

Calorie Goals: _____

BREAKFAST



- 1 serving 20/20 Protein powder
- 1 cup berries (*no syrup added*)
- 1 tablespoon natural peanut or almond butter

OR

- 2 whole eggs
- 1/2 cup egg whites
- 1 cup berries

WITH

- 20/20 Daily Duo
- Omega 3 _____
- Vitamin D _____
- 1 tablespoon clear fiber

SUBTOTAL 250-350 CALORIES

LUNCH



- _____ (*cooked*) very lean protein + 1 serving healthy fat

OR _____ (*cooked*) lean protein

- 1 serving 20/20 Protein powder (*optional*)
- 1 cup berries

NOTE: 4 ounces of cooked protein is equivalent to 28 grams of protein (refer to nutrition label)

SUBTOTAL 300-500 CALORIES

DINNER



- _____ (*cooked*) very lean protein + 1 serving healthy fat

OR _____ (*cooked*) lean protein

- 1 serving 20/20 Protein powder (*optional*)
- 1 cup berries

SUBTOTAL 300-500 CALORIES

SNACKS (1-2 per day)



CHOICE OF:

- 1 serving 20/20 High Protein powder + 1 cup berries
- 20/20 High Protein Bar (*both pieces*)
- 20/20 Protein Muffin
- 1/2 cup shelled edamame
- 2 hardboiled eggs + 1 cup berries
- 3 ounces tuna + 1 cup berries

SUBTOTAL 150-250 CALORIES

EXAMPLES

BREAKFAST

- Protein: _____
- Carbohydrate: _____
- Healthy Fat: _____

SNACK(S)

- Protein: _____
- Carbohydrate: _____
- Healthy Fat: _____

LUNCH

- Protein: _____
- Carbohydrate: _____
- Healthy Fat: _____

DINNER

- Protein: _____
- Carbohydrate: _____
- Healthy Fat: _____



VERY LEAN PROTEIN	LEAN PROTEIN	CARBOHYDRATES	FAT
<ul style="list-style-type: none"> • 35 calories per oz. • 7g protein • 1g fat 	<ul style="list-style-type: none"> • 55 calories per oz. • 7g protein • 3g fat 	<ul style="list-style-type: none"> • 50-100 calories • 15-20g carb 	<ul style="list-style-type: none"> • 45 calories • 5g fat
<p>EXAMPLES:</p> <ul style="list-style-type: none"> • Chicken or turkey breast (without skin) • White fish • Shrimp • Egg whites • 95-99% ground beef 	<p>EXAMPLES:</p> <ul style="list-style-type: none"> • Salmon • Chicken or turkey thigh or leg (without skin) • Red meat • Tofu • Pork • 90-93% lean ground beef 	<p>EXAMPLES:</p> <ul style="list-style-type: none"> • 1 cup berries 	<p>EXAMPLES:</p> <ul style="list-style-type: none"> • 1 tsp oil • 1 Tbsp seeds • 1 oz. avocado • 10 olives • 6 almonds • 1 Tbsp dressing • 2 tsp nut butter • 2 Tbsp dressing • 1 tsp butter