

POWER STRENGTH

TRAINING SYSTEMS

Example Meal Plans with Female and Male Serving Suggestions

Female Servings	Male Servings	Tips
1 egg 3 egg whites 1 cup spinach ¼ cup 2% cheese	2 eggs 5 egg whites 1 cup spinach ¼ cup 2% cheese	Add peppers, salsa, hot sauce, onions, or mushrooms for flavor. Cook as an omelette or a scramble.
1 cup Greek yogurt ½ cup blueberries ½ cup steel cut oats ½ cup almond/coconut milk	1 ½ cup Greek yogurt ½ cup blueberries ½ cup steel cut oats ½ cup almond/coconut milk	Mix in a jar, shake vigorously, refrigerate sealed overnight. You can add whey protein powder the next day.
1 scoop Doctor's Whey Protein ½ banana 2 tbsp. crushed walnuts 2 tbsp. natural low sodium peanut butter	1 ½ scoops Doctor's Whey Protein 1 banana 2 tbsp. crushed walnuts 2 tbsp. natural low sodium peanut butter	Mix the ingredients, pulse in a blender for a great shake.
1 brown rice or low carb wrap 3 oz. turkey breast ½ cup spinach	1 brown rice or low carb wrap 5 oz. turkey breast 1 cup spinach	Add cheese, peppers, or other vegetables for taste.
4 oz. cooked chicken breast 1 cup spinach 2 tbsp. feta cheese 1 tbsp. olive oil	6 oz. cooked chicken breast 1 cup spinach 2 tbsp. feta cheese 1 tbsp. olive oil	Shred the chicken breast, drizzle with oil, toss with feta cheese for a healthy salad.
½ can chunky tuna in water ½ cup chunky garden salsa ¼ cup cheese One large romaine lettuce leaf	1 can chunky tuna in water ½ cup chunky garden salsa ¼ cup cheese One large romaine lettuce leaf	Mix tuna, salsa, and cheese in a bowl. You can microwave this or eat it cold. Use lettuce leaf as a wrap.
4oz chicken breast ½ cup tomato sauce 1 cup spinach 2 tbsp. parmesan cheese 8 asparagus spears	6oz chicken breast ½ cup tomato sauce 1 cup spinach 2 tbsp. parmesan cheese 8 asparagus spears	Cook the chicken in coconut oil, add the asparagus late to give it a quick sauté. Place on spinach bed and top with tomato and cheese.
4oz ground turkey breast 1 medium tomato 1 tbsp. blue cheese crumbles 1 cup zucchini	6oz ground turkey breast 1 medium tomato 2 tbsp. blue cheese crumbles 1 ½ cup zucchini	Patty the blue cheese and turkey together, cook over coconut oil, dress with tomato and steamed zucchini.

Most vegetables can be added to any of these recipes. If you're trying to avoid starchy carbs, try not to use peas, corn, or white potatoes. Also feel free to season however you wish, but try to avoid high sodium seasonings. Always try to cook with healthy oils such as coconut oil and olive oil, not corn, vegetable, or canola oil.