

Women's General Meal Plan

(approx. 1500 calories)

Eat every 2.5 – 3 hours like it's your job! Drink *at least* 1 gallon (about 8 glasses) of water per day.

<u>Breakfast</u>	
Option 1: Eggs & Fruit	5 eggs (3 yolks only) – prepare how you like (scrambled, hard boiled, drink raw, omelet) [if omelet, add in spinach, bell peppers, tomato, and top with ½ avocado] 1 fruit – banana, orange, apple, berries, etc. (only if no avocado)
Option 2: Protein Shake	Whey Protein Shake in Water (brand of your choice) 1 Fruit – banana, orange, apple, berries, etc.
<u>Snack #1</u>	
Option 1: Yogurt & Fruit	1 cup Low Fat Greek Yogurt 1 handful of Berries (no banana) Sprinkle with flax seeds, raw honey, or stevia (optional)
Option 2: Protein Bar	1 Clif Builder bar
Option 3: Cottage Cheese	1 cup cottage cheese 1 Fruit or Veggies – banana, apple, berries, celery, carrots, etc.
<u>Lunch</u>	
Option 1:	Chicken (3.5 oz.), Turkey (3.5 oz.) or Tuna (¾ can) Large salad (see LiveLikeTim Salad & Dressings Recipe) Drizzle with light dressing, salsa, or cottage cheese (no hummus)
Option 2: Sandwich	Roast Beef (4 oz.), Turkey (5 oz.) or Tuna (1 can) 2 Slices of Bread (Gluten Free if possible, Joanne's brand is best) ½ Avocado Tomato Slices, Lettuce
<u>Workout</u>	
Pre-Workout: Protein Shake/ Supplements	½ protein shake or protein bar 1 small fruit (orange preferred) 2 Muscle Mass & 2 Muscle Dynamo
Post-Workout: Immediately	1 scoop Dark Matter
<u>Snack #2 (non-workout days)</u>	
Option 1:	15 Walnuts or Almonds (raw, unsalted) 1 Apple
Option 2: Veggies & Hummus	1 Cup Veggies (carrots, snap peas, bell pepper, cucumber) 1/4 Cup Hummus
Option 3: Bread & PB	1 slice of bread (Gluten Free if possible, Joanne's brand is best) 1T Peanut or Almond Butter (get the "natural" kind – not Jif or Skippy)
<u>Dinner</u>	
Option 1: Fish & Veggies	4 oz Fish (sole, salmon, tilapia) or Seafood (shrimp, scallops, etc.) 3 cups steamed veggies (cauliflower, broccoli, asparagus, green bean, kale, etc.) 1 small sweet potato (optional)
Option 2: Stir Fry	Chicken (3.5 oz) or Flank Steak (3.5 oz) 3 cups veggies (snap peas, cabbage, red bell peppers, broccoli, celery, carrots) ¼ cup quinoa or brown rice (optional)

Guidelines

- Each meal should be about 300-400 calories and 25-30 grams of protein, each snack about 200-250 calories and 15-20 grams of protein.
- Control your portions of carbs – specifically bread, pasta, and rice. Eat as many vegetables as you need to feel full.
- Eat “break” “fast” before leaving for work so you kick your metabolism out of starvation mode.

Tips

- Take the pre-workout shake and supplements about 30 minutes before the workout. They need some time to digest.
- Take the post-workout Dark Matter right after your workout.
- Boil chicken, eggs or cook other meats on Sunday to prepare for the week.
- Bake sweet potatoes in the beginning of the week at 350 degrees until soft (about 45 min).

Ok to Do

- Mustard, soy sauce, light Italian or balsamic vinaigrette, Balsamic or apple cider vinegar, extra virgin olive oil and Worcestershire sauce are all ok as condiments. Avoid most white and/or creamy condiments like mayo, ranch, blue cheese, thousand island, BBQ sauce, etc.
- Cook with lots of spices like turmeric, coriander, cumin, oregano, basil, ginger, paprika, cloves and black pepper. Use Himalayan Rock Salt instead of table salt, it has trace minerals and is like a yummy tasting multivitamin.
- If you need a sweet snack try getting 70-82% dark chocolate and having 1 square.
- If you ever get hungry feel free to snack on as many vegetables as you want 😊

No-nos!

- Coffee is no bueno!!! Kick the habit!
- Stay away from corn and white potatoes, they are some of the few vegetables that spike your blood sugar.
- Gluten is TERRIBLE!!! Don't eat it! For that matter, stay away from as many grains as possible. We've evolved for 3 million years without grains and high amounts of carbs. It's only been around for a couple thousand years and our genetics hasn't caught up yet. It's not natural!
- Spicy food burns your stomach and causes irritation, weight gain, water retention and chronic disease. Limit it as much as you can. Remember, if it burns going in and coming out, it's burning the whole way through. Don't “sunburn” your intestines.

Stick with it! I know you can 😊 Tim