

Female, 56-60kg (122-132lbs)

(4143

2 large eggs,
50g turkey OR chicken sausage,
2 slices whole wheat toast OR 40g oatmeal

SNACK 1:

150g Greek yogurt OR low fat cottage cheese
50g fresh berries OR pineapple

LUNCH:

85g chicken breast OR 100g white fish,
85g brown rice OR sweet potato
100g vegetable of your choice
*(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts
and so on)*
50g mushrooms OR kale

SNACK 2:

Protein shake OR protein bar (low carb and at least 20g protein)

DINNER:

85g chicken thigh OR salmon
85g brown rice OR baked potato
100g vegetable of your choice OR side salad
50g mushrooms OR kale

Female, 61-65kg (133-143lbs)

COLAZIONE:

2 large eggs,
50g turkey OR chicken sausage,
2 slices whole wheat toast OR 40g oatmeal

SNACK 1:

150g Greek yogurt OR low fat cottage cheese
50g fresh berries OR pineapple

LUNCH:

100g chicken breast OR 140g white fish,
100g brown rice OR sweet potato
100g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
50g mushrooms OR 30g baked beans

SNACK 2:

Protein shake OR protein bar (low carb and at least 20g protein)

DINNER:

100g salmon OR 85g lean steak
85g brown rice OR baked potato
100g vegetable of your choice OR side salad
50g mushrooms OR kale

Female, 66-70kg (144-154lbs)

COLAZIONE:	2 large eggs 50g turkey OR chicken sausage, 2 slices whole wheat toast OR 40g oatmeal
SNACK 1:	150g Greek yogurt OR low fat cottage cheese 50g fresh berries OR pineapple
LUNCH:	85g chicken breast OR 100g white fish, 100g brown rice OR sweet potato 100g vegetable of your choice <i>(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)</i> 50g mushrooms OR 30g baked beans
SNACK 2:	Protein shake OR protein bar (low carb and at least 20g protein)
SNACK 3:	150g Greek yogurt OR low fat cottage cheese
DINNER:	100g salmon OR 85g lean steak 100g brown rice OR baked potato 100g vegetable of your choice OR side salad 50g mushrooms or kale

Female, 71-75kg (155-165lbs)

COLAZIONE:	2 large eggs 50g turkey OR chicken sausage, 2 slices whole wheat toast OR 40g oatmeal
SNACK 1:	150g Greek yogurt OR low fat cottage cheese 50g fresh berries OR pineapple
LUNCH:	100g chicken breast OR 140g white fish, 100g brown rice OR sweet potato 100g vegetable of your choice <i>(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)</i> 50g mushrooms OR 30g baked beans
SNACK 2:	Protein shake OR protein bar (low carb and at least 20g protein)
SNACK 3:	150g Greek yogurt OR low fat cottage cheese 50g berries OR pineapple
DINNER:	100g salmon OR 85g lean steak 100g brown rice OR baked potato 100g vegetable of your choice OR side salad 50g mushrooms or kale

Female, 76-80kg (165-176lbs)

COLAZIONE:	2 large eggs 50g turkey OR chicken sausage, 2 slices whole wheat toast OR 40g oatmeal
SNACK 1:	150g Greek yogurt OR low fat cottage cheese 50g fresh berries OR pineapple
LUNCH:	100g chicken breast OR 140g white fish, 100g brown rice OR sweet potato 100g vegetable of your choice <i>(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)</i> 50g mushrooms OR 30g baked beans
SNACK 2:	Protein shake OR protein bar (low carb and at least 22g protein)
SNACK 3:	150g Greek yogurt OR low fat cottage cheese 50g berries OR pineapple
DINNER:	130g salmon OR 100g lean steak 100g brown rice OR baked potato 100g vegetable of your choice OR side salad 50g mushrooms or kale

Female, 81-90kg (177-198lbs)

COLAZIONE:	2 large eggs 50g turkey OR chicken sausage, 2 slices whole wheat toast OR 40g oatmeal
SNACK 1:	150g Greek yogurt OR low fat cottage cheese 50g fresh berries OR pineapple
LUNCH:	100g chicken breast OR 140g white fish, 100g brown rice OR sweet potato 120g vegetable of your choice <i>(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)</i> 50g mushrooms OR 30g baked beans
SNACK 2:	Protein shake OR protein bar (low carb and at least 20g protein)
SNACK 3:	Protein shake OR protein bar (low carb and at least 20g protein) 50g berries OR pineapple (blended into shake or separate) 150g Greek yogurt (blended in shake or separate)
DINNER:	100g salmon OR 85g lean steak 100g brown rice OR baked potato 120g vegetable of your choice OR side salad 50g mushrooms or kale

Female, 91-100+kg (199lbs+)

COLAZIONE:	3 large eggs 50g turkey OR chicken sausage, 2 slices whole wheat toast OR 40g oatmeal
SNACK 1:	150g Greek yogurt OR low fat cottage cheese 50g fresh berries OR pineapple
LUNCH:	100g chicken breast OR 140g white fish, 120g brown rice OR sweet potato 120g vegetable of your choice <i>(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)</i> 50g mushrooms OR 30g baked beans
SNACK 2:	Protein shake OR protein bar (low carb and at least 20g protein)
SNACK 3:	Protein shake OR protein bar (low carb and at least 20g protein) 50g berries OR pineapple (blended into shake or separate) 150g Greek yogurt (blended in shake or separate)
DINNER:	100g salmon OR 85g lean steak 120g brown rice OR baked potato 120g vegetable of your choice OR side salad 50g mushrooms or kale

Male, 70-75kg (154-165lbs)

COLAZIONE:	3 large eggs 50g turkey OR chicken sausage, 2 slices whole wheat toast OR 40g oatmeal
SNACK 1:	150g Greek yogurt OR low fat cottage cheese 50g fresh berries OR pineapple
LUNCH:	100g chicken breast OR 140g white fish, 100g brown rice OR sweet potato 100g vegetable of your choice <i>(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)</i> 50g mushrooms OR 30g baked beans
SNACK 2:	Protein shake OR protein bar (low carb and at least 20g protein)
SNACK 3:	Protein shake OR protein bar (low carb and at least 20g protein) 50g berries OR pineapple (blended into shake or separate) 150g Greek yogurt (blended in shake or separate)
DINNER:	130g salmon OR 100g lean steak 100g brown rice OR baked potato 100g vegetable of your choice OR side salad 50g mushrooms or kale

Male, 76-80kg (166-176lbs)

COLAZIONE:	3 large eggs 50g turkey OR chicken sausage, 2 slices whole wheat toast OR 40g oatmeal
SNACK 1:	150g Greek yogurt OR low fat cottage cheese 50g fresh berries OR pineapple
LUNCH:	120g chicken breast OR 160g white fish, 120g brown rice OR sweet potato 120g vegetable of your choice <i>(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)</i> 50g mushrooms OR 30g baked beans
SNACK 2:	Protein shake OR protein bar (low carb and at least 20g protein)
SNACK 3:	Protein shake OR protein bar (low carb and at least 20g protein) 50g berries OR pineapple (blended into shake or separate) 150g Greek yogurt (blended in shake or separate)
DINNER:	130g salmon OR 100g lean steak 120g brown rice OR baked potato 120g vegetable of your choice OR side salad 50g mushrooms or kale

Male, 81-85kg (177-187lbs)

COLAZIONE:	3 large eggs 50g turkey OR chicken sausage, 2 slices whole wheat toast OR 40g oatmeal
SNACK 1:	150g Greek yogurt OR low fat cottage cheese 50g fresh berries OR pineapple
LUNCH:	120g chicken breast OR 160g white fish, 120g brown rice OR sweet potato 150g vegetable of your choice <i>(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)</i> 50g mushrooms OR 30g baked beans
SNACK 2:	Protein shake OR protein bar (low carb and at least 22g protein)
SNACK 3:	Protein shake OR protein bar (low carb and at least 22g protein) 50g berries OR pineapple (blended into shake or separate) 150g Greek yogurt (blended in shake or separate)
DINNER:	130g salmon OR 100g lean steak 120g brown rice OR baked potato 150g vegetable of your choice OR side salad 100g mushrooms OR kale

Male, 86-90kg (188-198lbs)

- BREAKFAST:** 3 large eggs
50g turkey OR chicken sausage,
2 slices whole wheat toast OR 40g oatmeal
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
50g fresh berries OR pineapple
- LUNCH:** 120g chicken breast OR 160g white fish,
150g brown rice OR sweet potato
150g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
80g mushrooms OR 50g baked beans
- SNACK 2:** Protein shake OR protein bar (low carb and at least 22g protein)
- SNACK 3:** Protein shake OR protein bar (low carb and at least 22g protein)
50g berries OR pineapple (blended into shake or separate)
150g Greek yogurt (blended in shake or separate)
- DINNER:** 130g salmon OR 100g lean steak
120g brown rice OR baked potato
150g vegetable of your choice OR side salad
100g mushrooms OR kale

Male, 91-95kg (199-209lbs)

- BREAKFAST:** 3 large eggs
75g turkey OR chicken sausage,
2 slices whole wheat toast OR 40g oatmeal
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
50g fresh berries OR pineapple
- LUNCH:** 120g chicken breast OR 160g white fish,
150g brown rice OR sweet potato
150g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
50g mushrooms OR 30g baked beans
- SNACK 2:** Protein shake OR protein bar (low carb and at least 22g protein)
- SNACK 3:** Protein shake OR protein bar (low carb and at least 22g protein)
50g berries OR pineapple (blended into shake or separate)
150g Greek yogurt (blended in shake or separate)
- DINNER:** 150g salmon OR 120g lean steak
150g brown rice OR baked potato
150g vegetable of your choice OR side salad
100g mushrooms OR kale

Male, 96-100kg (210-220lbs)

BREAKFAST:	3 large eggs 75g turkey OR chicken sausage, 40g oatmeal OR 2 slices whole wheat toast
SNACK 1:	150g Greek yogurt OR low fat cottage cheese 80g fresh berries OR pineapple
LUNCH:	120g chicken breast OR 160g white fish, 150g brown rice OR sweet potato 150g vegetable of your choice <i>(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)</i> 50g mushrooms OR 30g baked beans
SNACK 2:	Protein shake OR protein bar (low carb and at least 25g protein)
SNACK 3:	Protein shake OR protein bar (low carb and at least 25g protein) 80g berries OR pineapple (blended into shake or separate) 150g Greek yogurt (blended in shake or separate)
DINNER:	150g salmon OR 120g lean steak 150g brown rice OR baked potato 150g vegetable of your choice OR side salad 100g mushrooms OR kale

Male, 100-110kg (220-242lbs)

- BREAKFAST:** 3 large eggs
75g turkey OR chicken sausage,
40g oatmeal OR 2 slices whole wheat toast
- SNACK 1:** 150g Greek yogurt OR low fat cottage cheese
80g fresh berries OR pineapple
- LUNCH:** 140g chicken breast OR 180g white fish,
150g brown rice OR sweet potato
150g vegetable of your choice
(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)
50g mushrooms OR 30g baked beans
- SNACK 2:** Protein shake OR protein bar (low carb and at least 25g protein)
- SNACK 3:** Protein shake OR protein bar (low carb and at least 25g protein)
80g berries OR pineapple (blended into shake or separate)
150g Greek yogurt (blended in shake or separate)
- DINNER:** 180g salmon OR 140g lean steak
150g brown rice OR baked potato
150g vegetable of your choice OR side salad
100g mushrooms OR kale

Male, 110-120+kg (243lbs+)

BREAKFAST:	3 large eggs 75g turkey OR chicken sausage, 40g oatmeal OR 2 slices whole wheat toast
SNACK 1:	150g Greek yogurt OR low fat cottage cheese 80g fresh berries OR pineapple
LUNCH:	140g chicken breast OR 180g white fish, 150g brown rice OR sweet potato 150g vegetable of your choice <i>(Examples: green beans, broccoli, cauliflower, carrots, Brussel sprouts and so on)</i> 50g mushrooms OR 30g baked beans
SNACK 2:	Protein shake OR protein bar (low carb and at least 25g protein) 100g Greek yogurt (blended in shake or separate)
SNACK 3:	Protein shake OR protein bar (low carb and at least 25g protein) 80g berries OR pineapple (blended into shake or separate) 150g Greek yogurt (blended in shake or separate)
DINNER:	180g salmon OR 140g lean steak 150g brown rice OR baked potato 150g vegetable of your choice OR side salad 100g mushrooms OR kale

Adjustments for Activity Level

The categories for activity level range from very sedentary to very active.

They are as follows:

Very Sedentary – Desk job, little to no walking or exercise in everyday life

Lightly Active – Active job with no additional exercise, or sedentary job with some walking, flights of stairs, etc. in everyday life

Moderately Active – Participate in some form of moderate exercise such as walking or light weight training for under one hour 1-3 days per week

Very Active – Participate in some form of intense exercise such as running or intense weight training for at least one hour 3 or more times per week

Most people will fit into the **Lightly Active** or **Moderately Active** categories. However, if you fit into Very Sedentary or Very Active, you will need to make adjustments to your meal plan.

If you are **Very Sedentary**, you will simply go to the category one level **BELOW** your weight range to compensate for the lack of activity.

If you are **Very Active**, you will simply go to the category one level **ABOVE** your weight range to ensure you are getting enough calories to sustain your activity level.



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