

## CANDISS LUNSFORD — DAILY MEAL PLAN

Sample meal plan: you don't have to follow this but it's a great place to start and follows your Macros. Use the food tracker in the app and plug in different foods. Anything with the red icon next to it in the app shows that the macros are verified.

(Most of the green veggies are for fiber and micronutrients. They aren't a "must" but it's good to have but not necessary and will keep you fuller and more satisfied) but definitely get in the habit of tracking everything you put in your body. This is simply a guide. Once you get used to tracking it's easy! Just like everything it takes practice to get good!

Diet drinks are fine along with water flavoring as long as it's 0/calorie (aim for a gallon a day) and Splenda and Truvia are completely fine! (**Unless you have an allergy**) Unless you are eating bags of this stuff at a time you will have no adverse effects!

Also go with light dressings (skinny girl brand has great ones), and sugar free /ok low sugar condiments as much as you can. Walden Farms brand makes a zero calorie Ranch...it's not the best...but probably not the worst!

Also use popcorn seasonings to help change the flavor of things. I use cheddar and ranch a lot!. You can also add green veggies like Green beans and Salads to any meal. Anything under 15 calories we don't really track unless we are in a hard prep.

You may also invest in a travel on the go bag. I have an Isobag it's a lifesaver and if you have food and you bring them with you...I promise you will stay on target so so so much easier. Being prepared is the key to this! Just know microwaves are everywhere. Gas stations, offices, school, everywhere. So if you have your food you are ready! This bags are so worth it!

### **Water Goal: 1 gallon a day. (Get a jug. You can use water flavoring)**

#### **Target Macros:**

- Protein: ~135 g
- Carbs: ~150 g

- Fat: ~50 g

 Total Calories: ~1,650–1,700

#### **MEAL 1 – Breakfast (Cream of Rice Bowl)**

- Cream of rice (dry) – 40 g
- Water to cook
- Blueberries – 60 g
- Chia seeds – 10 g
- Whey or Equip protein powder – 30 g
- Coconut milk (from carton, unsweetened) – 50 g

Macros: 33P / 42C / 7F

#### **MEAL 2 – Lunch (Chicken + Quinoa Bowl)**

- Cooked chicken breast – 140 g
- Cooked quinoa – 120 g
- Blueberries – 50 g
- Steamed broccoli – 120 g
- Olive oil – 10 g (mixed in after cooking)

Macros: 38P / 44C / 12F

#### **SNACK 1 – Shake + Fruit**

- Protein powder – 30 g
- Unsweetened coconut milk (carton) – 100 g
- Apple – 100 g

Macros: 28P / 20C / 4F

#### **MEAL 3 – Dinner (Ground Turkey Bowl)**

(This is close to her “broccoli slaw + ground turkey + carb” routine)

- 93% ground turkey cooked – 130 g
- Sweet potato (baked) – 150 g
- Broccoli slaw sautéed – 100 g
- Coconut oil – 5 g

Macros: 35P / 32C / 10F

SNACK 2 – Light Protein + Carb

- Equip or whey protein powder – 20 g
- Cream of rice (dry) – 20 g
- Coconut milk (carton) – 40 g

Macros: 18P / 15C / 2F

DAILY MACRO TOTALS

- Protein: ~135 g
- Carbs: ~153 g
- Fat: ~45–50 g

### ★ OPTIONAL FOOD SWAPS (Same Macros)

Protein swaps:

- Chicken breast ↔ ground turkey ↔ cod ↔ shrimp
- Equip protein ↔ whey isolate

Carb swaps:

- Sweet potato ↔ yellow potatoes ↔ quinoa ↔ cream of rice

Fat swaps:

- Coconut oil ↔ olive oil ↔ avocado (weigh carefully)

## CANDISS — SAMPLE MEAL PLAN 2

Macros:

~135P / ~150C / ~48–50F

~1,650–1,700 kcal

All foods weighed in grams

MEAL 1 – Breakfast (Overnight Oats Protein Cup)

(Still zero morning cooking — mix, refrigerate, grab.)

- Oats (rolled or quick oats) – 35 g
- Water or almond milk to hydrate
- Protein powder – 30 g
- Blueberries – 50 g
- Coconut milk (carton) – 50 g

Mix oats + water/milk → stir in protein → top with berries + coconut milk → refrigerate overnight.

Macros: ~30P / 34C / 5F

MEAL 2 – Lunch (Turkey & Potato “Dump Bowl”)

(Batch-prep friendly)

- 93% ground turkey (cooked) – 150g
- Yellow potato (cooked) – 180 g
- Broccoli (steam bag) – 120 g
- Olive oil – 10 g

Season with garlic powder, onion powder, paprika, salt.

Macros: 33P / 42C / 12F

SNACK 1 – Protein + Fruit

- Protein powder – 30 g
- Apple – 130 g

**Macros: 25P / 20C / 1F**

**MEAL 3 – Dinner (Shrimp Stir-Fry Bowl)**

- Cooked shrimp – 160 g
- Jasmine rice (ready cup) – 140 g cooked (~1 cup)
- Frozen stir-fry veggies – 120 g
- Coconut oil – 5 g

Season with coconut aminos, lemon, garlic.

**Macros: 35P / 50C / 7F**

**SNACK 2 – Quick Shake + Carbs**

- Equip or whey protein – 20 g
- Oats (dry) – 15 g
- Coconut milk (carton) – 40 g

**Macros: ~18P / 14C / 2F**

**🔥 DAILY TOTALS**

- Protein: 133–135 g
- Carbs: 150–152 g
- Fat: 46–49 g