

## How It Works

Each meal should include:

1. **Protein:** Choose one portion from our list below (4 oz or 6 oz).
  2. **Unlimited Fruits & Vegetables:** Fill your plate with fresh, colorful options.
  3. **Optional Starchy Carb:** Add 3 oz or ½ cup if energy dips.
  4. **Healthy Fats:** 1-2 servings to support satiety and reduce inflammation.
- 

### Proteins (Cooked Weight)

#### 4 oz Options (~28-35g protein)

- Chicken Breast
- Turkey Breast
- Egg (4 whole) OR Egg Whites (10 large)
- Ground Turkey (93% lean or higher)
- Cod, Tilapia, or Shrimp
- Lean Ground Beef (93% lean or higher)
- Cottage Cheese (1 cup low-fat)
- Plain Greek Yogurt (1 cup, unsweetened)

#### 6 oz Options (~42-50g protein)

- Chicken Breast
- Turkey Breast
- Steak (sirloin or filet)
- Pork Tenderloin
- Tuna (fresh or canned in water)
- Eggs (6 whole) OR Egg Whites (12 Large)
- Salmon (limit to 2-3 servings per week)
- Cod, Tilapia, or Shrimp

- Lean Ground Beef (93% lean or higher)
  - Cottage Cheese (1 cup low-fat)
  - Plain Greek Yogurt (1 cup, unsweetened)
- 

### **Fruits (Unlimited)**

Choose nutrient-dense, anti-inflammatory options:

- Berries (blueberries, strawberries, raspberries, blackberries)
  - Apples, Oranges, Pears
  - Kiwi, Grapefruit, Plums, Peaches
  - Cherries
- 

### **Vegetables (Unlimited)**

Low-calorie, high-fiber options:

- Leafy Greens (spinach, kale, Swiss chard)
  - Broccoli, Cauliflower, Zucchini
  - Cucumbers, Bell Peppers, Asparagus
  - Green Beans, Brussels Sprouts, Mushrooms
  - Cabbage, Celery
- 

### **Starchy Carbs (Optional)**

Only include if energy dips or after intense workouts. **Limit to ½ cup per meal:**

- Sweet Potatoes
  - White Rice
  - Quinoa
  - Oats
-

## Healthy Fats

Support joint health and inflammation reduction. **Add 1-2 servings per meal:**

- Avocado (¼ - ½ avocado)
  - Olive Oil (1 tsp per serving)
  - Chia Seeds, Flaxseeds (1 tbsp)
  - Almond Butter (1 tbsp)
- 

## Sample Daily Meal Plan

### Meal 1:

- 4 whole eggs
- 1 cup Spinach, ¼ Avocado
- 1 cup Strawberries

### Meal 2:

- 4 oz Grilled Chicken
- Broccoli (unlimited), 1 tsp Olive Oil

### Meal 3:

- 6 oz Salmon
- Zucchini Noodles, ½ cup Sweet Potato

### Meal 4:

- 4 oz Lean Ground Beef
- Cauliflower Rice, Asparagus

### Meal 5:

- 6 oz Tuna
  - Cucumber Slices, 1 Orange
-

## Stay Hydrated

- Drink **half your body weight in ounces** of water daily.
  - Optional: Add lemon or cucumber for a refreshing twist.
- 

## Pro Tips

- **Meal Prep:** Set aside time to prep proteins and chop veggies for the week.
  - **Season Smart:** Use herbs, spices, and citrus to add flavor without extra calories.
  - **Track Progress:** Use a fitness journal to monitor your meals, workouts, and energy levels.
- 

## Let's Crush It!

Transform your body, feel your best, and become a champion in the **Battle of the Besties**. FitNatik is here to guide you every step of the way. Together, we'll make your fitness goals a reality!