

21-DAY EXTREME *SHRED CHALLENGE*



**200+ LBS
MEAL PLANS**

21 DAY SHRED MEAL PLAN

200+ LBS

	#1	#2
FEAST 1	• 4 whole eggs (Approx calories: 320) • 1 cup egg whites (Approx calories: 117) • 4 slices whole wheat bread (Approx calories: 440) • 1 banana (Approx calories: 110)	• 5 whole eggs (Approx calories: 380) • 2 banana (Approx calories: 220) • 1 cup oats (Approx calories: 280)
SNACK	• 1 apple (Approx calories: 125) • 2 TBSP peanut butter (Approx calories: 190)	• 1 scoop protein powder (Approx calories: 120) • 1 serving almonds(24 nuts) (Approx calories: 170)
FEAST 2	• 10 oz cooked chicken breast (Approx calories: 400) • 1 cup rice (Approx calories: 250) • 1 cup veggies (Approx calories: 20)	• 14 oz. ground beef (90% lean) (Approx calories: 700) • 200g potatoes (Approx calories: 190) • 2 cups broccoli (Approx calories: 60)
TOTAL CALORIES	2,012	2,120

	#3	#4
FEAST 1	• 1 container plain Greek yogurt (Approx calories: 120) • 2 cup strawberries (Approx calories: 140) • 2 scoop protein powder (Approx calories: 240)	• 3 English muffins (Approx calories: 390) • 8 strips turkey bacon(Approx calories: 320) • 1 apple (Approx calories: 120)
SNACK	• 16 oz. cold cut turkey (Approx calories: 325) • 2 slices whole wheat bread (Approx calories: 220) • 6 oz. Avocado (Approx calories: 250)	• 1 cup cottage cheese (2% milkfat) (Approx calories: 180) • 30g walnuts (Approx calories: 200)
FEAST 2	• 15 oz. shrimp (Approx calories: 300) • 2 cups rice (Approx calories: 500) • 2 cups spinach (Approx calories: 20)	• 16 oz. Sirloin steak (Approx calories: 500) • 14 oz. Sweet potatoe (Approx calories: 350) • 1 cup asparagus (Approx calories: 30)
TOTAL CALORIES	2,115	2,090