



A "COOKIE CUTTER" ~2000 CALORIE MEAL PLAN

MEAL 1 (315 Cal.)	MEAL 2 (340 Cal.)	MEAL 3 (373 Cal.)
<ul style="list-style-type: none"> • 2 whole eggs + handful of spinach/tomato • ½ cup frozen strawberries • ½ cup rolled oats 	<ul style="list-style-type: none"> • 4 oz. of extra lean ground beef 96/4 (approx. 1/4 of a 1 lb. package) • 1 serving frozen veggies (approx. one cup) • ½ cup brown rice (approx. one quarter of a Trader Joe's bag with 3 in each box) 	<ul style="list-style-type: none"> • 5 oz. of chicken breast <ul style="list-style-type: none"> ◦ Measure it out a few times & then eyeball it and keep your sanity • 1 serving frozen veggies (approx. one cup) • 3 baby potatoes, Dutch Yellow (each approx. 50g)
MEAL 4 (324 Cal.)	MEAL 5 (308 Cal.)	MEAL 6 (334 Cal.)
<ul style="list-style-type: none"> • 4 oz. of lean ground turkey 93/7 (approx. 1/4 of a 1.25 lb. package) • 1 serving frozen veggies (approx. one cup) • ½ cup brown rice (approx. one quarter of a Trader Joe's bag with 3 in each box) 	<ul style="list-style-type: none"> • 1 medium apple • 1 (150g) cup of plain Greek whole milk yogurt • 12 raw almonds 	<ul style="list-style-type: none"> • 1 serving protein powder (I use Muscle Feast's "Premium Blend") • 1 tsp. clover honey • 2 tbs. sunflower seed butter (measure this with a baking spoon #nonnegotiable)

ADJUSTMENTS:

TO MAKE THIS A ~1700 CAL. PLAN...	TO MAKE THIS A ~1500 CAL. PLAN...
Remove the following: - Almonds from Meal 5 - Honey and sunflower seed butter from Meal 6	Remove the following: - Meal 5 entirely - Honey and sunflower seed butter from Meal 6



TRADER JOE'S SHOPPING LIST

ITEM		APPROX. PRICE
1	Bag of Spinach	\$1.99 each 6 oz. bag
2	Organic Mixed Medley Cherry Tomatoes	\$3.29 each 16 oz. case
3	Fuji Apples	\$0.49 each
4	Dutch Yellow Baby Potatoes	\$2.49 for 24 oz. (about 14 potatoes)
5	Extra Lean Ground Beef 96% Lean	\$5.49 per 1 lb. (single pack)
6	Ground Turkey 93% Lean	\$3.49 per 1.25 lb. (single pack)
7	Boneless Skinless Chicken Breast w/ Rib Meat	\$5.49 per 1 lb.
8	Organic Plain Whole Milk Greek Yogurt	\$1.49 per 5.3 oz. cup
9	Organic Brown Rice (Frozen Section in Box)	\$3.49 for 30 oz. (5.6 cups)
10	Organic Foursome Vegetable Medley	\$1.99 per 16 oz. (5 servings)
11	Green Vegetable Foursome	\$2.99 per 14 oz (4 servings)
12	Frozen Broccoli Florets	\$1.69 per 16 oz (5 servings)
13	Frozen Strawberries	\$1.99 per 16 oz (4, 1/2 cup servings per bag)
14	Raw Almonds	\$4.99 per 16 oz (about 37.5 servings)
15	Rolled Oats Bag	\$3.99 per 32 oz (22 servings)
16	Free Range Eggs	\$3.69 per 12 Eggs (I prefer Happy Egg "Free-est" pasture raised eggs)

ADJUSTMENTS:

IF SAVING TIME IS THE BIGGER GOAL...	IF SAVING MONEY IS THE BIGGER GOAL...
<p>Get the above convenience items like the premade rice packs and get all your shopping done at one location (like Trader Joe's)</p>	<p>Shop around and:</p> <ul style="list-style-type: none"> • Look for cheaper locations for proteins • Buy bulk raw rice and cook it yourself • Buy veggies/potatoes in whole, non-chopped or bundled form • Buy cheaper eggs • Buy raw almonds and rolled oats in bulk • Buy yogurt in bigger containers and measure out needed amount yourself daily