

High Calorie | High Protein | High Carb | Low Fat
1 Item to Cook

Calories - 2302 | Fat - 65 | Carbs - 207 | Protein - 214

Breakfast:

Smart Ones Cheesy Scramble With Hash Browns

Calories - 190 | Fat - 7 | Carbs - 16 | Protein - 15

Oikos Triple Zero Blueberry Greek Yogurt - 1 Cup

Calories - 90 | Fat - 0 | Carbs - 8 | Protein - 15

Lunch:

BBQ Teriyaki Chicken - 1 Serving (150g)

(*pre-cooked just needs to be done with incl/sauce*)

Calories - 240 | Fat - 9 | Carbs - 11 | Protein - 31

Minute Rice Instant White Rice - ½ Cup (140g)

Calories - 182 | Fat - 1 | Carbs - 40 | Protein - 4

Starkist Tuna Creations Hot Buffalo Style - 1 Pack

Calories - 70 | Fat - 1 | Carbs - 1 | Protein - 15

Dr. Pepper Strawberries & Cream Zero Sugar

Calories - 0 | Fat - 0 | Carbs - 0 | Protein - 0

Dinner:

Carne Asada Burritos - 2 Burritos

Calories - 990 | Fat - 38 | Carbs - 111 | Protein - 45

Healthy Choice Simply Steamers Grilled Chicken & Broccoli Alfredo

Calories - 190 | Fat - 5 | Carbs - 8 | Protein - 28

Hannaford Lowfat Small Curd Cottage Cheese - ½ cup (112g)

Calories - 90 | Fat - 1 | Carbs - 6 | Protein - 13

Before Bed/After Gym:

Whey Protein - 2 Scoops

Calories - 260 | Fat - 3 | Carbs - 6 | Protein - 48

Total Cost: (Subtract \$7.89 if you dont buy sugar free soda)

\$128.58 - Week 1

\$115.70 - Week 2

Spreadsheet -

[Alternate Options](#)

[This Plan](#)