

MOVIESTAR BODY MASTER CLASS MEAL PLANS

2000 CALORIES

MEAL 1: KINO PANCAKES (430 calories 44c 10f 42p)

- 60g rolled oats
- 1 scoop vanilla or chocolate KINO collagen
- 1 egg
- 100g egg whites
- 1 tsp baking powder

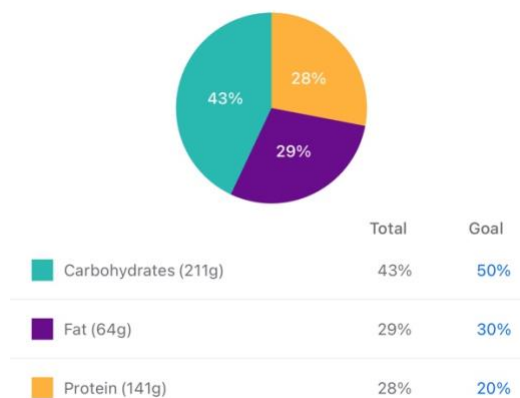
MEAL 2: STEAK AND POTATOES (1056 calories 108c 30f 93p)

- 12oz New York striploin (raw weight)
- 500g russet potato (raw weight)
- 300g broccoli
- 3 tsp olive oil

MEAL 3: DESSERT (460 calories 60c 22f 4p)

- 2 Double Caramel Mini Magnum ice-cream bars 350 calories
- 120g Banana

TOTAL: 1950 CALORIES 211c 64f 141p



2200 calories

Meal 1: Vanilla chocolate chip peanut butter cookies (519 calories 37c 28f 41p)

- 3 cookies (1/2 the recipe)
- 100g strawberries

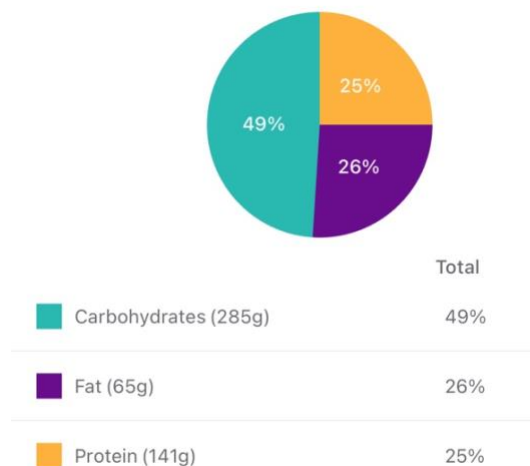
MEAL 2: Buffalo chicken bites with potatoes (1121 calories 132c 33f 89p)

- 300g chicken breast (raw weight)
- 600g russet potato wedges
- 100g avocado
- 3 tsp olive oil
- 200g bell pepper
- ½ cup onion
- 2 tbsp Franks buffalo sauce

MEAL 3/ DESSERT: CORN POPS WITH FRUIT (564 calories 117c 5f 12p)

- 96g Caramel Corn pops
- 1 cup 2% milk
- 94g banana

TOTAL: 2200 CALORIES 285c 65f 141p



2400 calories

Meal 1: Giant Chocolate Collagen Mug cake (460 calories 40c 16f 49p)

- 2 eggs
- 30g coconut flour
- 15g cocoa powder
- 1.5 scoops Chocolate Kino Collagen
- 1 tsp baking powder
- ½ cup water or cashew milk
- Optional sweetener
- 1 cup raspberries

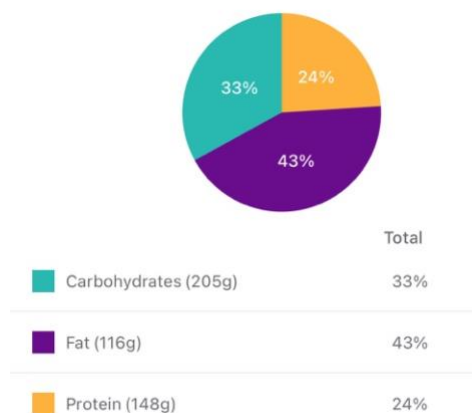
Meal 2: Ranch Chicken Pop-Chips Nachos (1300 calories 103c 58f 89p)

- 250g boneless/skinless chicken thighs
- 120g BBQ Pop chips
- 100g avocado
- 4 tablespoons of salsa
- 90g light Mozzarella cheese
- 2 tablespoons of light Ranch dressing
- Green onion (optional)

Meal 3/ dessert: chocolate and fruit (680 calories 63c 42f 10p)

- 100g Green and Blacks chocolate bar
- 200g fresh pineapple

TOTAL: 2429 calories 205c 116f 148p



2600 calories

Meal 1: Vanilla Collagen Blueberry Muffins and Banana (643 Calories 105c 10f 30p)

- 2 blueberry muffins
- 100g banana

Meal 2: Beef Mexican Bowl (1543 calories 137c 53f 130p)

- 450g extra lean ground beef (raw weight)
- 300g cooked white rice
- 50g avocado
- 30g light mozzarella cheese
- $\frac{3}{4}$ cup pinto beans (canned/rinsed)
- 200g bell pepper
- 100g onion
- 4 tbsp salsa
- Cilantro
- Taco seasoning (optional)

Meal 3: yogurt bowl (408 calories 51c 15f 31p)

- 300g 2% Greek yogurt
- 300g strawberries
- 30g semi-sweet chocolate chips

TOTAL: 2596 CALORIES 292c 77f 188p

