

mACRO MEAL PROGRAM examples - one week

P - protein / C - carbohydrate / V - vegetable / F - fat / W = water

5 / 3 / 5 / 2 / 10 – MONDAY

- 16 oz. of water upon rising
- 0P / 0C / 0V / 0F / 2W

MEAL ONE - 1P / 1C / 1V / 1F / 2W

Kale and Blueberry Smoothie

- Baby kale, fresh blueberries, peanut butter, vegan protein powder and hemp seeds
- 8 oz. of water
- 8 oz. of water between meal one and two

MEAL TWO - 1P / 0C / 0V / 0F / 1W

Paprika Deviled Eggs

- Two Hard boiled eggs (whites only), pinch of salt, pepper and paprika
- 8 ounces water

MEAL THREE - 1P / 1C / 2V / 1F / 2W

Buddha Bowl Salad

- Radish, carrots, chopped romaine lettuce, chickpeas and avocado dressing
- 8 oz. of water
- 8 oz. of water between meals three and four

MEAL FOUR- 1P / 0C / 1V / 0F / 2W

Turmeric Protein Shake

- Turmeric, cucumber, whey protein powder, pinch of black pepper
- 8 oz. of water
- 8 oz. of water between meals four and five

MEAL FIVE- 1P / 1C / 2V / 0F / 1W

Asian Spaghetti Squash Stir Fry

- Salmon, spaghetti squash, green pepper, red onion, mushrooms and lime zest
- 8 oz. of water

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5 / 3 / 5 / 2 / 10 – TUESDAY

- 16 oz. of water upon rising
- 0P / 0C / 0V / 0F / 2W

MEAL ONE - 1P / 0C / 1V / 1F / 2W

Power Green Smoothie

- Collard greens, Nuttzo nut butter, vegan protein powder, and hemp seeds
- 8 oz. of water
- 8 oz. of water between meal one and two

MEAL TWO - 1P / 1C / 1V / 0F / 1W

Red Beet Hummus with Green Beans

- Red beets, chickpeas, garlic, green beans and lemon juice
- 8 ounces water

MEAL THREE - 1P / 0C / 1V / 1F / 2W

Skinny Chicken and Olive Salad

- Kalamata olive tapenade dressing, bean sprouts, red bell peppers and sauteed chicken
- 8 oz. of water
- 8 oz. of water between meals three and four

MEAL FOUR- 1P / 1C / 2V / 0F / 2W

Cucumber, Carrot and Celery Sticks with Silken Tofu Dip

- Cucumber, carrot, celery and soft silken tofu
- 8 oz. of water
- 8 oz. of water between meals four and five

MEAL FIVE- 1P / 1C / 1V / 0F / 1W

Black Bean Taco Bowl

- Tomato salsa, black beans, jalapenos and shredded cabbage
- 8 oz. of water

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- 16 oz. of water upon rising
- 0P / 0C / 0V / 0F / 2W

MEAL ONE - 1P / 1C / 2V / 0F / 2W

Collagen Peptide Shake

- Collagen peptide protein powder, cucumber, celery, green grapes and endive
- 8 oz. of water
- 8 oz. of water between meal one and two

MEAL TWO - 1P / 1C / 1V / 1F / 1W

Broccoli Florets, Tempeh Strips with Almond Dip

- Broccoli, tempeh, and almond dip
- 8 ounces water

MEAL THREE - 1P / 1C / 1V / 0F / 2W

Black Eyed Peas Salad

- Black eyed peas, arugula, chopped parsley, nutritional yeast dressing
- 8 oz. of water
- 8 oz. of water between meals three and four

MEAL FOUR- 1P / 0C / 1V / 0F / 2W

Whey Protein Shake

- Whey protein powder, red cabbage and radishes
- 8 oz. of water
- 8 oz. of water between meals four and five

MEAL FIVE- 1P / 0C / 1V / 1F / 1W

Shrimp and Chicken Curry

- Almond milk, chicken, onions, peppers, garlic, curry powder and cilantro
- 8 oz. of water

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- 16 oz. of water upon rising
- 0P / 0C / 0V / 0F / 2W

MEAL ONE - 1P / 1C / 2V / 0F / 2W

Healthy Smoothie

- Apple, spinach, radish, turnip, kale and whey protein powder
- 8 oz. of water
- 8 oz. of water between meal one and two

MEAL TWO - 1P / 0C / 1V / 1F / 1W

Spiced Cucumber Sticks, Lime and Dill Yogurt

- Cucumber sticks, tajin (spice), lime, yogurt and dill
- 8 ounces water

MEAL THREE - 1P / 1C / 2V / 1F / 2W

Gem Lettuce Salad

- Gem lettuce, brussels sprouts, mung bean sprouts, radicchio and cilantro-chili dressing
- 8 oz. of water
- 8 oz. of water between meals three and four

MEAL FOUR- 1P / 1C / 1V / 0F / 2W

Spicy Roasted Chickpeas and Grilled Endive Spears

- Roasted chickpeas, chili powder and grilled endive spears
- 8 oz. of water
- 8 oz. of water between meals four and five

MEAL FIVE- 1P / 0C / 1V / 0F / 1W

Roasted Turkey and Celery Soup

- Onions, turkey, celery, poblano pepper, garlic, cumin, coriander and lime
- 8 oz. of water

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5 / 3 / 5 / 2 / 10 – FRIDAY

- 16 oz. of water upon rising
- 0P / 0C / 0V / 0F / 2W

MEAL ONE - 1P / 1C / 1V / 1F / 2W

Vegan Protein Smoothie

- Blueberries, kale, spinach, pecan butter and vegan protein powder
- 8 oz. of water
- 8 oz. of water between meal one and two

MEAL TWO - 1P / 1C / 1V / 0F / 1W

Marinated Lentils

- Mustard, lentils, red wine vinegar, green onions, diced tomatoes and chopped parsley
- 8 ounces water

MEAL THREE - 1P / 0C / 2V / 1F / 2W

Grilled Chicken and Avocado Salad

- Romaine lettuce, chicken, celery, green pepper, asparagus, avocado-almond dressing
- 8 oz. of water
- 8 oz. of water between meals three and four

MEAL FOUR- 1P / 1C / 1V / 0F / 2W

Hummus with Celery and Red Pepper Sticks

- Hummus with celery and red bell pepper
- 8 oz. of water

- 8 oz. of water between meals four and five

MEAL FIVE- 1P / 0C / 2V / 0F / 1W

Collard Green Shake

- Whey protein powder, collard greens, broccoli and carrot
- 8 oz. of water

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- 16 oz. of water upon rising
- 0P / 0C / 0V / 0F / 2W

MEAL ONE - 1P / 1C / 1V / 1F / 2W

Apple Smoothie

- Water, apple, vegan protein powder, cauliflower, cacao and celery
- 8 oz. of water
- 8 oz. of water between meal one and two

MEAL TWO - 1P / 1C / 0V / 1F / 1W

Vanilla Overnight Oats with Whey Protein

- Whey protein, pumpkin seeds, steel cut oats and pumpkin pie spice
- 8 ounces water

MEAL THREE - 1P / 1C / 1V / 1F / 2W

Blackened Tempeh Bowl

- Cucumber, green onion, tempeh, peppers, tomatillo and Makoto ginger dressing
- 8 oz. of water
- 8 oz. of water between meals three and four

MEAL FOUR- 1P / 0C / 2V / 0F / 2W

Zucchini Salsa Salad

- Diced zucchini, tomatoes, onions, lime, chili powder, cucumber, cumin and cilantro
- 8 oz. of water
- 8 oz. of water between meals four and five

MEAL FIVE - 1P / 0C / 1V / 0F / 1W

Grilled Petite Filet Steaks

- Charred Broccolini and filet mignon
- 8 oz. of water

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MEAL ONE - 1P / 1C / 1V / 1F / 2W

Coconut-Lime Smoothie

- Whey protein powder, fresh coconut, lime juice and zest and spinach
- 8 oz. of water
- 8 oz. of water between meal one and two

MEAL TWO - 1P / 0C / 1V / 0F / 1W

Kale Chips and Edamame Beans

- Kale, nutritional yeast, lime and chili flakes
- 8 ounces water

MEAL THREE - 1P / 1C / 2V / 0F / 2W

Italian Chopped Salad

- Chopped butter lettuce, shaved radicchio, chickpeas, sliced pepperoncini, fresh oregano and lemon vinaigrette
- 8 oz. of water

- 8 oz. of water between meals three and four

MEAL FOUR- 1P / 0C / 1V / 1F / 2W

Pumpkin Seed Pesto, Vegan Protein Powder and Cucumber Sticks

- Pumpkin seed pesto with vegan protein powder and cucumber
- 8 oz. of water
- 8 oz. of water between meals four and five

MEAL FIVE- 1P / 1C / 2V / 0F / 1W

Whole Roasted Organic Chicken

- Chicken, red quinoa, sauteed mushrooms and bok choy leaves
- 8 oz. of water

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MEAL ONE - 1P / 1C / 1V / 0F / 1W

Chickpea Crepes

- Chickpea flour, sauteed mushrooms, spinach and tomatoes
- 8 oz. of water
- 8 oz. of water between meal one and two

MEAL TWO - 1P / 0C / 0V / 1F / 1W

Wheatgrass and Avocado Smoothie

- Wheatgrass powder, avocado, vegan protein powder, and lemon
- 8 oz. of water

MEAL THREE - 1P / 1C / 1V / 1F / 2W

Pinto Bean Nacho Salad with Chipotle Dressing

- Pinto beans, romaine lettuce, tomatoes, peppers, chipotle dressing
- 8 oz. of water

- 8 oz. of water between meals three and four

MEAL FOUR - 0P / 0C / 2V / 0F / 2W

Spicy Asparagus and Tomato Salad

- Asparagus, chili flakes and tomato
- 8 oz. of water

- 8 oz. of water between meals four and five

MEAL FIVE - 1P / 0C / 2V / 0F / 2W

Grilled Salmon

- Charred cauliflower, mustard greens and salmon
- 8 oz. of water

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MEAL ONE - 1P / 0C / 1V / 1F / 1W

Toasted Pistachio Smoothie

- Vegan protein powder, spinach, lime zest and toasted pistachios
- 8 oz. of water

- 8 oz. of water between meals three and four

MEAL TWO - 0P / 1C / 2V / 0F / 1W

Cucumber, Red Quinoa, Broccoli and Serrano Chili

- Cucumber, red quinoa, broccoli and serrano chili

- 8 oz. of water

MEAL THREE - 1P / 1C / 1V / 1F / 2W

Marinated Black Lentils, Tri Colored Bell Peppers, Chopped Bok Choy and Spicy Avocado dressing

- Marinated black lentils, tri colored bell peppers, chopped bok choy, cumin, chili powder and avocado dressing
- 8 oz. of water
- 8 oz. of water between meals three and four

MEAL FOUR - 1P / 0C / 1V / 0F / 2W

Roasted Eggplant Soup

- Roasted eggplant, whey protein powder and parsley puree
- 8 oz. of water
- 8 oz. of water between meals four and five

MEAL FIVE - 1P / 0C / 1V / 0F / 2W

Grilled Bruschetta Chicken

- Grilled chicken breast, diced tomato, basil and balsamic vinegar
- 8 oz. of water

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MEAL ONE - 1P / 1C / 1V / 0F / 2W

Roasted Strawberry-Almond Protein Shake

- Vegan protein powder, fresh strawberries, kale and toasted almonds
- 8 oz. of water
- 8 oz. of water between meal one and two

MEAL TWO - 0P / 0C / 2V / 1F / 1W

Poblano Peppers with Diced Cucumbers and Wasabi Dressing

- Poblano peppers with diced cucumbers and wasabi dressing
- 8 oz. of water

MEAL THREE - 1P / 0C / 1V / 0F / 2W

Grilled Chicken and Chopped Broccoli Salad

- Grilled chicken and chopped broccoli salad
- 8 oz. of water

- 8 oz. of water between meals three and four

MEAL FOUR - 1P / 0C / 2V / 1F / 2W

Whey Protein and Vegetable Stir Fry

- Whey protein, snap peas, green onions, water chestnuts, straw mushrooms stir fried with extra virgin olive oil, five spice powder and low sodium soy sauce
- 8 oz. of water

- 8 oz. of water between meals four and five

MEAL FIVE - 1P / 1C / 1V / 0F / 1W

Vegetable Pozole

- Hominy, carrots, onions, oregano, tomatoes and ancho chili powder
- 8 oz. of water

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MEAL ONE - 1P / 1C / 1V / 0F / 2W

Pinto Bean Salad

- Pinto beans, green peppers, tomatoes, jalapenos and cilantro dressing
- 8 oz. of water

- 8 oz. of water between meal one and two

MEAL TWO - 0P / 0C / 1V / 0F / 1W

Cucumber Salad

- Cucumber, red pepper, green onion, parsley, hemp seeds and mint
- 8 oz. of water

MEAL THREE - 1P / 0C / 1V / 0F / 2W

Grilled Tempeh with Baby Bok choy

- Grilled tempeh with baby bok choy
- 8 oz. of water

- 8 oz. of water between meals three and four

MEAL FOUR - 1P / 0C / 1V / 0F / 2W

Hard Boiled Eggs with Everything Spice, and Carrot Sticks

- Hard boiled eggs with everything spice and carrot
- 8 oz. of water

- 8 oz. of water between meals four and five

MEAL FIVE - 1P / 1C / 1V / 1F / 1W

Cilantro-Chicken Skewers

- Chicken, cilantro, cucumber yogurt and jasmine rice
- 8 oz. of water

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- 16 oz. of water upon rising
- 0P / 0C / 0V / 0F / 2W

MEAL ONE - 1P / 1C / 2V / 1F / 2W

Green Smoothie

- Vegan protein powder, spinach, apple, red cabbage, lemon juice and toasted hemp seeds
- 8 oz. of water

- 8 oz. of water between meal one and two

MEAL TWO - 0P / 0C / 2V / 1F / 1W

Green Vegetables

- Broccoli, celery, green beans, fennel, zucchini and spicy almond dip
- 8 oz. of water

MEAL THREE - 1P / 1C / 1V / 0F / 2W

Chicken and Rice Soup

- Poached chicken, carrots, onions and brown rice
- 8 oz. of water

- 8 oz. of water between meals three and four

MEAL FOUR - 1P / 0C / 2V / 0F / 2W

Vegan Protein Vegetable Soup

- Collagen peptides protein powder, vegetable broth, kale, bell peppers, yellow squash, tomatoes, onions and garlic
- 8 oz. of water

- 8 oz. of water between meals four and five

MEAL FIVE - 1P / 1C / 1V / 0F / 1W

Roasted Lobster Tails

- Lobster, red lentils, lemon vinaigrette and celery salad
- 8 oz. of water

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4 / 2 / 5 / 2 / 10 – SATURDAY

- 16 oz. of water upon rising
- 0P / 0C / 0V / 0F / 2W

MEAL ONE - 1P / 1C / 1V / 1F / 2W

Protein Shake

- Whey protein powder, banana, cacao, chia, flax and spinach
- 8 oz. of water

- 8 oz. of water between meal one and two

MEAL TWO - 0P / 0C / 2V / 0F / 1W

Charred Eggplant Dip with Artichoke

- Charred eggplant dip with artichoke
- 8 oz. of water

MEAL THREE - 1P / 0C / 1V / 1F / 2W

Cottage Cheese and Roasted Tomato Caprese

- Cottage cheese, balsamic vinegar, basil and roasted tomatoes
- 8 oz. of water

- 8 oz. of water between meals three and four

MEAL FOUR - 1P / 0C / 2V / 0F / 2W

Baked Vegetable Casserole

- Vegan protein powder, tomato, zucchini, eggplant and peppers
- 8 oz. of water

- 8 oz. of water between meals four and five

MEAL FIVE - 1P / 1C / 1V / 0F / 1W

Chicken Bowl

- Chicken, black beans, radishes, cumin and pico de gallo
- 8 oz. of water

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- 16 oz. of water upon rising
- 0P / 0C / 0V / 0F / 2W

MEAL ONE - 1P / 0C / 1V / 0F / 2W

Radish and Whey Protein Smoothie

- Whey protein powder, red peppers and radishes
- 8 oz. of water

- 8 oz. of water between meal one and two

MEAL TWO - 1P / 1C / 1V / 0F / 1W

Edamame and Broccoli Guacamole

- Edamame, broccoli, lime juice, cilantro and garlic
- 8 oz. of water

MEAL THREE - 1P / 1C / 1V / 1F / 2W

Butter lettuce Salad with Almond Dressing

- Butter lettuce, chicken, grapes, celery and almond dressing
- 8 oz. of water

- 8 oz. of water between meals three and four

MEAL FOUR - 0P / 0C / 3V / 1F / 2W

Vegetable Salad with Cilantro Lime Dressing

- Asparagus, tomatoes, artichoke, green bean, turnip and cilantro lime dressing
- 8 oz. of water

- 8 oz. of water between meals four and five

MEAL FIVE - 1P / 0C / 1V / 0F / 1W

Cod Baked with Tomatoes and Herb Puree

- Cod filets with tomatoes, parsley and basil
- 8 oz. of water