

# WEEKLY MEAL PLAN

## Breakfast

### Breakfast Bowl

Turkey Sausage 3 oz	132
Egg 3 large	222
Avocados 1/4 avocado	81
Cholula Hot Sauce 1 tsp	0
Market Pantry Shredded Hashbrowns 1 cup	70

**38g Protein | 22g Carbs | 29g Fat**      **505 kcal**

## Snack

PBfit Peanut Butter Powder 2 tbsp	55
Banana 1 medium	105

**6g Protein | 31g Carbs | 2g Fat**      **160 kcal**

## Dinner

### Cheeseburger Crunchwrap

Jennie-O Ground Turkey 93/7 6 oz	255
Ketchup 1 tbsp	15
Mustard 2 tsp	6
Pickles 5 slice	5
Red Onions 1 medium slice	6
Lettuce 1/4 cup	2
Mission Flour Tortilla (Burrito) 1 wrap	200
Reduced Fat Cheddar Cheese 1/4 cup	90

**46g Protein | 43g Carbs | 23g Fat**      **579 kcal**

## Lunch

### Turkey BLT

Daves Killer Bread Thin Slice 4 slices	240
Turkey Breast Meat 7 oz	203
Kirkland Signature Bacon 2 slices	80
Lettuce 2 medium leaf	2
Tomatoes 1 medium slice	4
Mustard 2 tsp	6

**53g Protein | 54g Carbs | 14g Fat**      **535 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!

