

# UK Meal Plan



<b>Week 1</b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u> <u>REST DAY</u></b>	<b><u>Friday</u></b>
<b><u>Breakfast</u></b>	<ul style="list-style-type: none"> <li>1 cup oatmeal with 2 egg whites</li> <li>2 egg muffins***</li> <li>¼ cup blueberries</li> <li>2 T almond slivers</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>1 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>3 protein pancakes***</li> <li>2 T almond butter</li> <li>½ apple</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>2 egg muffins***</li> <li>1 cup oatmeal cooked</li> <li>½ banana with 1 tsp almond butter</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>1 cup pumpkin steel cut oats** topped with pecans</li> <li>2 egg muffins**</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 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 ham slices</li> <li>1 peach</li> <li>6 almonds</li> <li>250 ml water</li> </ul>
<b><u>Lunch</u></b>	<ul style="list-style-type: none"> <li>175g grilled chicken with 2 T avocado</li> <li>¾ cup quinoa***</li> <li>1½ cups steamed broccoli</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>175g pulled chicken***</li> <li>¾ cup brown rice</li> <li>1½ cups mixed veggies</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>175g grilled chicken</li> <li>1½ cups cinnamon butternut squash with pecan crumbles***</li> <li>1½ cups carrots</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>175g ground turkey</li> <li>¾ cup brown rice</li> <li>1½ cups sautéed veggies</li> <li>3 T avocado</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>15-18 Tiger Prawns</li> <li>¾ cup quinoa</li> <li>1½ cups mixed veggies</li> <li>250 ml water</li> </ul>
<b><u>Snack</u></b>	<ul style="list-style-type: none"> <li>1 rice cakes</li> <li>1 T almond butter</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>½ apple</li> <li>10 almonds</li> <li>1 hard boiled egg</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>3 T Hummus</li> <li>Carrots and celery</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>100g chicken</li> <li>2 T guacamole</li> <li>½ cup rice</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>1 hard boiled egg</li> <li>peach</li> <li>6 walnuts</li> <li>250 ml water</li> </ul>
<b><u>Post Workout:</u></b>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 375ml almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 375 ml almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 375 ml almond milk</li> </ul>		<ul style="list-style-type: none"> <li>✓ Recovery Protein with 375 ml almond milk</li> </ul>
<b><u>Dinner</u></b>	<ul style="list-style-type: none"> <li>150g white fish</li> <li>1 small sweet potato (1/2 cup)</li> <li>1½ cups green beans with almond slivers</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>2 cups spaghetti squash***</li> <li>½ cup pasta sauce (load up on the veggies)</li> <li>150g ground turkey</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>150g cedar plank salmon***</li> <li>½ cup quinoa</li> <li>1.5 cup steamed asparagus</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>150g pulled 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>150g Pecan Encrusted Chicken Recipe***</li> <li>1½ cup smashed cauliflower***</li> <li>1½ cup steamed veggies</li> <li>250 ml water</li> </ul>

# UK Meal Plan



Week 1	Saturday	Sunday REST DAY
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• 2 egg and 2 egg white and quinoa scramble</li> <li>• 1/3 cup quinoa</li> <li>• 2 T avocado</li> <li>• 1 apple</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup oatmeal with 2 egg whites- top with ½ banana and 2 T walnuts</li> <li>• 2 egg muffin ***</li> <li>• 250 ml 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>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup berries</li> <li>• 6 almonds</li> <li>• 1 egg</li> <li>• 250 ml water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 175g grilled chicken with fresh pico and 3 T avocado</li> <li>• 3/4 cup quinoa</li> <li>• 1½ cups steamed broccoli</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup avocado and tuna 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>• 125g ground turkey</li> <li>• 1 cup sautéed veggies</li> <li>• 1/3 cup brown rice</li> <li>• 2 T avocado</li> <li>• 250 ml water</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• 2 cups spaghetti squash***</li> <li>• ½ cup pasta sauce (load up on the veggies)</li> <li>• 175g ground turkey</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 175g cedar plank salmon***</li> <li>• 1/3 cup quinoa</li> <li>• 1 cup sautéed asparagus</li> <li>• 250 ml 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, Tiger Prawns, Organic Chicken Breast, Ham slices, 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)
- Greek 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 2 egg white quinoa scramble***</li> <li>• 2 T avocado</li> <li>• ½ apple</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 3 egg muffins***</li> <li>• 1 cup oatmeal cooked with 1 T almond butter and ½ banana</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 egg muffins***</li> <li>• 150g total greek yogurt mixed with 2 tsp granola and 2 tsp nuts</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 3 slices Canadian bacon</li> <li>• 1 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>• 2 hard boiled eggs</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>• 175g pulled pork tenderloin***</li> <li>• ¾ cup quinoa</li> <li>• 1½ cups steamed carrots</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 175g grilled chicken with 3 T avocado</li> <li>• ½ cup brown rice</li> <li>• ¼ cup black beans</li> <li>• 1½ cups sautéed veggies</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Meatloaf Muffins**</li> <li>• 1 ½ cups cinnamon butternut squash***</li> <li>• 1½ cup green beans with almond slivers</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 175g Grilled Turkey burger (no bun), on lettuce</li> <li>• 1 small sweet potato</li> <li>• 1½ cups broccoli</li> <li>• 3 T avocado</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• ¾ cup Tuna and Avocado Salad*** on lettuce wraps</li> <li>• ¾ cup brown rice</li> <li>• 1 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>• 75g chicken breast</li> <li>• 2 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> </ul>
<b><u>Post Workout:</u></b>	✓ Recovery Protein with 375ml almond milk	✓ Recovery Protein with 375ml almond milk	✓ Recovery Protein with 375 ml almond milk	✓ Recovery Protein with 375 ml almond milk	✓ Recovery Protein with 375 ml almond milk
<b><u>Dinner</u></b>	<ul style="list-style-type: none"> <li>• 5 Coconut Mahi Nuggets***</li> <li>• ½ sweet potato (1/2 cup)</li> <li>• 1½ 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>• 1½ cups sautéed veggies</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 150g grilled chicken with 2 T avocado</li> <li>• 2/3 cup quinoa</li> <li>• 1 cup steamed asparagus</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 175g grilled sirloin</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>• 150g Spicy Quinoa Chicken***</li> <li>• 1½ cup mashed cauliflower***</li> <li>• 1½ cups steamed green beans with almond slivers</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>1 1/3 cup amish oats*** with 3 T almond slivers and 2 T berry slices</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>2 Egg and 2 slices ham sandwich on 2 slices of flat bread with 2 T avocado slices</li> <li>½ apple with 1 tsp almond butter</li> <li>250 ml water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>150g 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>175g grilled chicken with fresh pico and ¼ avocado</li> <li>¾ cup quinoa</li> <li>1½ cups 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>1½ cups 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>2 meatloaf muffins***</li> <li>½ sweet potato</li> <li>1½ cup green beans with almond slivers</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>175g grilled salmon</li> <li>1½ cup roasted butternut squash***</li> <li>1 ½ cups 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, 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, Ham
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- **Nuts:** Pecans, Almonds, Walnuts, Almond Slivers
- Almond butter
- Avocado
- Unsweetened coconut
- Total Greek Yogurt
- Flat Bread
- 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 REST DAY</b>	<b>Friday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• <b>Smoothie:</b> 1 Scoop Whey Protein, 125g greek yogurt, ½ cup berries, ½ banana and 2 T almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• 2 egg muffins**</li> <li>• 1 cup overnight oats**</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 eggs and 4 egg whites veggies scrambled and ¼ cup quinoa</li> <li>• 1 apple with 1 T almond butter</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Egg and 2 slices Canadian bacon on 2 slices Ezekiel bread with 2 T avocado</li> <li>• 1 cup blueberries</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>• 150 g Total Greek Yogurt with 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 T 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>• 175g buffalo chicken***</li> <li>• ¾ cup quinoa</li> <li>• 1½ cups broccoli</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 1/3 cups citrus and quinoa salad***</li> <li>• 1½ cups green beans with almond slivers</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 175g grilled chicken</li> <li>• 4 T avocado</li> <li>• ¾ cup black beans</li> <li>• 1 ½ cup sautéed veggies</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 175g ground turkey</li> <li>• ½ cup brown rice</li> <li>• 1/3 cup black beans</li> <li>• 1 ½ cup sautéed veggies</li> <li>• 4 T avocado</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 175g grilled chicken with 4 T avocado</li> <li>• ½ sweet potato</li> <li>• 1½ cups broccoli</li> <li>• 250 ml water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• Slice flat bread with 1 T almond butter</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>• 8 ounces 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>	<ul style="list-style-type: none"> <li>• 3 T hummus</li> <li>• cucumber slices</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 150 g Total Greek Yogurt with 6 pecan crumbles</li> </ul>
<b>Post Workout:</b>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 375 ml almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 375 ml almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 375 ml almond milk</li> </ul>		<ul style="list-style-type: none"> <li>✓ Recovery Protein with 375 ml almond milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• 2 cups spaghetti squash</li> <li>• 5 Turkey-quinoa Meatballs***</li> <li>• ¼ cup pasta sauce</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 1/3 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>• 15-18 Grilled Tiger Prawns</li> <li>• ½ sweet potato</li> <li>• 1½ cup broccoli</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 175g balsamic pork tenderloin***</li> <li>• 1 ¼ cups roasted butternut squash**</li> <li>• 1½ cups green beans with almond slivers</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 150g Grilled sirloin</li> <li>• 1 cup mashed cauliflower***</li> <li>• 1½ cup grilled asparagus</li> <li>• 250 ml water</li> </ul>

# UK Meal Plan



<b>Week 3</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• 2 eggs and 2 egg white with 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, 3 T plain 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>• 175g balsamic pork tenderloin***</li> <li>• ½ cup sweet potato</li> <li>• 1½ cups roasted cauliflower</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 175g grilled chicken</li> <li>• ¾ cup quinoa</li> <li>• 1½ cups 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>• 175g grilled salmon</li> <li>• 1¼ cup butternut squash***</li> <li>• 1½ cups Kale Chips**</li> <li>• 250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>• 175g grilled white fish</li> <li>• ½ sweet potato with 2 T pecans</li> <li>• 1½ cups 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, Pork Tenderloin
- 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>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>1 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>1 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>2 slices Ezekiel bread 2 eggs and 2 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 with 2 egg whites 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, 75g greek yogurt, ½ cup berries, ½ banana, 2 T almond butter and 200 ml almond milk (add handful of spinach or kale)</li> </ul>
<b>Snack</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 with 1 T almond slivers</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>1 slice Canadian bacon</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>Lunch</b>	<ul style="list-style-type: none"> <li>15-18 Grilled Tiger Prawns</li> <li>½ sweet potato</li> <li>1½ cups steamed veggies</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>175g grilled chicken</li> <li>2/3 cup quinoa</li> <li>1½ cups green beans with almond slivers</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>¾ cup pulled chicken***</li> <li>½ cup brown rice</li> <li>1/3 cup black beans</li> <li>1½ cups sautéed veggies</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>¾ cup BBQ pulled chicken***</li> <li>¾ cup sweet potato</li> <li>1 ½ cup green beans with almond slivers</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>175g grilled chicken</li> <li>¾ cup sweet potato with 1 T pecans</li> <li>1½ cups roasted cauliflower</li> <li>250 ml water</li> </ul>
<b>Snack</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>150g Total Greek Yogurt with 6 walnuts (crumbled)</li> <li>250 ml water</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>3 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>Post Workout:</b>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 375 ml almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 375 ml almond milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recovery Protein with 375 ml almond milk</li> </ul>		<ul style="list-style-type: none"> <li>✓ Recovery Protein with 375 ml almond milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>2 Meatloaf Muffin***</li> <li>1/2 cup mashed sweet potato** with 1 tsp pecan pieces</li> <li>1 ½ cup steamed broccoli</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>175g roasted turkey</li> <li>1 cup roasted butternut squash***</li> <li>1 ½ cup green beans with almond slivers</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>150g grilled salmon</li> <li>1 ¼ cups butternut squash</li> <li>1 cup broccoli</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>175g grilled pork chops</li> <li>2/3 cup brown rice</li> <li>1½ cups roasted cauliflower</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>175g Grilled white fish</li> <li>½ sweet potato</li> <li>1 ½ 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>1 cup oatmeal cooked with 2 T walnuts and 2 T berries</li> <li>2 eggs scrambled</li> <li>4 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</li> <li>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>2 meatloaf muffins***</li> <li>2/3 cup mashed sweet potato***</li> <li>1 ½ cup roasted cauliflower</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>175g pulled chicken***</li> <li>1 cup sautéed veggies</li> <li>¾ cup black beans</li> <li>2 T avocado</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>175g grilled chicken</li> <li>1 cup butternut squash***</li> <li>1 ½ cups Kale Chips**</li> <li>250 ml water</li> </ul>	<ul style="list-style-type: none"> <li>175g grilled beef filet with mushrooms</li> <li>½ sweet potato</li> <li>1 ½ cups 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, Tiger Prawns, beef filet, Ham, pork chops, Kale
- Oatmeal/Steel cut oats
- Hummus
- Quinoa
- Brown Rice
- Rice Cake
- Pasta Sauce
- **Nuts:** Pecans, Almonds, Walnuts, Almond Slivers, Cashews
- Almond butter
- Avocado
- Flat Bread
- Total Greek Yogurt
- Low Sugar Kind Bars

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