

1700 CAL PATREON SAMPLE MEAL PLAN

Meals

- Strawberry Cheesecake Overnight Oats
- Pineapple Chicken Fried Rice
- Alfredo Pasta
- Sheet Pan Omelet & Breakfast Potatoes
- Green Chile Enchilada Pasta
- Parm Peppercorn Chicken

Snacks

- Protein Shake
- Bananas
- Chips

Desserts

- Yasso Ice cream Bars
- Kodiak Chocolate Chip Muffins

MONDAY

Breakfast - Strawberry Cheesecake Overnight Oats
Lunch - Pineapple Chicken Fried Rice
Snack - Legion Shake & Banana
Dinner - Alfredo Pasta
Dessert - Kodiak Choc Chip Muffin & Fairlife FF Milk
Cals: 1661 Fat: 33g Carbs: 206g Protein: 141g

TUESDAY

Breakfast - Strawberry Cheesecake Overnight Oats
Lunch - Pineapple Chicken Fried Rice
Snack - Legion Shake & Banana
Dinner - Alfredo Pasta
Dessert - Kodiak Choc Chip Muffin & Fairlife FF Milk
Cals: 1661 Fat: 33g Carbs: 206g Protein: 141g

WEDNESDAY

Breakfast - Strawberry Cheesecake Overnight Oats
Lunch - Pineapple Chicken Fried Rice
Snack - Legion Shake & Banana
Dinner - Alfredo Pasta
Dessert - Kodiak Choc Chip Muffin & Fairlife FF Milk
Cals: 1661 Fat: 33g Carbs: 206g Protein: 141g

THURSDAY

Breakfast - Sheet Pan Omelet & Breakfast Potatoes
Lunch - Green Chile Enchilada Pasta
Snack - Legion Shake & One Serving Bag of Cheetos
Dinner - Parm Peppercorn Chicken
Dessert - Kodiak Choc Chip Muffin & Fairlife FF Milk
Cals: 1656 Fat: 42g Carbs: 176g Protein: 148g

FRIDAY

Breakfast - Sheet Pan Omelet & Breakfast Potatoes
Lunch - Green Chile Enchilada Pasta
Snack - Legion Shake & One Serving Bag of Cheetos
Dinner - Parm Peppercorn Chicken
Dessert - Kodiak Choc Chip Muffin & Fairlife FF Milk
Cals: 1656 Fat: 42g Carbs: 176g Protein: 148g

SATURDAY

Breakfast - Sheet Pan Omelet & Breakfast Potatoes
Lunch - Green Chile Enchilada Pasta
Snack - Legion Shake & One Serving Bag of Cheetos
Dinner - Parm Peppercorn Chicken
Dessert - Kodiak Choc Chip Muffin & Fairlife FF Milk
Cals: 1656 Fat: 42g Carbs: 176g Protein: 148g

SUNDAY

Breakfast - Pancakes, 2 Turkey Bacon, Fairlife FF Milk
Lunch - Jimmy John's 8" Turkey Tom Sub
Snack - Fairlife Ready to Drink Shake
Dinner - Chili's Ancho Salmon Entree
Dessert - Yasso Fudge Brownie Bar
Cals: 1700 Fat: 59g Carbs: 162g Protein: 127g

Average Calories & Macros for the Week

Calories - 1664/day

Fat - 41g/day

Carbs - 187g/day

Protein - 142g/day