



Whats - on your - Plate?



FLEX PLAN

MEAL PLAN YOUR WAY



Lean Protein
3-5 Servings



Protein + Fat
0-2 Servings



Carbohydrates
3-4 Servings



Healthy Fat
3-4 Servings



Fruit
2-3 Servings



Non-starchy
Vegetable
Freebie



Freebies
Optional with any
meal

Mix and match the servings to your liking.
Ensure each meal has 1 serving of protein

Sample Combinations

Breakfast

1 Lean Protein
1 Healthy Fat
1 Carbohydrate
1 Fruit

Snack

1 Lean Protein
1 Carbohydrate
1 Healthy Fat

Lunch

1/2 Lean Protein
1 Protein + Fat
1 Non-starchy Veggies
1 Carbohydrate
1/2 Healthy Fat

Dinner

1 Protein + Fat
1 Carbohydrate
1/2 Healthy Fat
1 Non-starchy Veggies

Snack/ Post-workout

1 Lean Protein
1 Fruit
1 Healthy Fat

Sample Plan

PEACH & PECAN OATS

3/4 cup Egg Whites
1/2 oz Pecans
1/3 cup Oatmeal
1 Peach
1/4 tsp cinnamon

PUMPKIN BROWNIES

1 Serving Pumpkin Brownies (Recipe below)
1/2 cup Fairlife Milk

LOW CARB TZATZIKI WRAP

1 Serving Wrap (Recipe below)
Side Salad:
1-2 cups Mixed Greens + 1/2 cup Salad Veggies
1/2 cup Quinoa
1 oz Avocado

BISON BURGER AND CARROT FRIES

3 oz Bison
1 cup Broccoli
8 oz Carrots
1 tsp Oil (use for roasting carrots)


PB BANANA YOGURT

3/4 cup Greek Yogurt
1/2 Banana
1 tbsp Peanut Butter


Create your perfect plate


Fill your plate with these options...

 **1 Protein + Fat (150-180 kcals | ~13-20g Protein | 4-8 g Fat)**
3 oz Sirloin/Salmon
3 oz 90/10 ground beef/turkey/bison
2 whole eggs
3 slices turkey bacon
3/4 cup low-fat Greek yogurt/cottage cheese
1/2 cup part-skim ricotta cheese
2 oz low-fat cheese
3oz. tofu/tempeh
1 cup edamame beans (1 oz roasted)
3/4 cup 2% filtered milk/soy milk


 **1 Lean Protein (100-150 kcals | 18-25 g Protein)**
3/4 cup egg whites
1.5 scoop Glam Pro
3/4 cup nonfat Greek yogurt/ nonfat Ricotta
1 cup nonfat cottage cheese
3 oz chicken or turkey breast
3 oz cod/tuna/flounder/shrimp
1.5 cup nonfat filtered milk
2 servings PB Powder

 **1 Non-starchy Veggie (15-50 kcals | <10 g Carbs)**
2 cup leafy greens (arugula, mixed greens, kale, spinach, etc)
1 cup cauliflower/broccoli
1 cup Brussels sprouts
1 cup zucchini/summer squash
1 cup asparagus
1 cup green beans
1 cup salad veggies (any combination) (bell peppers, cucumber, tomatoes, onion)

 **1 Healthy Fat (~90 kcals | 8-10 g Fat)**
2 tsp. oil (avocado, coconut, olive, etc)
1 tbsp. nut/seed butter/cookie butter
2 tbsp. (~0.5 oz) nuts/ chia/hemp/flaxseed
2 tbsp cream cheese
90 kcal serving salad dressing
1.5 oz hummus
1/2 (~2oz) avocado
6 Olives (1 oz)
1.5 tbsp pesto
1/2 oz dark chocolate

 **1 Fruit (40-50 kcals | 10-12 g Carbs)**
1 cup strawberries or 1/2 cup small berries/cherries
2 oz pomegranate seeds
1 tangerine/kiwi/small orange/small peach
1/2 oz dried fruit
1/2 small apple or pear
1/3 cup mango
1/2 banana (~2 oz)
1.5 cups watermelon
1/2 cup unsweetened applesauce
1 tbsp fruit jam

 **1 Carbohydrate/ Starchy Veggies (80-100 kcals | ~20 g Carbs)**
4 oz sweet potato/red potato
2 cup diced carrots (~8 oz)
1.5 cup cooked beets | 3/4 cup picked beets
1/2 cup beans
3/4 cup corn
1 cup cubed butternut squash (~8 oz)
1/2 serving bean pasta (1 oz dry)
1/2 cup lentils
3/4 cup peas

 **1 Carbohydrate (Grains) (80-100 kcals | ~20 g Carbs)**
1/3 cup dry oats
100 kcal serving cheerios, rice cereal, or corn flakes
2 tbsp low fat granola or 90 kcal granola bar
1/2 cup jasmine rice or basmati rice
1/2 cup quinoa
1 Light English muffin
1 serving whole grain crackers (~90 cals)
2 rice cakes (any flavor ~50 cals each)
1 low carb tortilla (~90-100 cals)
1 slice bread (~80 cals)
3/4 cup soba noodles
2/3 cup bulgur
1.5 graham crackers rectangles

 **1 Freebie**
Any ingredient/condiment that's 50 calories or less per serving

LOW CARB TZATZIKI WRAP

Ingredients

- 1 cup 2% cottage cheese
- 1 egg
- 1 egg white
- 1/2 tsp garlic powder
- 1 tbsp Italian herbs
- 1 oz chicken
- 1 cup spinach
- 2-3 mini bell peppers
- Optional: 3-4 kalamata olives
- 1 50 calorie serving tzatziki dressing (store bought or make your own, recipe below)

Instructions

1. Pre heat oven to 350
2. Line a baking sheet with parchment paper and spray with cooking oil
3. Blend the cottage cheese, egg, egg white, Italian herbs, and garlic powder until smooth
4. Slowly pour the mixture on the parchment paper, spread the mixture. Should be ~ 1/2 inch thick at the center, don't spread too thin
5. Bake for 35-40 minutes. Allow to cool completely after baking before removing from the sheet pan
6. Fill with chicken, spinach, bell pepper, olives, and tzatziki dressing

Enjoy!

Makes 2 Servings

What's on your plate



1/4 Serving



1 Serving



1 Serving

Calories: 221 | Protein: 24 g | Carb: 11 g | Fat: 9 g | Fiber: 2 g

TZATZIKI SAUCE

Ingredients

- 1 cup nonfat Greek yogurt
- 1/2 tbsp olive oil
- 1 tbsp fresh dill
- 1 tbsp fresh chives
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp ground mustard seed
- 1 tsp salt and pepper
- 2 tsp lemon juice

Instructions

1. Chop fresh herbs
2. Add all ingredients to a bowl and mix

Enjoy!

Makes 8 Servings

Serving Size: 2 tbsp

What's on your plate



1 serving

Calories: 26 | Protein: 3 g | Carb: 1 g | Fat: 1 g

PUMPKIN BROWNIES

Ingredients

- 2 scoops Birthday Bliss Glam Pro
- 3/4 cup all-purpose flour
- 1/2 tsp baking powder
- 3/4 cup canned pumpkin puree
- 3 eggs
- 1/2 cup monk fruit sweetener
- 1/4 cup chopped walnuts
- 1/2 tsp pumpkin spice
- 1/4 cup unsweetened cacao powder
- 1/4 cup stevia sweetened chocolate chips

What's on your plate



3/4 Serving



1 Serving



1 Serving

Instructions

1. Preheat oven to 350 F
 2. Spray a 9x5 loaf pan with cooking oil. Set aside
 3. Mix Glam Pro, flour, and baking powder in a large bowl. Set aside
 4. In a second bowl, mix monk fruit sweetener and pumpkin puree
 5. Add and mix 1 egg at a time to the pumpkin mixture
 6. Slowly add and mix flour mixture to the pumpkin mixture. Once well incorporated separate the mixture into 2
 7. Add and mix pumpkin spice and walnuts to one half of the mixture
 8. Add and mix cacao powder and chocolate chips to the second half
 9. Add the pumpkin mixture to the loaf pan
 10. Next dollop the chocolate mixture over the pumpkin mixture
 11. Use a butter knife to swirl the 2 mixtures
 12. Bake for 35-38 minutes or until inserted toothpick comes out clean
- Makes 6 Brownies | Serving Size: 1 Brownies

Calories: 199 | Protein: 12 g | Carb: 22 g | Fat: 9 g | Fiber: 5 g