

# WEEKLY MEAL PLAN

## Breakfast

### Breakfast Tacos:

Low Carb Tortillas 2 tortillas	162
Eggs 3 large (scrambled)	222
Turkey Sausage 3 oz	132
Pico De Gallo 2 tbsp	10

**44g Protein | 26g Carbs | 26g Fat**      **526 kcal**

## Lunch

### Greek Sandwich:

Thin-Sliced Bread 2 slices	140
Ground Turkey (93/7) 6 oz	255
Spinach 1/2 cup	4
Feta Cheese 1/2 cup, crumbled	99
Tomatoes 1 medium slice	4

**45g Protein | 29g Carbs | 24g Fat**      **501 kcal**

## Dinner

### Enchilada Skillet:

Ground Turkey (93/7) 4 oz	170
Sweet Potato 1 cup (cubed)	114
Black Beans 1/2 cup	55
Red Onions 1 oz	11
Canned Corn 1/4 cup	35
Enchilada Sauce 1/2 cup	40

\*Top with 1/4 cup cheese

**35g Protein | 55g Carbs | 18g Fat**      **534 kcal**

## Snack

Fage 0% Greek Yogurt 1 individual cup	130
Blueberries 1/2 cup	42

**24g Protein | 20g Carbs | .2g Fat**      **172 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!

