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week 1						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Training - Low Carb</b>	<b>Endurance/ Cardio - High Carb</b>	<b>Training - Low Carb</b>	<b>Endurance/ Cardio - High Carb</b>	<b>Training - Low Carb</b>	<b>Endurance/ Cardio - High Carb</b>	<b>Off Day - Low Carb</b>
<p><b>Breakfast</b> 4 egg whites + 1 tbsp crumbled feta cheese + 1 light multigrain English muffin + ½ medium tomato, sliced</p> <p><b>Snack</b> ¾ cup 4% cottage cheese + 1 (100-calorie) pack almonds</p> <p><b>Lunch</b> Pesto Chicken Sandwich*</p> <p><b>Snack</b> 1 scoop whey protein powder + 1 cup brewed coffee</p> <p><b>Dinner</b> Salmon Poke Bowl*</p>	<p><b>Breakfast</b> ½ whole-wheat bagel + 2 tbsp light cream cheese + ½ grapefruit</p> <p><b>Snack</b> 1 medium apple + 2 tbsp peanut butter</p> <p><b>Lunch</b> 1 (4-oz) can white tuna + 1 tbsp olive oil mayonnaise + 1 serving whole-grain crackers</p> <p><b>Snack</b> 1 serving pretzels + ¼ cup hummus</p> <p><b>Dinner</b> 1.5 cups whole-wheat pasta (cooked) + ¼ cup tomato sauce + ½ cup diced grilled chicken breast + 1 cup steamed veggie of choice</p>	<p><b>Breakfast</b> 3 large eggs + 2 slices bacon + 1 cup diced melon</p> <p><b>Snack</b> 10 slices turkey pepperoni + 1 Babybel cheese round</p> <p><b>Lunch</b> 4 oz chicken breast + 1 small sweet potato + 1 cup vegetable of choice + 1 tbsp butter</p> <p><b>Snack</b> ¾ cup 4% cottage cheese + 1 (100-calorie) pack almonds</p> <p><b>Dinner</b> 4 oz grilled salmon + 2 tbsp pesto + 1-2 cups steamed veggie of choice</p>	<p><b>Breakfast</b> ¼ cup dry oatmeal + ½ cup Fairlife brand high-protein nonfat milk + ¼ cup mixed berries + 1 tbsp chopped walnuts</p> <p><b>Snack</b> 1 small bag SkinnyPop Popcorn</p> <p><b>Lunch</b> 4 slices deli turkey meat + 2 slices Ezekiel bread + lettuce + sliced tomato + 1 cup grapes</p> <p><b>Snack</b> ½ whole-wheat bagel + 1-2 tbsp tomato sauce + ¼ cup shredded part-skim mozzarella cheese (toast to make a pizza bagel)</p> <p><b>Dinner</b> 4 oz grilled chicken + 1 cup brown rice or jasmine rice + 2 tbsp teriyaki sauce + 1 cup mixed veggies of choice</p>	<p><b>Breakfast</b> 1 slice Ezekiel bread + 2 large eggs + ¼ avocado</p> <p><b>Snack</b> 2 hard-boiled eggs</p> <p><b>Lunch</b> large salad + 4 oz grilled chicken breast + 2 tbsp light dressing of choice</p> <p><b>Snack</b> 1 scoop whey protein powder + 1 cup brewed coffee</p> <p><b>Dinner</b> 4 oz ground turkey breast + 2 tbsp pesto + 1 cup cooked whole-wheat pasta + 1 cup vegetable of choice</p>	<p><b>Breakfast</b> 2 Ezekiel waffles + 2 tbsp peanut butter + ½ medium sliced banana</p> <p><b>Snack</b> 5 oz plain nonfat Greek yogurt + 1 cup sliced strawberries</p> <p><b>Lunch</b> 4 oz grilled chicken breast + 1 cup brown rice + 1 cup mixed veggies of choice</p> <p><b>Snack</b> 1 small bag SkinnyPop Popcorn</p> <p><b>Dinner</b> 3 oz lean sirloin steak + 1 medium sweet potato + 1 cup broccoli + 1 small mixed greens salad + 1 tbsp light dressing of choice</p>	<p><b>Breakfast</b> 3 eggs + 1 slice pepperjack cheese + 1-2 tbsp salsa + ¼ avocado</p> <p><b>Snack</b> 1 scoop whey protein powder + 1 cup brewed coffee + 10 almonds</p> <p><b>Lunch</b> 1 (4-oz) can white tuna + 1-2 tbsp olive oil mayonnaise + 1 serving whole-grain crackers</p> <p><b>Snack</b> 10 slices turkey pepperoni + 1 Babybel cheese round</p> <p><b>Dinner</b> 4 oz chicken breast + ¼ cup shredded part-skim mozzarella cheese + sliced tomato (top chicken with cheese and tomato and bake in oven until cheese is melted and chicken is heated through) + 1-2 cups steamed veggies of choice</p>
<b>Nutrition Facts:</b>	<b>Nutrition Facts:</b>	<b>Nutrition Facts:</b>	<b>Nutrition Facts:</b>	<b>Nutrition Facts:</b>	<b>Nutrition Facts:</b>	<b>Nutrition Facts:</b>
calories 1,540, total fat 81 g, saturated fat 18 g, trans fat 0 g, protein 124 g, sodium 2,052 mg, carbs 92 g, fiber 15 g, sugar 16 g	calories 1,613, total fat 51 g, saturated fat 9 g, trans fat 0 g, protein 93 g, sodium 2,686 mg, carbs 200 g, fiber 30 g, sugar 50 g	calories 1,556, total fat 80 g, saturated fat 29 g, trans fat 0 g, protein 136 g, sodium 3,642 mg, carbs 72 g, fiber 14 g, sugar 35 g	calories 1,550, total fat 32 g, saturated fat 7 g, trans fat 0 g, protein 110 g, sodium 4,103 mg, carbs 205 g, fiber 29 g, sugar 23 g	calories 1,516, total fat 62 g, saturated fat 15 g, trans fat 0 g, protein 143 g, sodium 3,243 mg, carbs 94 g, fiber 26 g, sugar 16 g	calories 1,576, total fat 45 g, saturated fat 8 g, trans fat 0 g, protein 110 g, sodium 1,635 mg, carbs 181 g, fiber 32 g, sugar 39 g	calories 1,513, total fat 77 g, saturated fat 20 g, trans fat 0 g, protein 136 g, sodium 3,823 mg, carbs 69 g, fiber 15 g, sugar 20 g

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04.07.2020 — Jeff Cavaliere revealed his plan for a full day of eating, but does the Athlean-X meal plan actually work? Here's what we think...

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