

# Example Meal Guide



## **3 Meals a Day-General Rule of Thumb**

- 1 Cup Carbs -Rice, Oats, Sprouted Grains, Beans..
- 1 Cup Vegetable
- 1 Cup Protein (Shake, Lean Meat, Eggs, Greek Yogurt)
- ¼ Cup Fat (Nuts, Nut Butters, (Oils- 1 Tbsp.)

### 2-3 Snacks a Day

- Fruit
- Veggies
- Rice Cakes
- Salsa

## **Basic Example of Meal Structures**

### **Meal #1**

½ Cup Oats  
½ Cup Blueberries  
2 Whole Eggs

### **Meal #2**

4oz Chicken Breast  
½ Jasmine Rice  
1 Cup Green Beans

### **Shake**

1.5 Scoops Protein  
1 Cup Mixed Berries  
1 tbsp. Peanut Butter

### **Dinner**

5oz Lean Meat  
1 Cup Green Veggie (Asparagus, Green Beans, Brussels, Broccoli)  
5oz Red Potatoes