanilla
- ◆ 1/4 cup unsweetened coconut for topping - Optional

How to:

1. Pulse the chia seeds, walnuts, protein powder, cacao powder, coconut oil and vanilla in blender until blended.
2. Scoop mixture into a medium bowl and add 1/4 cup peanut butter.
3. Mix together with hands until it will form into a ball.
4. Roll into unsweetened coconut (optional)

Makes 16 balls.

Serves 8

Nutrition Snapshot (per serving = 2)

- ◆ Calories 206
- ◆ Protein 10g
- ◆ Carbs 1g
- ◆ Fat 16g

