



TURN UP



MARCH CHALLENGE

Basic Starter Meal Plan

This meal plan includes everything you will need to jumpstart better eating habits. Check your pantry before visiting the grocery store and cross off items that you already have. Choose a single item from each meal category daily and eat that for the day. Easy breezy right? Track your meals in [MyFitnessPal](#). Be prepared to feel better, stronger, and with more energy.

Breakfast Choices

- 1 c. Oatmeal (add $\frac{1}{4}$ c. berries, apple slices, or $\frac{1}{2}$ banana) + 1 TBSP 100% Maple Syrup
- 1 English Muffin (whole wheat only); $\frac{1}{2}$ c. egg white, 2 slices of turkey bacon and/or 2 slices of Canadian bacon; $\frac{1}{2}$ slice of reduced fat cheese of your choice
- 1 oz. grilled baked chicken breast; 1 c. grilled shrimp, or 1 fish fillet; 1 c. steamed vegetables of your choice; 1 boiled egg and/or scrambled egg white ($\frac{1}{2}$ c.).
- 1 c. grits; 2 slices of turkey bacon or sausage; **1 slice of whole wheat or spelt Ezekiel bread (optional)**

Vegan Options:

- 2 boiled eggs with $\frac{1}{2}$ fresh avocado and 1 TBSP of parmesan cheese (1 tsp salsa optional); 1 c. steamed vegetables
- $\frac{1}{2}$ c. of cooked egg white with $\frac{1}{2}$ c. black beans; $\frac{1}{2}$ of grapefruit
- 1 boiled egg, 1 slice of whole wheat or spelt Ezekiel bread (add 1 TBSP nut butter); $\frac{1}{2}$ c. berries or $\frac{1}{2}$ banana

Snack Choices AM

- 1 c. raw vegetables (choice of 2 TBSP hummus **or** nut butter option)
- 1 c. apple slices (choice of 2 TBSP hummus **or** nut butter option)
- 1 c. steamed vegetables or 1 $\frac{1}{2}$ side salad (vinaigrette dressing)
- 16 oz. Protein Smoothie/Shake
- Plain or vanilla Greek yogurt (TBSP walnut/pecan option)
- 1 c. Fresh berries w' $\frac{1}{4}$ of nuts (i.e. almond, walnut, pecan, pistachios - *avoid sugar coated nuts)

Lunch Choices



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- 1 oz. grilled baked chicken breast; 1 c. grilled shrimp, or 1 fish fillet; 1 c. steamed vegetables of your choice; 1 ½ side salad (vinaigrette dressing)
- 1 sweet or regular baked potato stuffed with vegetables, ¼ c brown rice, ¼ c. of sprinkled reduced fat cheese; side of fresh fruit
- 1 ½ c. Kale or your choice of mixed leaves (add options: tomato, 1oz. grilled chicken or fish, cucumber, onion, green/red peppers, 2 TBSP selected nuts, ¼ c. fresh berries, 2 TBSP vinaigrette dressing)

Vegan Option (Take away meat from Dinner choice use Tofu or choose below)

- ½ c. Grilled Tofu with 1 c. steamed veggies
- 1 Tomato and Tofu English muffin pizza (marinara sauce, whole wheat English muffin, split toasted, arugula or spinach leaves, tomato, reduced fat mozzarella cheese (4 TBSPs-2 for each side); side salad (vinaigrette dressing); or 1 c. steamed veggies

Snack Choices PM

- 1 c. raw vegetables (choice of 2 TBSP hummus **or** nut butter option)
- 1 c. apple slices (choice of 2 TBSP hummus **or** nut butter option)
- 1 c. steamed vegetables or 1 ½ side salad (vinaigrette dressing)
- 16 oz. Protein Smoothie/Shake
- Plain or vanilla Greek yogurt (TBSP walnut/pecan option)
- 1 c. Fresh berries w' ¼ of nuts (i.e. almond, walnut, pecan, pistachios - *avoid sugar coated nuts)

Dinner Choices

- 1 oz. grilled baked chicken breast; 1 c. grilled shrimp, or 1 fish fillet; 1 c. steamed vegetables of your choice; 1 ½ side salad (vinaigrette dressing); ½ c. brown or wild rice (optional)
- 1 sweet or regular baked potato stuffed with vegetables, ¼ c brown rice, ¼ c. of sprinkled reduced fat cheese; side of fresh fruit



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Vegan Option (Take away meat from Dinner choice use Tofu or choose below)

- ½ c. Grilled Tofu with 1 c. steamed veggies
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NOTE****If opting for pork, please utilize lean pork (organic, grass fed) such as loin, or lean chop without bone.