

WEEKLY MEAL PLAN

Breakfast

Oatmeal

Kodiak Protein Packed Oatmeal	380
2 packets	
Blueberries	20
1/2 cup	
Jimmy Dean Turkey Sausage Links	200
6 links	
48g Protein 69g Carbs 19g Fat	600 kcal

Dinner

Sanat Fe Turkey Zucchini Skillet

Jennie- O Ground Turkey 93/7	255
6 oz	
Onions	17
1/4 cup, chopped	
Tomato Paste	7
1/2 tbsp	
Black Beans (canned)	109
1/2 cup	
Corn	33
1/4 cup	
Tomatoes	8
1/4 large whole	
Jalapeño Peppers	1
1/4 pepper	
Zucchini	13
1/4 large	
Cumin	2
1/4 tbsp	
Garlic	4
1 clove	
42g Protein 39g Carbs 13g Fat	449 kcal

Lunch

Chicken Salad Sandwich

Daves Killer Bread Thin Slice	120
2 slices	
Chicken Breast	210
6 oz, boneless, raw	
Fage Total 0% Greek Yogurt	32
1/4 cup	
Celery	4
1/4 cup chopped	
Red Onions	17
1/4 cup, chopped	
Lettuce	2
2 medium leaf	
Tomatoes	8
2 medium slice	
Pickles	5
5 slices	
Celery	27
3 stalk, large	
Sabra Classic Hummus	140
4 tbsp	
50g Protein 46g Carbs 21g Fat	565 kcal

Snack

Just Bare Lightly Breaded Chicken Breast Chunks	160
3 oz	
16g Protein 9g Carbs 6g Fat	160 kcal

1800 Calories | 35% Protein | 30% Carbs | 35% Fat

Want a meal plan specific to your goals?

Learn more about our CG Nutrition coaching membership here:

<https://campgladiator.com/programs/nutrition>



NUTRITION



HOW TO USE

- These meals are designed so that when combined, they will total approximately 1800 calories with a macro split of 35% protein, 30% carbohydrates, and 35% fat.
- Suppose you want to increase or decrease the number of calories in this plan. In that case, you can customize each meal to meet your desired count by reducing or adding protein and vegetables to the designated serving sizes.
 - Use a calorie tracker to monitor your intake to fit your desired results.
- This plan is meant to be flexible and doable for all different lifestyles. Do you prefer frozen vegetables over fresh ones? Include those! Do you like the taste of white rice over brown? No biggie; just make the macros match.
 - If you are allergic to any of the plan's food items, please substitute a desired food in the same food group.
- While following the plan, remember additional calories you might not be tracking, like alcohol or coffee creamer. Both are okay in moderation, but we recommend limiting additional calories outside the plan to see results sooner.
- A strong nutritional base is critical to achieving the desired results, and it can be elevated by adding a consistent fitness routine. Aim for 8,000 daily steps, or add one more workout to your week!

