

# UK Meal Plan



<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• 2/3 cup oatmeal with 2 egg whites</li> <li>• 1 egg muffin</li> <li>• ½ cup blueberries</li> <li>• 2 T almond slivers</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup amish oatmeal***</li> <li>• 1/3 cup almond milk</li> <li>• 2 T almond slivers</li> <li>• ¼ cup berries</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 protein pancakes***</li> <li>• 2 tsp almond butter</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 egg muffin***</li> <li>• 2/3 cup oatmeal cooked with 2 egg whites topped with 2 T nuts</li> <li>• ½ cup blueberries</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup pumpkin steel cut oats** topped with pecans</li> <li>• 1 egg muffin**</li> <li>• 250 ml water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 1 protein pancake***</li> <li>• 1 tsp almond butter</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 150 g Greek Yogurt</li> <li>• 6 walnuts</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• ½ apple</li> <li>• 1 egg</li> <li>• 1 T avocado</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup strawberries</li> <li>• ¼ cup cottage cheese</li> <li>• sprinkle with almonds</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices ham</li> <li>• 1 peach</li> <li>• 6 almonds</li> <li>• 250 ml water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 125g grilled chicken with 2 T avocado</li> <li>• 2/3 cup quinoa***</li> <li>• 1 cup steamed broccoli</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g pulled chicken***</li> <li>• 2/3 cup brown rice</li> <li>• 1 cup mixed veggies</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g chicken</li> <li>• 1 cup cinnamon butternut squash***</li> <li>• 1 cup carrots</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g ground turkey</li> <li>• 2/3 cup brown rice</li> <li>• 1 cup sautéed veggies</li> <li>• 2 T avocado</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 9-12 grilled Tiger prawns</li> <li>• 2/3 cup quinoa</li> <li>• ½ cup mixed veggies</li> <li>• 250ml water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 1 rice cake</li> <li>• 1 T almond butter</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 30g dry roasted Edamame</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 3 T Hummus</li> <li>• Carrots and celery</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 75g chicken</li> <li>• 1 T guacamole</li> <li>• 1/3 cup rice</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 hard boiled egg</li> <li>• 1 rice cake</li> <li>• 1 tsp almond butter</li> </ul>
<b>Post Workout:</b>	✓ Recovery Protein with 250ml almond milk	✓ Recovery Protein with 250ml almond milk	✓ Recovery Protein with 250ml almond milk		✓ Recovery Protein with 250ml almond milk
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• 125g white fish</li> <li>• 1 small sweet potato (1/2 cup)</li> <li>• 1 cup green beans</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1½ cups spaghetti squash***</li> <li>• ½ cup pasta sauce (load up on the veggies)</li> <li>• 125g turkey</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g cedar plank salmon***</li> <li>• ½ cup quinoa</li> <li>• 1 cup steamed asparagus</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g pulled chicken***</li> <li>• 1/2 cup quinoa</li> <li>• 1 cup broccoli</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g Pecan Encrusted Chicken Recipe***</li> <li>• 1 cup mashed cauliflower***</li> <li>• 1 cup steamed veggies</li> <li>• 250ml water</li> </ul>

# UK Meal Plan



Week 1	Saturday	Sunday
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• 2 egg and 1 egg white and quinoa scrambled</li> <li>• 1/3 cup quinoa</li> <li>• 2 T avocado</li> <li>• 1 peach</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup oatmeal with 2 egg whites- top with ½ banana and 1 T walnuts</li> <li>• 1 egg muffin ***</li> <li>• 250ml water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• ¾ cup blueberries</li> <li>• 2 slices low sodium turkey slices (1 ounce)</li> <li>• 6 almonds</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup berries</li> <li>• 6 almonds</li> <li>• 1 egg</li> <li>• 250ml water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 125g grilled chicken with fresh pico and ¼ avocado</li> <li>• 2/3 cup quinoa</li> <li>• ½ cup steamed broccoli</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup avocado and tuna salad***</li> <li>• Lettuce wraps</li> <li>• 1½ cup mixed veggies</li> <li>• 1 slice flat bread</li> <li>• 250ml water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 3 T hummus</li> <li>• Carrots &amp; celery</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 75g ground turkey</li> <li>• 1 cup sautéed veggies</li> <li>• 2 T avocado</li> <li>• 250ml water</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• 1½ cups spaghetti squash***</li> <li>• ½ cup pasta sauce (load up on the veggies)</li> <li>• 125g ground turkey</li> <li>• 250ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g cedar plank salmon***</li> <li>• 1/3 cup quinoa</li> <li>• 1 cup sautéed asparagus</li> <li>• 250ml water</li> </ul>

## Grocery List:

- 1 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple, Banana
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Carrots/Celery, Lettuce
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat, Wild Caught Salmon, White fish, Organic Chicken Breast, Ham, Cottage Cheese
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- Avocado
- **Nuts:** Pecans, almonds, walnuts
- Almond butter
- Flat Bread
- Rice Cake
- Low Sugar Kind Bar (Dark Chocolate Almond Sea Salt)
- Grek Yogurt

**Recipes from website:** Egg and Quinoa scramble, Egg Muffin, Protein Pancakes, Pulled Chicken, Spaghetti squash, Pecan Encrusted Chicken, Mashed Cauliflower, Cedar Plank Salmon, Pumpkin Steel Cut Oats, Tuna and Avocado Salad, Amish Oatmeal, Cinnamon Roasted Butternut Squash

# UK Meal Plan



<b>Week 2</b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Breakfast</u></b>	<ul style="list-style-type: none"> <li>• 2 egg and quinoa scramble***</li> <li>• ¼ avocado</li> <li>• ½ cup berries</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 egg muffins**</li> <li>• 2/3 cup oatmeal cooked with 1 tsp almond butter and 3 slices berries</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 egg muffin***</li> <li>• 150g total greek yogurt with 2 tsp granola and 2 tsp nuts</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices ham</li> <li>• 2/3 cup oatmeal cooked with 2 egg whites</li> <li>• Top with 1 T walnuts and ½ cup blueberries</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup apple cinnamon steel cut oats***</li> <li>• Top with 2 T pecans</li> <li>• 1 hard boiled egg</li> <li>• 250 ml water</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>• 1 protein pancake***</li> <li>• 1 tsp almond and coconut butter spread</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 150g total greek yogurt</li> <li>• 6 walnuts</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 protein pancake***</li> <li>• 1 tsp almond butter</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• ½ apple</li> <li>• 1 tsp almond butter</li> <li>• 1 hard boiled egg</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 150g total greek yogurt</li> <li>• 6 pecan crumbles</li> <li>• 250 ml water</li> </ul>
<b><u>Lunch</u></b>	<ul style="list-style-type: none"> <li>• 125g pulled pork tenderloin***</li> <li>• 2/3 cup quinoa</li> <li>• 1 cup steamed carrots</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g grilled chicken</li> <li>• 1/3 cup brown rice</li> <li>• 1/3 cup black beans</li> <li>• 1 cup sautéed veggies</li> <li>• 2 T avocado</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ½ Meatloaf Muffins**</li> <li>• 1 cup cinnamon butternut squash***</li> <li>• 1 cup green beans</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g Grilled Turkey burger (no bun), on lettuce</li> <li>• ½ sweet potato</li> <li>• 1 cup broccoli</li> <li>• 2 T avocado</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup Tuna and Avocado Salad*** on lettuce wraps</li> <li>• 2/3 cup brown rice</li> <li>• ½ cup mixed veggies</li> <li>• 250 ml water</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>• Low Sugar Kind Bar</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Rice cake</li> <li>• 1 T almond butter</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 hummus and turkey roll ups</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices chicken breast</li> <li>• 1 T guacamole</li> <li>• ¼ cup oven roasted chickpeas***</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cups popcorn (unsalted, no butter)</li> <li>• 2 slices turkey breast</li> <li>• 6 walnuts</li> <li>• 250 ml water</li> </ul>
<b><u>Post Workout:</u></b>	✓ Recovery Protein with 250ml almond milk	✓ Recovery Protein with 250ml almond milk	✓ Recovery Protein with 250ml almond milk		✓ Recovery Protein with 250ml almond milk
<b><u>Dinner</u></b>	<ul style="list-style-type: none"> <li>• 4 Coconut Mahi Nuggets*** (white fish)</li> <li>• ½ sweet potato (1/2 cup)</li> <li>• 1 cup green beans with almond slivers</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Turkey Stuffed Pepper ***</li> <li>• 1+ cups sautéed veggies</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g grilled chicken with 2 T avocado</li> <li>• ½ cup quinoa</li> <li>• 1 cup steamed asparagus</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g grilled sirloin</li> <li>• 1/2 cup quinoa</li> <li>• 1 cup broccoli</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g Spicy Quinoa Chicken***</li> <li>• 1 cup mashed cauliflower***</li> <li>• 1 cup steamed veggies</li> <li>• 250 ml water</li> </ul>

# UK Meal Plan



<b>Week 2</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• 2/3 cup amish oats*** with 2 T almond slivers and 2 T berry slices</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• Egg and ham sandwich on 2 slices of flat bread with 2 T avocado slices</li> <li>• 250 ml water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 150g total greek yogurt with 6 walnuts (pieces)</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 protein pancake***</li> <li>• 1 tsp almond butter</li> <li>• 250 ml water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 125g grilled chicken with fresh pico and ¼ avocado</li> <li>• 2/3 cup quinoa</li> <li>• ½ cup steamed broccoli</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup egg white and avocado salad***</li> <li>• Lettuce wraps</li> <li>• 1 cup mixed veggies</li> <li>• 1 apple</li> <li>• 250 ml water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 3 T hummus</li> <li>• Carrots &amp; celery</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• Low sugar: Kind Bar (Dark Chocolate, Almond, Sea Salt)</li> <li>• 250 ml water</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• 1 ½ meatloaf muffins***</li> <li>• ½ sweet potato</li> <li>• 1 cup green beans with almond slivers</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g grilled salmon</li> <li>• 1 cup roasted butternut squash***</li> <li>• 1 cup sautéed spinach and kale</li> <li>• 250 ml water</li> </ul>

## Grocery List:

- 1 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Sweet Potato, butternut Squash
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins and spaghetti squash), Wild Caught Salmon, White fish, Low sodium turkey deli meat, Organic chicken, Sirloin
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- **Nuts:** Pecans, Almonds, Walnuts, Almond Slivers
- Almond butter
- Avocado
- Flat Bread
- Unsweetened coconut
- Total Greek Yogurt
- Low Sugar Kind Bars

**Recipes from website:** Egg and Quinoa scramble, Egg Muffin, Protein Pancakes, Meatloaf Muffins, Egg white and avocado salad, Tuna and avocado salad, pulled pork tenderloin (BBQ chicken recipe and use pork tenderloin), Coconut Mahi Nuggets, Turkey Stuffed Peppers

# UK Meal Plan



<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• <b>Smoothie:</b> 1 Scoop Whey Protein, 125g total greek yogurt, ½ cup berries, 1 T almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• 1 egg muffins**</li> <li>• 2/3 cup overnight oats**</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 eggs and veggies scrambled</li> <li>• 1 apple with 1 T almond butter</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• Egg and Canadian bacon on 1 slice Ezekiel bread with 2 T avocado</li> <li>• 1 cup berries</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup amish** oats with 2 T chopped nuts and 2 T raspberries</li> <li>• 250 ml water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 1 protein pancake***</li> <li>• 1 tsp almond and coconut butter spread</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 150g Total Greek Yogurt</li> <li>• 6 walnuts</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup berries</li> <li>• 8 almonds</li> <li>• Egg muffin</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• ½ apple</li> <li>• 1 tsp almond butter</li> <li>• 1 hard boiled egg</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 protein pancake***</li> <li>• 1 tsp almond butter</li> <li>• 250 ml water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 125g buffalo chicken***</li> <li>• 2/3 cup quinoa</li> <li>• 1 cup broccoli</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup citrus and quinoa salad***</li> <li>• 1 cup green beans</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g grilled chicken</li> <li>• 2 T avocado</li> <li>• 2/3 cup black beans</li> <li>• 1 cup sautéed veggies</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g ground turkey</li> <li>• 1/3 cup brown rice</li> <li>• 1/3 cup black beans</li> <li>• 1 cup sautéed veggies</li> <li>• 2 T avocado</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g grilled chicken</li> <li>• ½ sweet potato</li> <li>• 1 cup broccoli</li> <li>• 250 ml water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• Slice flat bread with 2 tsp almond butter and ½ banana</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Rice cake</li> <li>• 1 T almond butter</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• Low sugar: Kind Bar (Dark Chocolate, Almond, Sea Salt)</li> </ul>	<ul style="list-style-type: none"> <li>• 3 T hummus with cucumber slices</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 150g Total Greek Yogurt</li> <li>• 6 pecan crumbles</li> </ul>
<b>Post Workout:</b>	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk		✓ Recovery Protein with 250 ml almond milk
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• 1 ½ cups spaghetti squash</li> <li>• 4 Turkey-quinoa Meatballs***</li> <li>• ¼ cup pasta sauce</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup General Tso's Chicken***</li> <li>• ½ cup sweet potato</li> <li>• 1 cup kale chips**</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 9-12 grilled tiger prawns</li> <li>• ½ sweet potato</li> <li>• 1 cup broccoli</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g balsamic pork tenderloin***</li> <li>• 2/3 cup roasted butternut squash**</li> <li>• 1 cup green beans</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g Grilled sirloin</li> <li>• 1 cup mashed cauliflower***</li> <li>• 1 cup grilled asparagus</li> <li>• 1 cup steamed veggies</li> <li>• 250 ml water</li> </ul>

# UK Meal Plan



Week 3	Saturday	Sunday
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• 2 eggs and quinoa scrambled with veggies</li> <li>• 2 T avocado</li> <li>• ½ cup blueberries</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Smoothie:</b> 1 Scoop Whey Protein, 75g greek yogurt, ½ cup berries, 1 T almond butter</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 150g Total Greek Yogurt</li> <li>• 1 tsp almond slivers</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• ½ apple</li> <li>• 1 tsp almond butter</li> <li>• 1 hard boiled egg</li> <li>• 250 ml water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 125g balsamic pork tenderloin***</li> <li>• ½ cup sweet potato</li> <li>• 1 cup roasted cauliflower</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g grilled chicken</li> <li>• 2/3 cup quinoa</li> <li>• 1 cup sautéed veggies</li> <li>• 250 ml water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 1/3 cup dry roasted edemame</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• Low sugar: Kind Bar (Dark Chocolate, Almond, Sea Salt)</li> <li>• 250 ml water</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• 125g grilled salmon</li> <li>• 2/3 cup butternut squash***</li> <li>• 1 cup Kale Chips**</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125 g grilled white fish</li> <li>• ½ sweet potato</li> <li>• 1 cup broccoli</li> <li>• 250 ml water</li> </ul>

## Grocery List:

- 1 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Sweet Potato, butternut Squash, cauliflower
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins and spaghetti squash), Wild Caught Salmon, White fish, Low sodium turkey deli meat, Organic chicken, sirloin, Tiger Prawns
- Oatmeal/Steel cut oats
- Hummus
- Dry roasted edamame
- Quinoa
- Brown Rice
- Rice Cake
- Pasta Sauce
- **Nuts:** Pecans, Almonds, Walnuts, Almond Slivers
- Almond butter
- Avocado
- Hot sauce
- Total Greek Yogurt
- Low Sugar Kind Bars

**Recipes from website:** Egg and Quinoa scramble, Egg Muffin, Protein Pancakes, Kale Chips, Buffalo chicken, citrus and chicken quinoa salad, General Tso's chicken, roasted butternut squash, balsamic pork tenderloin, mashed cauliflower, turkey and quinoa meatballs

# UK Meal Plan



<b>Week 4</b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Breakfast</u></b>	<ul style="list-style-type: none"> <li>• 2/3 cup amish oatmeal*** topped with 2 T almond slivers and 2 T berries</li> <li>• ½ cup almond milk</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup oatmeal cooked with 2 egg whites topped with 2 T pecans and 2 T raspberries</li> <li>• 1 egg muffin***</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 slice flat bread with 2 eggs and 1 slice Canadian bacon</li> <li>• ½ apple with 1 tsp almond butter</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 eggs and quinoa scramble with 2 T avocado</li> <li>• ½ cup berries</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• Smoothie: 1 scoop whey protein, ½ banana, 3 strawberries, 1 T almond butter, 75g greek yogurt</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>• Peach</li> <li>• Hard boiled egg</li> <li>• 6 walnuts</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• ½ apple</li> <li>• 1 T almond butter</li> <li>• 1 egg muffin</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 150g Total Greek Yogurt</li> <li>• 1 T almond slivers</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices ham</li> <li>• 1 kiwi</li> <li>• 8 walnuts</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup strawberries</li> <li>• ¼ cup cottage cheese with 6 pecans</li> <li>• 250 ml water</li> </ul>
<b><u>Lunch</u></b>	<ul style="list-style-type: none"> <li>• 9-12 Grilled Tiger Prawns</li> <li>• ½ sweet potato</li> <li>• 1 cup steamed veggies</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g grilled chicken</li> <li>• 2/3 cup quinoa</li> <li>• 1 cup green beans with almond slivers</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup pulled chicken***</li> <li>• 1/3 cup brown rice</li> <li>• 1/3 cup black beans</li> <li>• 1 cup sautéed veggies</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup BBQ pulled chicken***</li> <li>• ½ sweet potato</li> <li>• 1 cup green beans</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g grilled chicken</li> <li>• ½ sweet potato</li> <li>• 1 cup roasted cauliflower***</li> <li>• 250 ml water</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>• Low Sugar Kind Bar (Dark Chocolate, Almond, Sea Salt)</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• Triple Zero Greek Yogurt with 1 T walnuts</li> <li>• 6 walnuts (crumbled)</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 meatloaf muffin</li> <li>• ½ apple</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 turkey and hummus roll ups</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Rice cake</li> <li>• 1 tsp almond and coconut butter spread</li> <li>• 1 hard boiled egg</li> </ul>
<b><u>Post Workout:</u></b>	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk	✓ Recovery Protein with 250 ml almond milk
<b><u>Dinner</u></b>	<ul style="list-style-type: none"> <li>• 1 ½ Meatloaf Muffin***</li> <li>• 1/2 cup mashed sweet potato** with 1 tsp pecan pieces</li> <li>• 1 cup steamed broccoli</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g roasted turkey</li> <li>• ½ cup roasted butternut squash***</li> <li>• 1 cup green beans</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g grilled salmon</li> <li>• 2/3 cup butternut squash</li> <li>• 1 cup broccoli</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g pork chops</li> <li>• ½ cup brown rice</li> <li>• 1 cup roasted cauliflower</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g Grilled white fish</li> <li>• ½ sweet potato</li> <li>• 1 cup grilled asparagus</li> <li>• 250 ml water</li> </ul>

# UK Meal Plan



<b>Week 4</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• 2/3 cup oatmeal cooked with 2 T walnuts</li> <li>• 2 eggs scrambled</li> <li>• 2 slices ham</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 slice flat bread with 1 tsp almond butter and ½ banana</li> <li>• 150g Total Greek Yogurt with 2 tsp almond slivers with 1 tsp protein powder</li> <li>• 250 ml water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 150g Total Greek Yogurt with 1 tsp almond slivers</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup blueberries</li> <li>• 6 cashews</li> <li>• 1 hard boiled egg</li> <li>• 250 ml water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 1 ½ meatloaf muffins***</li> <li>• 2/3 cup mashed sweet potato***</li> <li>• 1 cup roasted cauliflower</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g pulled chicken***</li> <li>• 1 cup sautéed veggies</li> <li>• ½ cup black beans</li> <li>• 250 ml water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 3 T hummus with carrot sticks</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• Rice cake with 1 tsp almond butter</li> <li>• 250 ml water</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• 125g grilled chicken</li> <li>• 2/3 cup butternut squash***</li> <li>• 1 cup Kale Chips**</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 125g grilled beef filet with mushrooms</li> <li>• ½ sweet potato</li> <li>• 1 cup steamed broccoli</li> <li>• 250 ml water</li> </ul>

## Grocery List:

- 1 dozen cage free organic eggs
  - **Fruits:** Strawberries, Blueberries, Peaches, Apple, raspberries, banana
  - **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Sweet Potato, butternut Squash, cauliflower, mushrooms
  - **Meats:** Lean Ground Turkey ( for meatloaf muffins), Wild Caught Salmon, White Fish, Low sodium turkey deli meat, Organic chicken, sirloin, filet, Ham, pork chops,
  - Oatmeal/Steel cut oats
  - Hummus
  - Quinoa
  - Brown Rice
  - Rice Cake
  - Pasta Sauce
  - **Nuts:** Pecans, Almonds, Walnuts, Almond
- Slivers
- Almond butter
  - Avocado
  - Flat Bread
  - Total Greek Yogurt
  - Low Sugar Kind Bars

**Recipes from website:** Egg and Quinoa scramble, Egg Muffin, Kale Chips, Meatloaf Muffins, Mashed Sweet Potato, Pulled Chicken, BBQ Pulled Chicken, Roasted Butternut Squash