

Vegan/Vegetarian Plan #2 (Eating schedule and recopies)

	Monday	Tuesday	Wednesday	Thursday	Friday/Sat/Sun
Breakfast	Oatmeal w/1 cup of berries And black coffee/tea	Scrambled egg omelet (1egg+3-4 egg whites and veggies) 1 serving of fruit	Scrambled egg omelet (1egg+3-4 egg whites and veggies) 1 serving of fruit	Oatmeal w/1 cup of berries And black coffee/tea	Scrambled egg omelet (1egg+3-4 egg whites and veggies) 1 serving of fruit
Snack	slices of turkey or ham or hard boiled egg whites.	hard boiled eggs (2-3) OR a fruit with 2 tbsp of almond butter	20 of mixed nuts (almonds, cashews, walnuts, macadamia nuts, cashews, chestnuts)	Cottage cheese or greek yogurt w/ ½ cup of berries	any protein (slices of turkey, cottage cheese, eggs, etc)
Lunch	Grilled Chicken with veggies. (any protein and veggies) and ½ cup sweet potato or ½ cup of quinoa	Turkey meat balls with veggies. (any protein and veggies) and ½ cup of sweet potato or ½ cup of quinoa	Chicken drumsticks with veggies. (any protein and veggies) and and ½ cup of sweet potato or ½ cup of quinoa	Steak or ground lean beef and veggies. (any protein and veggies) and ½ cup of sweet potato or ½ cup of quinoa	Salmon with veggies. (any protein and veggies) and ½ cup of sweet potato or ½ cup of quinoa
Snack	Any protein, get creative (tuna, hard boiled eggs whites, cottage cheese, plain greek yogurt)	2 hard-boiled eggs and 10 mixed nuts.	1 cup of plain greek yogurt and ½ cup of berries	Baby carrots OR veggies w/2 tbsp of hummus	Apple w/ 2TBS almond butter.
Dinner	Chicken (Breast) and veggies (broccoli, green beans, avocado, carrots, asparagus etc.)	Grilled salmon with veggies. (any protein and veggies)	Turkey patty with lettuce wrap, tomatoes, egg white omelet.	Tomato basil soup with shredded chicken breast. (any protein and veggies)	Turkey meatballs and veggies. (any protein and veggies)

** You can mix and match the foods.

If you have a high carb day (sweet potato, quinoa, oatmeal, fruits) plan, make sure your fat (nut butters, almonds, avocado, cheese, etc) intake is low. OR high fat day plan then stick to low carbs.

*For dinner cut out the carbs, only eat the carbs from vegetables.

This schedule also works for the weekends. You are allowed to have ONE cheat meal either Saturday or Sunday so choose wisely! =)

** An apple is good to eat 5 minutes before your work out; it has natural carbs and sugars that will help you with natural energy to get you through the work out.

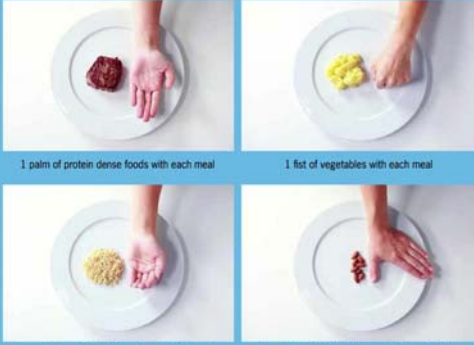
- For **breakfast**, it is okay to have oatmeal (I recommend having oatmeal on leg days aka monday and thursday) . I usually add 1 scoop of protein powder (las2winz use brand orgain protein-purchase it at costco. It is plant based and chocolate flavor). I also recommend getting stevia drops from wholefoods or sprouts that will help sweeten your oatmeal or coffee.
- I recommend prepping your meals the night before or over the weekend if you can. If the nuts are not filling enough as a snack, I recommend eating foods high in protein such as: chicken, hard-boiled egg whites, turkey slices, veggies.
- If you decide to have a serving of fruit as a snack, try to stick with the berries (strawberries, blueberries) not bananas, mangos since they are high in sugars
- Carbohydrates should not be seen as your enemy, carbs will give you energy to get you through the day. Good carbs that you can incorporate in your meals: oatmeal, sweet potato, fruits (berries), vegetables. I recommend having carbs before and after your work out (breakfast and lunch).

Calorie Control: A Simple Guide

FOR WOMEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

And your hand. To build your meals:



1 palm of protein dense foods with each meal

1 fist of vegetables with each meal

1 cupped hand of carb dense foods if extra carbs are to be included

1 entire thumb of fat dense foods if extra fats are to be included

Note: Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

Also note: Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

PrecisionNutrition

Calorie Control: A Simple Guide

FOR MEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

And your hand. To build your meals:



2 palms of protein dense foods with each meal

2 fists of vegetables with each meal

2 cupped hands of carb dense foods if extra carbs are to be included

2 entire thumbs of fat dense foods if extra fats are to be included

Note: Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

Also note: Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

PrecisionNutrition

Oatmeal w/ Protein powder

Ingredients:

- Quick Gluten-free Oats by Bob's Red Mill
- Unsweetened Almond Milk
- 1 scoop of protein powder



Cooking Steps:

- Measure ½ cup of oats and pour in bowl
- Measure ½ cup of unsweetened almond milk and ½ water and pour it in bowl
- Put it in microwave for about 2 minutes.
- Measure 1 scoop of protein powder and add to oatmeal (optional) or you can add powder peanut butter (PB 2) or 1 serving (1Tbsp) of almond/ peanut butter.



2 Egg whites and 1 egg with broccoli (Good as a snack!)



Mixture of vegetables (tomato, carrots, asparagus, onions, mushrooms, avocado) and 5 oz of grilled chicken.

Lean Turkey

Ingredients:

- 99% ground Lean turkey
- Chopped onions
- Tomato sauce from whole foods (Rao's homemade Tomato basil)
- Chopped bell peppers
- Garlic salt

Cooking steps:

- Put onions and bell peppers to cook
- Add the lean turkey
- Add some garlic salt
- Once the lean turkey is cooked then add the tomato sauce.

Tomato Basil Soup



Ingredients:

- 1 Tbsp. coconut oil
- 1 small onion, diced
- 1 large carrot, peeled and diced
- 1 1-inch section ginger, peeled and grated
- 3 garlic cloves, minced
- 1/2 cup cilantro, packed
- 1 28-oz. jar/box/can of diced tomatoes
- 1 14-oz. can coconut milk
- sea salt and fresh ground pepper, to taste

Cooking Steps

- 1) Melt coconut oil in a large pot over medium-high heat. Add onion and carrot, sauté until softened. Sprinkle a little sea salt over the veggies, then add ginger and garlic, stirring until fragrant, about 1 minute.
- 2) Transfer onion mixture to a blender or food processor. Add cilantro, tomatoes, and coconut milk. Puree until smooth.
- 3) Pour soup back into pot and heat gently over medium heat for 20 minutes or until heated through, stirring occasionally. Season to taste with S&P. Serve!

Turkey Meatballs/ Turkey Patty



Ingredients:

- 99% Ground lean turkey
- Red or green or yellow bell peppers
- Chopped red onion
- Garlic/salt seasoning
- 3 tomatoes

Cooking Steps

- Mix the diced onions, diced bell peppers, with the ground turkey in a bowl. Season with garlic salt to taste.
- Boil the tomatoes in a pot until they are soft and the skin is peeling off.
- Once the tomatoes are soft, chopped them up and transfer it all into a pan including the juice from them. This will be used to cook the turkey meatballs.
- Make balls with the ground turkey and place it in the pan with the chopped tomatoes and tomato juice.
- Put the lid on the pan and let it cook for a few minutes, continue checking the meatballs until they turn a little brown and turn them over

Grilled Salmon**Ingredients:**

- 5 oz Salmon fillet
- 1 clove of garlic, minced

- Pepper, garlic salt, lemon juice or lemon (any seasoning of your taste)

Cooking Steps

- Heat 1-2 Tbsp of oil in a large skillet over medium-high heat. Season the salmon with salt, pepper, and garlic powder to taste.
- Sear the salmon for 3-4 minutes per side. Remove from the pan and keep warm.
- Add the stock (scrapping the browned bits off the bottom of the pan), lemon juice, and the garlic to the skillet. Reduce heat to medium and cook for 5-7 minutes or until the sauce has reduced.

Omelet Muffins



Ingredients:

The perfect meal/snack.... Protein, easy to make and deeeeelicious!

- 8 Eggs (or you can use 4 eggs and 4 whites)
- 1/2 ounces cooked ham, crumbles (optional)
- 1/2 cup diced red pepper or any vegetable of your choice (the picture uses: red pepper, broccoli, cauliflower, onions, turkey, cooked chicken breast). Dice them in a food processor or just by cutting them in small pieces like the picture.
- 1/4 teaspoon garlic salt or any seasoning of your choice
- 2 tablespoon water

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease 8 muffin cups or line with paper liners.
2. Beat eggs together in a large bowl. Mix ham, bell pepper, onion, salt, and water into the beaten eggs. Pour 1/3 cup egg mixture evenly into prepared muffin cups.
3. Bake in the preheated oven until muffins are set in the middle, 18 to 20 minutes.

MEATS

Here are your 10 essential animal proteins. Buy them fresh (rather than processed and cured), hormone- and antibiotic- free, and naturally raised—whenever possible.

- Ground lean Beef

- Buffalo/Bison
- Chicken/Turkey (take note: all poultry should be eaten skinless)
- Duck
- Eggs
- Game Meats (think: rabbit, venison, wild boar)
- Goat
- Lamb
- Organs (kidneys, livers, marrow, sweetbreads, and tongue)
- Pork

FISH

Friendly fish, but these are the most common varieties you'll see in a market or on a menu. Always go for wild-caught fish over farmed, if you can, and eat the canned kind—like tuna and salmon—sparingly.

- Anchovies
- Bass
- Cod
- Flounder
- Halibut
- Mahi Mahi
- Salmon
- Sardines
- Shellfish (including crab, clams, lobster, mussels, scallops, and shrimp)
- Tuna

BEVERAGES

Fruit juices pack a high dose of concentrated sugar. It probably goes without saying that you shouldn't add your own sugar to any of the below, and when buying from the store, check the ingredients list to make sure no sweeteners, real or processed, have been added. Great beverages are:

- Unsweetened Almond milk
- Unsweetened Coconut milk
- Coconut water
- Coffee
- Unsweetened Teas
- Water

- ❑ Coconut Aminos are similar to soy sauce but less sodium, carbs and calories. You can purchase it at wholefoods or sprouts. I use it on my veggies and protein (chicken, lean turkey, meat, etc).

