PROTEIN
30 grams average per serving

- All are estimates based from MyfitnessPal. THESE ARE ESTIMATES! But if you're matching the serving size you'll be in an average range.
- Don't worry about being exact (no measuring is ever exact sorry to burst your bubble even myfitnesspal isn't 100% accurate)
- Remind yourself this is a process and progress NOT perfection
- Each person has a different protein goal. Shoot to achieve 1 gram of protein per/lbs of your desired goal weight.

Example: goal is 145lbs

145g protein daily. 145 divided by 5 meals = 29g per meal

**If you're severely under your daily protein goal use this list as a reference of protein portions to gradually reach your goal! If you weigh more than your protein goal simply move your protein intake to match the desired goal weight.*

QTY	FOOD	PROTEIN	CALORIES	CARBS	FAT
5oz	filet mignon	28	137	0	25
5oz	chicken breast	26	150	0	5
4oz	salmon	27	256	0	15
6oz	ground turkey	30	243	0	12
4oz	turkey breast	28	120	0	.5
6oz	Ground bison	30	285	0	16.5
1	whole egg	6	70	0	5
5	whole eggs	30	350	0	25
8oz	Sea bass	30	204	.8	8
6oz	Cod	28.5	135	0	1.5
8oz	shrimp	30	160	2	2

VEGAN PROTEIN

to achieve 30 grams average per serving

QTY	FOOD	PROTEIN	CALORIES	CARBS	FAT
	tempeh	25.5	227	17	6.4
	quinoa	28	840	128	12
	Hemp seeds	30	510	12	36

	Black beans	30	450	84	1.5
	Farro (high in fiber/carbs be aware)	28.9	669	140	4.2

This is NOT a meal plan.
This is a simple plug and play meal guide to help you build out your meals with the macros I provide in your check-in response. Please remember 90% of your meals should be simple. Use a macro tracking app, along with a food scale. These items are listed in the welcome packet as well as the onboarding packet. (As I repeat myself here) Weighing, measuring, and tracking your food is nonnegotiable to bring you success and awareness to what and how you eat. No, you don't need to track forever which is why this will make your life easier! You will have a better understanding of what food quantities look like so when you're out in the real world you can eyeball food items like chicken breast or avocado and have a better guesstimation of the macro content.
If I forgot a food item(very possible) if it's whole food, a single ingredient go for it.
Limit ultra processed foods, shop at whole foods, sprouts, trader joes.

Protein: Egg-egg white- bacon- turkey bacon- cottage cheese- greek yogurt-sausage (turkey pork chicken)- protein powder-Chicken thigh- chicken breast, ground chicken, pork tenderloin, turkey breast, steak, fish, lean ground steak, lean ground turkey, lactose free milk, shrimp, fish,
Carbohydrates: Gluten free bread (muffins /bagels)-any potato-gluten free wraps/tortillas- oatmeal-cream of rice-cream of wheat-pasta-beans, lentil, farro, rice, rice cakes
Veggies (included in carbohydrate macros) Spinach, Kale, Onion, Peppers, Squash, Tomato, Broccoli, cabbage -broccoli slaw-
Fruits: (included in carbohydrates) any berry, apple, orange, melon, peach, tangerine, nectarine, grapes, kiwi, mango, pineapple, banana, grapefruit, pears, lemon, lime
Fats: Avocado, olive oil, olives, flax, flax oil, chia seeds, avocado oil, mct oil, organic butter, cheese, ghee, coconut oil

Protein food products that aren't a no no and make life and food better:

protein meat sticks(paleo valley, 1st phorm)

Quest protein products

Fairlife protein drinks

Greek yogurt

PBFit peanut butter powder

Monk fruit syrup (maple syrup substitution)

Frozen protein waffles or pancakes

Organic salsa and pasta sauce (sugar free please)

Herbs and spices are always a yes.

Sugar free hot sauce

Sugar free BBQ sauce

Low sodium soy sauce

Braggs aminos

Apple cider vinegar with olive oil lemon or lime as salad dressing

Olive oil with balsamic vinegar as salad dressing

I’m a fan of primal kitchen products

Watch for salad dressings that use vegetables seed oil or canola oil in the ingredient list