



## Meal Plan 8

<b>Breakfast - Pre Workout (Early morning)</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Banana	1/2 large	66.8	17.1	0.2	0.8
Iso Pure Protein	1 scoop	110.0	3.0	1.5	20.0
Almond Milk, Unsweetened Vanilla	1 c.	30.0	1.0	2.5	1.0
Ice + Water	to taste	0.0	0.0	0.0	0.0
	<b>Total:</b>	<b>206.8</b>	<b>21.1</b>	<b>4.2</b>	<b>21.8</b>
<b>Post workout</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Oats, dry	1/2 c	150.0	27.0	3.0	5.0
Blueberries	100 g	57.0	14.5	0.3	0.7
Hemp Seeds	2 tsp	28.0	0.3	2.3	1.7
Chia Seeds	2 tsp	40.0	3.4	2.0	2.0
Almond Milk, Unsweetened Vanilla	1 c	30.0	1.0	2.5	1.0
	<b>Total:</b>	<b>305.0</b>	<b>46.2</b>	<b>10.1</b>	<b>10.4</b>
<b>Lunch</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Lentils (cooked)	1 cup	230.0	40.0	0.8	17.9
Quinoa, cooked	50 g (1/4 cup)	60.0	10.7	1.0	2.2
Cauliflower	2 c	50.0	8.0	0.0	4.0
Nutritional Yeast	2 Tbsp	40.0	4.0	0.0	6.0
Olive Oil	2 tsp	78.5	0.0	9.0	0.0
	<b>Total:</b>	<b>458.5</b>	<b>62.7</b>	<b>10.7</b>	<b>30.1</b>
<b>Snack #2</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Ezekiel Bread	1 slice	80.0	15.0	0.5	4.0
Avocado	1/2 large	128.0	6.8	11.8	1.6
Hummus	1/2 c	102.0	8.8	5.9	4.9
Baby carrots	1/4 c	25.0	6.0	0.0	1.0
	<b>Total:</b>	<b>335.0</b>	<b>36.6</b>	<b>18.2</b>	<b>11.5</b>
<b>Dinner</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Field Roast Mexican Chipotle Sausage	1 link	230.0	11.0	8.0	28.0
Brown rice, cooked	100 g (1/2 cup)	120.0	21.3	1.9	4.4
Peppers, Mushrooms and onions	2 c	48.0	8.0	0.0	4.0
Nutritional Yeast	2 Tbsp	40.0	4.0	0.0	6.0
	<b>Total:</b>	<b>438.0</b>	<b>44.3</b>	<b>9.9</b>	<b>42.4</b>
<b>Grand Total:</b>		<b>1743.3</b>	<b>210.9</b>	<b>53.1</b>	<b>116.2</b>