



S O F I T
**Meal
Plan/Guide**

www.sandraokekefit.com

DISCLAIMER

This meal plan has been written by Sandra Okeke, Founder of SOFIT GLOBAL VENTURES LTD. All rights reserved. No part of this publication may be reproduced, stored, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording and/or otherwise without the prior written permission of the author. This program is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment, nor as an alternative to medical advice. Use of the guidelines herein is at the sole choice and risk of the reader.

This meal plan was not created by medical professionals, so should be viewed and treated as motivational content for educational purposes rather than fact or a list of strict rules. If medical or other expert assistance is required, the services of a competent professional person should be sought. With any physical activity program, you do not hold any members of Sofit Global Ventures Ltd. liable for the interpretation or use of the information. Individuals can participate in these workouts at their own risk. Sofit Global Ventures Ltd. is not liable or responsible for any injuries, claims or causes of action, known or unknown arising from this eBook.

CONTENTS

01.

HOW TO USE MY FITNESS PAL

02.

FOOD LIST

04.

UNDERSTANDING CALORIES

05.

SUPPLEMENTS

06.

MEAL PLAN

WELCOME!

First things first, this is not a DIET. This is a lifestyle. This is a sustainable solution to your fitness goals. My meal guide doesn't tell you to cut out carbs, or cut out specific food groups in order to look a certain way or to lose/gain X amount of weight in X amount of time. I'm all about balance and consistency. Hard work, over time yields results. There's no magic here. This meal plan is suitable for ALL goals. So understand your surplus and deficit and eat according to your fit goals.

This guide contains super easy, everyday meals that you're familiar with. I personally do not believe in diets because they don't work. Even if they do, they last for a few weeks before you realize that you can't sustain the amount of food you are eating or they are so restricted that you throw in the towel. A healthy meal guide helps you lose body fat and improve your body shape. **This plan is not customized for any individual.**

NUTRITION is key when it comes to making progress. No matter how hard you train in the gym, you can't out-train a bad diet. That is why it is important that your nutrition is in line with your fitness goals.

This meal guide is aimed at increasing energy and vitality and not leaving you feeling hungry, deprived and craving more food.

THIS MEAL PLAN IS SUITABLE FOR

WEIGHT LOSS: To lose weight, you just need to eat and drink fewer calories than you burn. That's called a calorie deficit. If you take in more than calories than you burn, then you don't have a calorie deficit and you won't lose weight. There are two ways to raise your calorie deficit: changing what and how much you eat, and exercise.

Diet Change

There's no single best approach to cutting calories. In general, as long as you cut the calories and maintain a minimum amount, you will lose weight.

One proven method is to replace all sugar-sweetened beverages with water. This simple change can lead to a 2% loss of body weight over 6 months. Smaller portions can help, too, along with careful planning of your meals. In this meal plan I've given you healthier options of how to prepare/eat your food. No saturated meals, no junk foods, just whole foods that will promote fat loss.

WEIGHT GAIN/LEAN MUSCLE: In the fitness industry healthy weight gain requires good nutrition and good training. And weight gain simply means building lean muscle mass. Healthy weight gain requires a balanced approach, just like a weight loss program.

Eating junk food may result in weight gain (mostly fat).

However, it will not satisfy the nutrition your body needs. And this should NOT be your goal.

Macronutrient Breakdown

Once you have determined your daily calories in relation to your goals, it is time to break this down into your daily macronutrients. The three macronutrients are:

PROTEIN



In terms of daily protein recommendations, there is no 'one size fits all' number. however as a guide it is recommended we consume 1.6-2.2g of protein per kg of body weight, or alternatively if you know your body fat levels you can use the following method 2-3 grams of protein per kg of lean body mass. For a 60kg person, this would be between approximately 120 and 180 grams of protein per day.

CARBOHYDRATES



The primary job of carbs in the body is to provide energy. Carbohydrates are also necessary for healthy female hormone unction, under eating carbohydrates can cause the loss of your period. Each person's activity levels will have a significant influence on their daily carbohydrate needs; imagine the difference in energy outout of an endurance athlete versus a person that works a desk job and goes to the gym a few times a week this means It is very difficult to provide a recommendation, however it does tend to mean that the more active you are, the higher the percentage vour daily macro split should be dedicated to carbs!

FATS



Fat plays a key role in vitamin transport throughout the body, provides structure and strength for our cells, promotes artery function and health, and aids brain health and functioning. It is also essential for healthy hormone levels, is involved in signalling throughout the body and provides insulation and protection for cells, organs and the body as a whole. To have healthy skin, hair and nails adequate fat intake is required. it is recommended that fats make up around 15-30% of total daily calories.

If you are new to tracking and looking for where to start, you can begin with a macronutrient breakdown of 30% Protein, 40% Carbohydrates and 30% Fats. From here you would divide your calories up by the above percentages and then calculate the total grams from each macronutrient.

Another method to determine macro ratios is to calculate your protein needs first based on the above recommendations), then allocate 20-30% of your daily calories to fats, and then allocate the remainder to carbohydrates.

Please remember that this is a starting point, from which you will build as your knowledge and experience progresses. Each of us has a unique makeup as well as unique daily demands on our mind and body and completely individual lifestyles. This could mean it takes a little trial and error to find the calorie level and macro split that suits you and gets you the results you're working towards

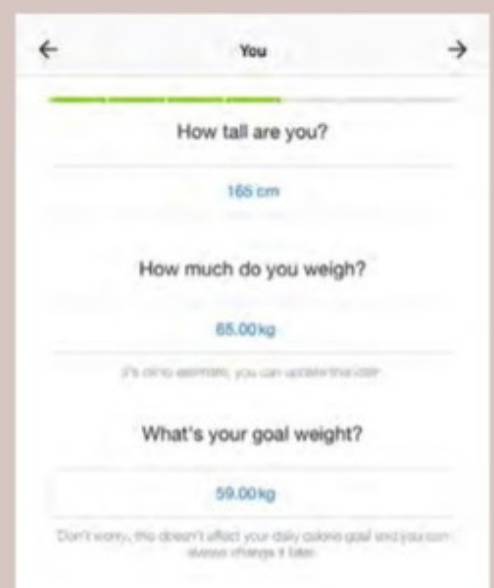
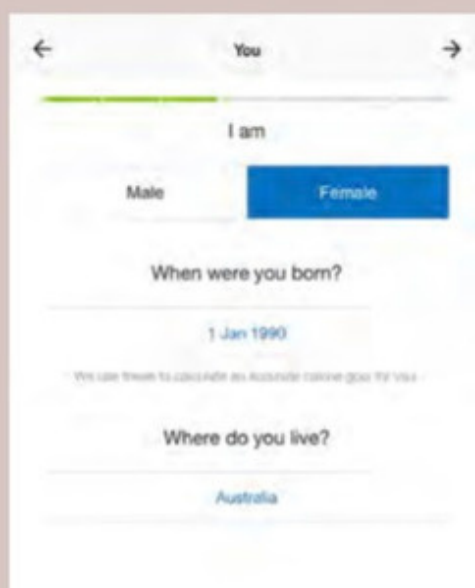
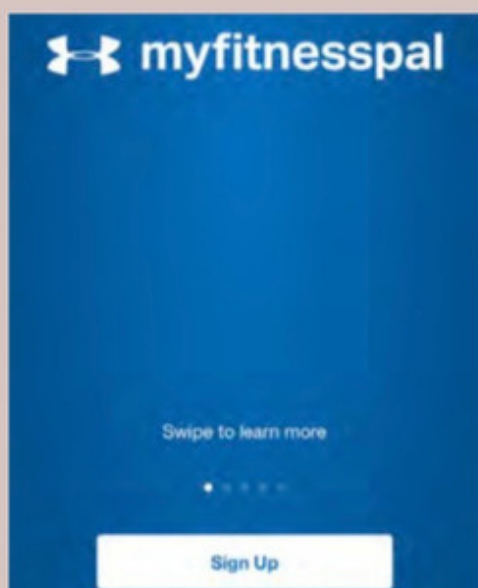
02.

HOW TO USE *MY FITNESS PAL*

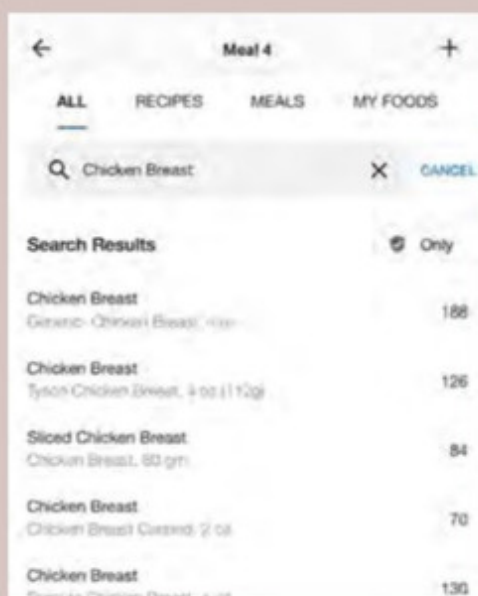
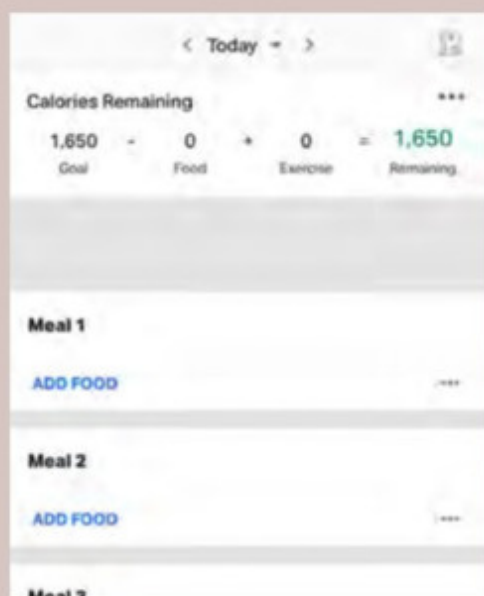


MyFitnessPal is a calorie tracking app that is very useful for anyone who practices flexible eating or tracks their macronutrients and calories. Although the app can seem intimidating for anyone who hasn't used it before, I promise that it is quite simple to use. Once you understand the basics of using MyFitnessPal, entering your food for the day is really quite simple and time-effective. It takes 10 minutes to log all of your food in the morning and ensures that you are set-up and organised for the day!

After downloading the app to your phone, the first thing you will need to do is sign up for free. You can choose the premium version with additional features for a small fee, however you can do everything necessary with the standard version. The app will prompt you to enter your weight, height and other details so that it has an idea of how many calories you need per day. Please take note that these suggested nutrition goals can often be inaccurate and I recommend you change these to the macros we calculated above!



The 'diary' page shows your meals for the day. These meals can be re-named in the settings page if you would prefer to number your meals (for example Meal 1, Meal 2 etc). When adding ingredients and items to your day it is important to note that My Fitness Pal has a user-generated database. This means that when searching for food, the results that appear have all been entered by other users. The consequence of this is a high number of discrepancies with macronutrients and calories. Any items that include a green check next to the name means that this item has been crosschecked and is, therefore, more likely to be an accurate entry. I would also recommend using the 'scan barcode' feature. After pressing 'add food' you can choose the barcode option to scan the barcode from your packaging, which will not only save time but also ensures you choose the correct brand. It is still a good idea to cross-check this MyFitnessPal information with the actual packaging.





ACHIEVING YOUR FITNESS GOAL

Achieving Your Fitness goal

In order to achieve **ANY** physique, you have to EAT and eat good! That flat stomach, slim waist and Abs you want, will not be obtainable if your diet is bad! Nutrition accounts for 80% of your overall results. You could literally be training for 5 hours a day, but if you aren't eating correctly, then you will not obtain your desired results. Whether that's weight loss or weight gain.

This is where we need to commit and be ready to work. Most people think the hard part of fitness is exercise but it's actually your nutrition. That's why Consistency is key! Diligence and determination with respect to diet will get you far!

I've based these plans around the meals that I, myself have been eating as of late. I've included some of my own recipes too. **This is just a guide to help you. Feel free to find alternatives where necessary. Feel free to omit or swap items if you don't have the exact product or if you don't eat them**

IF AND ONLY IF you stick to my meal plan, make necessary changes in your diet and stay consistent, will I guarantee you results!

In this meal plan you're given a food shopping list and a 4 Week Meal structure to follow. I'll also give you tips along the way!

You all know that your eating habits are very important! In order to burn fat or build those sexy curves, you must eat! YES. Despite popular beliefs that if you want a flat tummy you have to eat once a day- wrong! Healthy eating allows your body to store less fat and actually makes you lose fat. You have to eat healthy. What you put into your body determines what it's going to look on the outside. No amount of cardio and weight training can out-work a bad eating habit.

So I created a few rules to help you get the best out of this program. **For this specific plan NO CHEAT MEALS ARE ALLOWED!** Don't ask me if you can drink alcohol , No ordering late night pizza, no french fries, no cakes, etc. It's only for a month and I know you can do it. I've done my best to make sure that this meal guide is easy to follow. No macro counting, no restricting food groups, tasty, healthy and filling meals,, just you making healthier food choices

This food plan is best for ALL fitness goals. Whether you're trying to lose weight, or gain. The key is your daily calorie intake, Reduce or increase your portion sizes to match your goals.

TIPS FOR A HEALTHY DIET
Tips and Tactics

1 Avoid unhealthy snacking in between meals (Chips, cookies, sweets in between meals) . Eat healthier snacks if you need them. You have snack options each week !

2 Do not drink your calories (alcohol, juices, sodas, etc). Stick to drinking water if you can.

3 Your portion sizes matter and are the KEY to losing or gaining weight.

4 Don't starve yourself in the name of weight loss. This strategy is not only unhealthy — it nearly always backfires. If you don't eat enough calories throughout the day, you'll be more likely to overindulge at night. When you focus your efforts all day on skipping food, you set yourself up for an eating binge later on. And instead of sitting down to a healthy evening meal, you're more likely to reward yourself for being so "good" all day by reaching for a calorie-bomb like a pint of ice cream or piece of cake.

5 Limit saturated fat, added sugar, refined carbs, and processed foods. Foods that come in packaging essentially or foods you can store like canned foods, sugary drinks, syrups and jams. chocolate and candies. potato chips and pretzels. sauces, dressings and gravies. ice cream and frozen desserts. bakery products like muffins and cakes. fast foods like French fries and burgers are highly processed

Even if the fat, sugar, and salt in junk food doesn't result as extra weight, it can still harm your body. For a healthy weight gain, the following tips can help:

1. **Go nutrient dense.** Instead of eating empty calories and junk food, eat foods that are rich in nutrients like the ones provided in this meal plan. Consider high-protein meats, which can help you to build muscle. Also, choose nutritious carbohydrates, such as brown rice and other whole grains. This helps ensure your body is receiving as much nourishment as possible, even if you're dealing with a reduced appetite.
2. **Snack away.** Enjoy snacks that contain plenty of protein and healthy carbohydrates. Consider options like protein bars or whey protein drinks. Also, enjoy snacks that contain "**good fats**," which are important for a healthy heart. Examples include nuts and avocados.
3. **Eat mini meals.** If you're struggling with a poor appetite, due to medical or emotional issues, eating large amounts of food may not seem appealing. Consider eating smaller meals throughout the day to increase your calorie intake.
4. **Bulk up.** While too much aerobic exercise will burn calories and work against your weight goal, strength training can help. This includes weightlifting, Crossfit etc.

You gain weight by building muscle. This is why it's important to LIFT WEIGHTS. Not just for building muscle but Weight training improves long term fat loss as well.

03.

FOOD LIST

AND HOW TO FOLLOW



Your meal plan is divided into 4 weeks and for each week you are given a breakfast, lunch, dinner and snack option. You will also notice a few other food options as well. These are swaps or alternatives so just Choose the one best suited to you. You are required to recycle this food guide by using the shopping list to add variety to your meals overtime. You can replace food items daily or weekly so that you don't get bored or feel like you're repeating the same meals every day, **YOU DO NOT NEED TO EAT EVERY SINGLE MEAL PROVIDED OR FOLLOW EACH MEAL IN ORDER. The goal is to create something sustainable for you. You can also pick out meals and create your own meal plan.**

FOOD SHOPPING LIST

The purpose of the shopping list is to provide you swap out options! With the shopping list given there are many selections from under each food category. It is your responsibility to make this food guide work for you. You have over 16 meal options you can swap out items, recycle meals and also prep your meals weekly. What most people don't realize is that fitness professionals like myself, eat almost the same thing each day. Another way to stay on track with your meals is to MEAL PREP! Buy plastic, re-usable meal prep containers and distribute and package your meals for the week. This is what i do and helps keep you organized and disciplined.

To meal prep, pick out one breakfast, lunch, dinner & snack option weekly- Food shop for that week and cook your meals before the start of each week. This will help you stay on track with your diet and prevent you from unhealthy snacking and unhealthy eating.

It's okay to be too full to snack or too full to eat dinner but don't starve or intentionally skip meals because you're afraid of "getting fat".

GROCERY LIST

The next few parts of this guide contains your FOOD SHOPPING LIST from each macronutrient/ food group. I have also included links for where you can buy certain items. Choose items that are readily available to you in your area or a close alternative. This shopping list includes but is not limited to the items mentioned. It's impossible for me to list every single food item here however the items listed are key. Like I said feel free to include your own unique items as I understand our cultures / environment may be different but do not neglect the importance of a balanced diet. The key is healthy options. If you're not sure about any item read the nutritional label on the package when you go food shopping. STICK TO WHOLE FOODS. Try to avoid hydrogenated oils, artificial flavors and colors, preservatives, high amounts of fat or sodium, and added sugar. A good rule of thumb is to keep the ingredients in any particular product to five or less. The more ingredients = the more processed and unnatural it is. Also, you do not need to purchase every item on this list.



PROTEIN

Protein is one of the most important macronutrients, not just for muscle building, but for support, transport of nutrients, repairing cells and body tissues, For protein, one serving can be measured as one to two palm-sizes of meat, fish, dairy or plant based source of protein. Protein is more than just beans, when you go for protein choose HIGH QUALITY protein!

PROTEIN LIST:

- ♡ Chicken breast [BUY HERE \(discount code SOFIT10\)](#)
- ♡ Meat Substitutes [BUY HERE \(discount code SOFIT10\)](#)
- ♡ Egg Whites [BUY HERE \(discount code SOFIT10\)](#)
- ♡ Whey Protein Powder (Supplement)* [BUY HERE \(discount code SOFIT10\)](#)
- ♡ Lean beef
- ♡ Beans
- ♡ Salmon, Tilapia, Croaker (any white fish)
- ♡ Low-fat dairy yogurt
- ♡ Egg Whites
- ♡ Quinoa
- ♡ Shrimp (seafood) and Tuna

COMPLEX CARBOHYDRATES

Complex carbs have a lower insulin response and are absorbed slower in the body (keeping you full for longer). These are considered the healthier carbs, as they are usually less processed or not processed at all. The recommended serving size of Carbs is roughly 1/2 a cup!

Here are some examples of good carbs to shop for;

- ♡ Whole grain oats [BUY HERE \(Discount code SOFIT10\)](#)
- ♡ Whole grain Bread [BUY HERE \(Discount code SOFIT10\)](#)
- ♡ Pasta (Organic and Wholegrain)
[BUY HERE \(Discount code SOFIT10\)](#)
- ♡ Rice cakes [BUY HERE \(Discount code SOFIT10\)](#)
- ♡ Beans And Legumes
- ♡ White, Brown, or Basmati rice
- ♡ Irish, Sweet Potatoes
- ♡ Bulger Whole grain
- ♡ Potatoes (Sweet, Irish)
- ♡ Plantains
- ♡ Yams

VEGETABLES

A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check!

Here are some examples of vegetables to shop for all vegetables are welcome to be added to this list!

♡ Carrots

♡ Cucumbers.

♡ Vegetable leaves.
(Ugu leaves)

♡ Kale

♡ Celery

♡ Mushrooms

♡ Spinach

♡ Corn

♡ Cauliflower

♡ Lettuce

♡ Okra

♡ Onions

♡ Tomatoes

♡ Asparagus

♡ Cauliflower

♡ Broccoli

The recommended serving size of Vegetables is roughly the size of your fist!

HEALTHY FATS

Add a source of healthy fats to your plate! Healthy fats simply means unsaturated fats, and **not** saturated. Dietary fat is not only perfectly OK to consume, but is essential. We need fatty acids for several crucial functions including the absorption of vitamins, production of hormones and cell protection! To apply healthy fats to your meals, Stick out your thumb. Depending on your size, try and incorporate 1-2 thumb sizes of fat into your meal.

Here are some examples of unsaturated fats. These are still high in fat but small amounts of these help give your body energy, protects your organs, supports cell growth, keeps cholesterol and blood pressure under control, and helps your body absorb vital nutrients.

Healthy fats:

♡ Extra virgin olive oil (for cooking)

♡ Avocados

♡ Avocado, Coconut oil for cooking

♡ Peanut Butter

[BUY HERE \(Discount code SOFIT10\)](#)

Olive oil cooking spray

[BUY HERE \(Discount code SOFIT10\)](#)

FRUITS & CONDIMENTS

Fruits are generally healthy so feel free to add your own favorites to this list when shopping! ALL FRUITS ARE WELCOME

If you are going to purchase condiments at the store, be sure to read the ingredient labels carefully. Often times, store-bought condiments have really high levels of sodium, sugar, and other unnecessary additives. They often times are what make healthy dishes become unhealthy! I would recommend to make your own condiments at home.

- ♡ Apples
- ♡ Oranges,
- ♡ Tangerines
- ♡ Grapes
- ♡ Bananas
- ♡ Watermelon
- ♡ Mango
- ♡ Pineapple
- ♡ Papaya
- ♡ Lemons/Lime
- ♡ Strawberry, Blueberry
- etc..

- ♡ Black pepper
- ♡ Salt
- ♡ Garlic powder
- ♡ Cinnamon
- ♡ Curry powder/
Curry leaves
- ♡ Thyme
- ♡ Nutmeg

+ more! Feel free to add your faves to this list as well

SWEETENERS

[BUY SWEETNERS HERE](#)

DAIRY & BEVERAGE

This is an important part! EAT YOUR CALORIES AND DO NOT DRINK THEM. Calories that sneak in through beverages are usually forgotten. This is especially true when we are talking about alcoholic or sugary drinks, store bought smoothies, fruit juices, and soda. These drinks can be found anywhere, tempting you at gas stations, schools, movie theaters, airports, your workplace, even at the gym. The average person drinks 400 calories on a daily basis!

Our bodies are most efficient when drinking water. Plus, you'll feel much more satisfied and “full” if you eat your calories rather than drink them. “Don’t Drink Your Calories” is an easy and quick mantra to help you make good nutrition choices.

Here are your beverage options for the duration of this plan, my tip to controlling your daily calories is to stick to just drinking water.

♡ Water

♡ Black Coffee (no sugar or cream)

[BUY PROTEIN COFFEE HERE](#)

♡ Almond Milk

♡ Fat free milk,

♡ Coconut milk

♡ Tea (Green tea, no sugar or cream) *MILO is not recommended*

****Satchet milks, aren’t recommended***

PROZIS SNACKS

If you want to snack, do it the healthy way. PROZIS has soooo many low calorie, high protein snack options for you from bars, chips, popcorn, chocolates, muffins etc! I've added links to my favorites below!

Snack time pack [BUY HERE \(Discount code SOFIT10 \)](#)

Protein Bar [BUY HERE \(Discount code SOFIT10 \)](#)

Muffins [BUY HERE \(Discount code SOFIT10 \)](#)

Kitchen Scale [BUY HERE \(Discount code SOFIT10 \)](#)

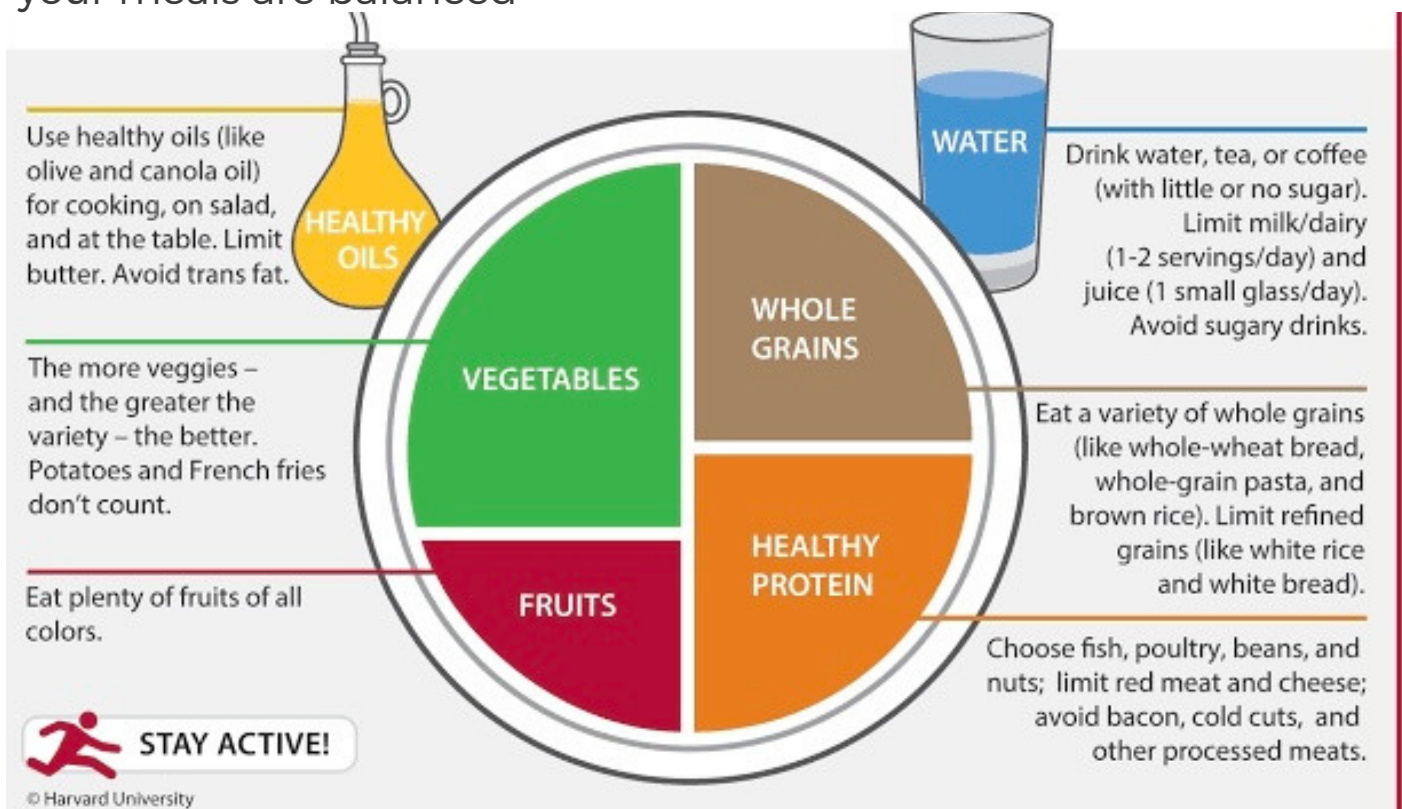
Protein chips [BUY HERE \(Discount code SOFIT10 \)](#)

Protein popcorn [BUY HERE \(Discount code SOFIT10 \)](#)

Peanuts [BUY HERE \(Discount code SOFIT10 \)](#)

A HEALTHY EATING PLATE

Now that you've gotten your food shopping list, it's important you understand **HOW TO EAT**. Healthy Eating Plate is a way to visualize a healthy diet by dividing your plate up like a pie chart based on food groups. If your plate matches the portions of the Healthy Eating Plate, then you can be sure you're eating a balanced diet! In each meal given to you in this plan you'll notice that you have protein, veggies and carbs inclusive, This is to ensure your meals are balanced



I don't want to hear, "I'm Nigerian, we don't have access to healthy foods" or "Healthy food is expensive ." It's not. In fact, it's cheaper!

What makes your foods healthy is majority of HOW you cook and HOW you eat. You have access to lean meats, good carbs, veggies, healthy fats. Learn how to make better choices and also adapt to other foods as well. Try new recipes. There's more to nutrition than jollof rice, pounded yam and Amala.



04.

UNDERSTANDING CALORIES

You've probably heard it a million times, but what are **calories**??

Simply put, the amount of energy in an item of food or drink is measured in calories. The same way we use meters, and kilometers to measure distance- a calorie is used to measure the unit of energy in the foods & drinks we eat. Everything we eat has calories except for water. Pure water has no calories. Hence why it's always the best choice!

When you eat and drink more calories than you use up, your body stores the excess as body fat. If this continues, over time you may put on weight.

As a guide, an average man needs around 2,500kcal (10,500kJ) a day to maintain a healthy body weight.

For an average woman, that figure is around 2,000kcal (8,400kJ) a day.

These values can vary depending on age, size and levels of physical activity, among other factors.

Water contains no calories. In fact, water helps in transporting the energy broken down from food to the cells in the body. So even though water does not have any calories of its own it helps in carrying the acquired calories to all organs of the body. Not just carrying calories, water also helps in breaking down and burning them. Water is essential to the body so always stay hydrated.

There are “high or empty calorie” foods, this is found in items like sodas, alcohol, junk foods, processed foods (cakes, cookies, pizza, burgers, ice cream, biscuits, chocolates etc.) These are foods and drinks that are very high calorie but does little to actually fill you up because they are fast digesting and **doesn't add any nutrition to your diet**, plus your body doesn't break these foods down because they are already processed so it is not a great choice to help you drop pounds or build lean muscle. Plus, high intakes of added sugars are linked with high blood pressure and high triglyceride levels, risk factors for heart disease. These food items consumed consistently over time are prone to fat gain because your body will store all the excess calories from these foods as fat.

staying away from things like:



Then there are “good calories or calorie dense foods” These are low calorie dense foods that are rich in vitamins and nutrients and are beneficial to your body and your health, These foods are not fast digesting which will keep you fuller for longer and because they are not processed, your body has to break them down and this helps in burning calories which in turn stores less fat. This is found in most, of not all vegetables, lean meats (protein), potatoes, whole grains, fruits, etc.

Eating clean is eating natural whole foods that have high nutritional value and are as minimally processed as possible. It's all about staying away from refined/processed foods that have a lot of added chemicals and sugar. This will not only have you looking great but also feeling amazing.

eating things like:



Checking calories in your food

You can also minimize the calories in your food by swapping out food items or changing your cooking methods like baking instead of frying foods, not using dressings like Ketchup, Salad dressings etc. Drinking black coffee instead of creamers and much more! Knowing the calorie content of food and drink can help ensure you're not consuming too much.

The calorie content of many shop-bought foods is stated on the packaging as part of the nutrition label.

This information will appear under the "Energy" heading. The calorie content is often given in kcals, which is short for kilocalories, and also in kJ, which is short for kilojoules.

A kilocalorie is another word for what's commonly called a calorie, so 1,000 calories will be written as 1,000kcals.

Kilojoules are the metric measurement of calories. To find the energy content in kilojoules, multiply the calorie figure by 4.2.

The label will usually tell you how many calories are contained in 100 grams or 100 millilitres of the food or drink, so you can compare the calorie content of different products.

Burning calories

The amount of calories people use by doing a certain physical activity varies, depending on a range of factors, including size and age. The more vigorously you do an activity, the more calories you'll use. For example, fast walking will burn more calories than walking at a moderate pace.

If you're gaining weight, it could mean you have been regularly been eating and drinking more calories than you have been using.

To lose weight, you need to use more energy than you consume, and continue this over a period of time.

Get used to counting calories. The best approach is to combine diet changes with increased physical activity.

CALORIE SURPLUS OR DEFICIT?

If you've ever tried to lose or gain weight, you've likely heard that a calorie deficit or surplus is required.

Yet, you may wonder what exactly it involves or why it's necessary for weight loss/gain.

This article explains everything you need to know about a calorie deficit, including what it is, how it affects weight loss, and how to achieve it in a healthy, sustainable way.

If you provide your body **fewer** calories than it needs to support these three components of calorie expenditure, you put your body into a calorie deficit. Doing so consistently for long periods results in weight loss. Conversely, you will gain weight if you regularly provide your body more calories than it needs to support these functions. This is called a calorie surplus.

Calculating calorie needs

For most people, a calorie deficit of 500 calories per day is sufficient for weight loss and unlikely to significantly affect your hunger or energy levels.

To create this calorie deficit, you need to know what your maintenance calories are. Maintenance calories are precisely the number of calories your body needs to perform its day to day function.

Below is a simple scientific calorie calculator, along with 5 evidence-based tips on how to sustainably reduce your calorie intake. Enter your details in the calculator below to figure out how many calories you should be eating per day to either maintain or lose weight.

The calculator is based on the Mifflin-St Jeor equation and can provide an estimate of your calorie needs. It utilizes population data, as well as other factors, including genetics, medications, and lean body mass, that affect your calorie needs.

<https://www.calculator.net/calorie-calculator.html>

This calculator uses your age, size, sex, and activity level to estimate the number of calories you should eat per day to maintain your weight.

You can adjust this number based on your goals if you're trying to gain or lose weight.

Keep in mind that this tool only provides general guidance, as activity levels and many other factors influence your daily calorie needs. Thus, this calculator will likely provide a number that's close to your calorie needs, but it's not a perfect tool.

PROZIS KITCHEN APPLIANCES

With the right kitchen appliances, preparing food takes less time and requires less effort. It's more convenient to prepare delicious home-cooked meals that are measured and cooked properly. This will go a long way in your healthy journey: All my kitchen appliances currently are from PROZIS and I have linked the products I HIGHLY recommend you get not just for now but for future use! Use my discount code SOFIT 10 to get 10% your purchase!

Air Fryer [BUY HERE \(Discount code SOFIT10 \)](#)

Portable Blender [BUY HERE \(Discount code SOFIT10 \)](#)

Kitchen Scale [BUY HERE \(Discount code SOFIT10 \)](#)

Food Storage containers
(food vacuum) [BUY HERE \(Discount code SOFIT10 \)](#)

Contact grill [BUY HERE \(Discount code SOFIT10 \)](#)

Juicer [BUY HERE \(Discount code SOFIT10 \)](#)

In order to make your foods healthier and to avoid extra, unnecessary calories I recommend you invest in the following to better help you prepare your meals;

AN AIR FRYER:

The appealing taste of fried foods come at a cost. Research links the oils we use to cook and fry foods lead to health problems like heart disease, type 2 diabetes, and cancer. **Air frying is healthier** than frying in oil. It cuts calories by 70%-80% and has a lot less fat. This cooking method might also cut down on some of the other harmful effects of oil frying. Air fryers create the crispy, chewy foods we love without all the oil. This is what i use to fry yam, plantain, potatoes and chicken!



A FOOD STEAMER:

Steaming is a healthy method of cooking because it adds no fat or calories to your meals. Steam softens the fiber in food so they are easier to digest and process for your stomach. The softer the food, the easier to absorb all the awesome natural health benefits of your ingredients. When cooking fish and chicken, the steam dissolves the fat, making food lower in calories and more easily digestible. You can steam your rice, veggies, potatoes, meats, etc!

If you live in Nigeria, click here to purchase a food steamer



05.

SUPPLEMENTS



I HIGHLY RECOMMEND SUPPLEMENTS!

I recommend that you use supplements along with your healthy diet, to ensure that you are effectively hitting all of your nutrition targets. Protein, Supergreens, Creatine, etc!

Now, I have to make it clear- Supplements are never a substitute for a balanced, healthful diet. Let's start there. So don't think they perform magic or think by taking them, you will get you to your goals quicker without much effort. There's no quick fix in fitness.

Most people do not need to take vitamin supplements and can get all the vitamins and minerals they need by eating a healthy, balanced diet. So no, supplements are not compulsory. And you CAN achieve your weight gain or weight loss goals without them if you're getting the right vitamins from your foods by eating healthy however most of us, including myself most times do not. So we need supplements to help us.

Vitamins and minerals, such as iron, calcium and vitamin C, are essential nutrients that your body needs in small amounts to work properly.

Many people like myself, choose to take supplements to be sure our basic nutritional needs are covered for example, to be sure that I am meeting my protein requirements for the day.

The following supplements are recommended;

WHEY PROTEIN

Whey protein is a **natural** supplement that contains an incredible range of essential amino acids, which are absorbed by your muscles quickly which can help you build size and definition in your booty faster! Numerous studies show that it can help you increase strength, gain muscle, and lose significant amounts of body fat!

I use PROZI'S 100% Hydro whey protein isolate and it is truly the best recommendation. It supports every body composition because any fitness goal you have whether weight loss, or weight gain (muscle building) relies on protein to fuel your gains.

This Whey Protein Isolate contains 91g of protein, 5g of Creatine, 26g of BCAA's..

I recommend you purchase this supplement for not just this program but for the support of your fitness goals hereafter! Use the link below to purchase.

10% Discount Code: SOFIT10

[SHOP MY RECOMMENDED WHEY PROTEIN HERE](#)

PRE-WORKOUT

This is a HIGHLY recommended supplement and let me tell you why, pre workout is designed to enhance your athletic performance. I personally did not know how hard I could train until I began using pre-workout. It has allowed me to excel during my training by giving me the energy I need to push through the toughest workouts. As the name suggests, you take pre-workout **before** your exercise or sport. It will boost your energy levels and improve strength and endurance!

If you experience feeling too tired to complete your workout, or if you wake up most days not motivated, low on energy then please invest in a good preworkout !

Currently, I am using PROZIS'S **Powa 2.0 300 g** pre-workout! Just take one scoop. This pre workout is scientifically formulated to instantly help you pump out more reps, increase strength, reduce muscle fatigue and improve endurance so you can maximize your workouts and achieve results you never thought possible.

This will be your new secret weapon! And it comes in so many great flavors! My favorite is the Strawberry Banana flavor! Use my support link below and discount code **SOFIT10** to purchase.

[SHOP MY RECOMMENDED PRE WORKOUT](#)

CREATINE

Improve your athletic performance with creatine! Creatine is a natural supplement which can help to stop the age related loss of muscle mass and strength. As we get older we lose 3% of our muscle mass each year this is why it's so important to lift weights and eat protein and take supplements like creatine to help keep our muscles healthy and maintain the mass. Creatine is the most effective nutritional supplement currently available for athletes to increase lean body mass.

Creatine works to build more muscle by boosting the formation of proteins that create new muscle fibers, increasing muscle cell volume, and raising levels of insulin-like growth factor 1 (IGF-1), a hormone that promotes increases in muscle mass.

You can shop this product below;

[SHOP MY RECOMMENDED CREATINE](#)

A woman with dark hair and a black top is holding a white bowl filled with food, possibly a salad or a mix of vegetables and protein. She is looking directly at the camera with a slight smile. The background is dark and out of focus.

06. MEAL PLAN

Once again, this meal plan is a GUIDE. I've given you examples of how to balance your meals each day. **You do not have to eat every single thing here.** Pick items that you like and can find and stick to meals that are simple and easy for you to make. Swap out any food item that you may not enjoy or have allergies to. Always refer to the shopping list for items you can swap out to.

WEEK 1

BREAKFAST



Oatmeal with blueberries

1 cup of Oatmeal (sweeten with honey)
(Milk is optional) Add 1 scoop of the

PROZIS whey protein powder

top with 1 medium sliced bananas
(or any fruit of your choice)

sides:

- 2- 3 scrambled egg whites or boiled eggs
- half avocado, sliced



Egg and Avocado Toast

- 2 whole eggs
- 2 slices wholemeal bread
- 1/2 whole Avocado

DRINK:

WATER

1 Scoop PROZIS PRE WORKOUT
BEFORE TRAINING

LUNCH



Rice with Stew/ Beef Sauce

1/2 cup of boiled or steamed rice
(white, brown, or basmati rice)

served with **oil-free** red stew
(Nigerian)* OR serve with beef sauce
served a side of diced beef, chicken
breast, or fish (grilled or oven baked).

(Beef sauce recipe below)



Ground beef and green beans

Preheat the oven to 190C.

2. Cook the ground beef in a non-stick pan
on medium heat until brown.

3. Wrap the sweet potato in foil and cook
in the oven for 45 minutes.

4. Steam the green beans, and measure
out 4 oz (115gm) cooked ground beef.

5. Serve ground beef mixed with spring
onions and sriracha, with sweet potato,
your choice protein and green beans on
the side.

DRINK WATER



INGREDIENTS FOR BEEF SAUCE

- 1 pound medium beef (diced into cubes or small bite size pieces)
- Onions, carrots, potatoes (2 medium sized potatoes diced)
- Freshly ground or sliced tomatoes
- 1 teaspoon canola, olive, or coconut oil
- Your choice condiments
- 2 cups broccoli florets
- Beef stock – Use low-sodium stock or broth in this recipe.
- All-purpose flour – Just a bit, to dredge the beef & thicken the stew.

Here's what you'll do...

1. Brown the beef – Season the beef with salt & black pepper, give it a quick dusting of flour, & cook until the surface is deeply browned. This means the beef stays nice & juicy, & doesn't dry out as it cooks. Second, as the meat browns, it leaves browned bits on the bottom of the pan (fond being the technical French term), which is what creates the rich base flavor of the stew.
2. Build & simmer – Once all of the beef is browned, add all of the other beef stew ingredients into the pot, & let it do its thing for 2-3 hours. Why? → A low & slow cook allows the flavors of the Hawaiian beef stew to really build & develop. The beef gets perfectly fall-apart tender & your kitchen will smell like heeeeven.
3. Thicken with a slurry – Once the stew is ready, thicken it with slurry. Whip up a quick slurry using beef stock & flour, then stir it into the stew. Almost instantly, the stew will thicken into the most beautiful gravy.

Serve over hot cooked rice.

SNACK



Peanut butter Banana Rice Cakes

2 PROZIS Organic rice cakes topped with 1-2 teaspoons of natural peanut butter spread and sliced banana

Almond butter can be used instead of peanut butter *

Creamy Banana Protein Smoothie

- 1/2 cup Almond Milk
- 1 medium sliced bananas
- 1-2 scoops of

PROZIS Vanilla whey protein powder (or any flavor)

- 1 cup water
- ½ cup ice cubes

Combine all ingredients in a blender. Pulse until smooth and creamy. Transfer to a serving glass.

This is soooooo delicious



DINNER



Potato, Chicken and Broccoli

1 medium Boiled, Grilled or Air Fried potatoes (diced)

served with vegetables and your choice protein ie Chicken breast, Lean beef, or Turkey (grilled, or air fried do not fry in oil) *Recipe below*

TOFU, BROCCOLI AND BROWN RICE

Meat substitutes here

INGREDIENTS

6 oz extra firm tofu
1 cup broccoli
½ cup cooked brown rice
2 whole spring onions
1 tsp sriracha



METHOD

1. Cook the tofu on a non-stick pan on medium heat until golden.
2. Steam the broccoli and finely slice spring onions.
3. Serve the broccoli and tofu on a bed of brown rice and top with sriracha and spring onions.



INGREDIENTS

/1.5 pounds potatoes or

2 medium sized potatoes ((diced into cubes or

wedge slices)

/1/2 teaspoon garlic powder (or granulated garlic)

/1/2 teaspoon salt (or more, to taste)

/1/4 teaspoon pepper

/cooking spray or 1 teaspoon of olive oil

/Thyme or curry leaves (chopped)

Pepper

PROTEIN :

/1-2 slabs of your protein choice

INSTRUCTIONS:

Slice your potatoes into bite sized cubes or wedge shaped slices and garnish. Do the same with your chicken breast.

Spray the air fryer cooking basket with the cooking spray or add the one tea spoon of olive oil to the air fryer.

Add your diced potatoes to the basket, and give the potatoes a spray. Add salt, pepper, garlic powder, oregano and basil, and toss to combine and evenly coat the potatoes. Cook at 400 degrees (not preheated) until brown and crispy, about 20 to 24 minutes.

Toss them half way through with a flipper, and shake the basket once more to ensure even cooking. After the potatoes are done, place your chicken breast in the air fryer as well and let it brown for 10-15 minutes! Serve with sauce

WEEK 2

BREAKFAST



Overnight chocolate oats

¼ cup rolled oats 1.

• ½ cup reduced fat milk

PROZIS dark chocolate

• ½ scoop **PROZIS** Whey protein powder

• 1 tsp peanut butter

In a serving bowl, add oats and pour in the milk.

Mix well and refrigerate overnight.

When ready to serve, remove from the refrigerator and microwave for 30 seconds (can also eat cold).

Stir in chocolate chips, peanut butter and protein powder.

If the mixture is too thick add in a little more milk or water to thin it out. Serve.



PROZIS CARAMEL Collagen Pancakes

[SHOP HERE](#)

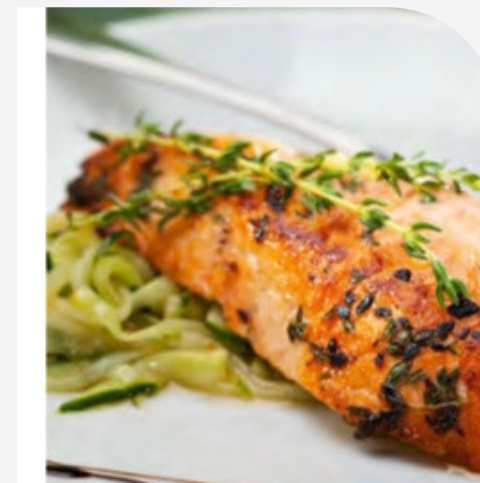
LUNCH



Boiled Yam, Egg Sauce and Chicken

2-3 boiled slices of yam
3 eggs, scrambled into a sauce
1 teaspoon of oil
serve with chicken

Salmon fillet with noodles



Try this salmon fillet with zucchini noodles recipe!

You can also use any kind of pasta noodle for this recipe if you cannot find zucchini noodles!
Recipe below!

[SHOP PASTAS HERE](#)



INGREDIENTS

- 3 oz salmon fillets
- 2 whole zucchini noodles (or any other pasta noodle)
- 1 tbsp sugar free barbecue sauce
- ½ tsp oregano
- ¼ cup chicken stock
- Salt and pepper

METHOD

Run zucchini noodles through a spiralizer and transfer to a frying pan lightly coated with cooking spray.

2. Pour in chicken stock and cook until liquid has evaporated, stirring occasionally. Transfer to a serving plate.

3. Brush salmon with barbecue sauce and season with salt and pepper.

4. Add to the pan and cook for 3-4 minutes per side.

5. Serve with zucchini noodles.

SNACK



Greek Yogurt and mixed Nuts

In a bowl add mixed nuts and fruits like cashews, Almonds, coconut slices, raisins, grapes, blueberries etc, add 2-3 tablespoons of Unsweetened non-fat Greek Yogurt

[BUY PROTEIN GRANOLA HERE](#)



Avocado and Egg Bowl

1/2 medium sliced avocados
2 boiled eggs sliced
mix in a bowl

DINNER

Tuna and Broccoli Pasta



Tuna and broccoli pasta served with grilled chicken breast (or your choice protein i.e salmon, fish, etc)

tuna brand recommended:
Princes

get the one In Brine or Sunflower oil

Boiled Plantain and veggie sauce



1 medium Boiled, plantain (ripe or unripe) or yam served with Nigerian green vegetable sauce (sauce of ugwu leaves, fresh tomatoes and pepper) and with protein choice oil-free



INGREDIENTS FOR VEGGIE SAUCE

6 Scotch Bonnet
1 Large Onion (optionAl)
2 Bell Peppers
Ugu (Fluted Pumpkin) Vegetable leaves
1 tablespoon Curry
1 tablespoon Thyme
Salt to taste
1 cup crayfish (optional)
Fish, beef or shrimps
Seasoning according to preference

INSTRUCTIONS

- Cook your beef or fish
- Blend 1 cup of fresh tomatoes with your pepper until we'll cooked! **Do not use tin tomatoes**
- Add half a cup of water to a non-stick pan and allow it to boil
- Add curry, thyme, salt and seasoning cube according to your taste and add the blended tomatoes and pepper
- Next add some chopped onions, until the onion is translucent. Add your fish or beef into the sauce
- Wash and drain Ugu vegetable then add to the sauce and stir for about 10 minutes until we'll cooked.

Take it off the heat. Serve with boiled plantain, or Yam!

WEEK 3



BREAKFAST

Moi Moi with scrambled or boiled egg



1 medium moi-moi
served with a bowl of pap
and 2 scrambled or boiled
eggs (eggs are optional)

Avocado Toast, Eggs & Fruit



2 whole grain toast
bread
served with an
avocado spread, 3
eggs scrambled and
fruits like strawberry,
bananas, blueberries
etc

Drink:
1 Scoop Supergreens from Onest Health

LUNCH



Tuna and Broccoli Pasta

Tuna and broccoli pasta served with grilled chicken breast (or your choice protein i.e salmon, fish, etc)

tuna brand recommended:
Princes

get the one In Brine or Sunflower oil

[BUY THE PASTA HERE](#)



SOFIT's Shrimp Quesadilla

This is definitely a must-try!
Recipe below !

[BUY THE WHOLE WHEAT WRAP HERE](#)

INGREDIENTS FOR SHRIMP

QUESADILLA

1 lb shrimps
1 small Onion (optional)
2 eggs
Mashed Avocados (optional)
2 Whole Wheat wraps
1 tbs olive oil
minced beef
Mozarella cheese shredded
Parsely
Seasoning according to preference



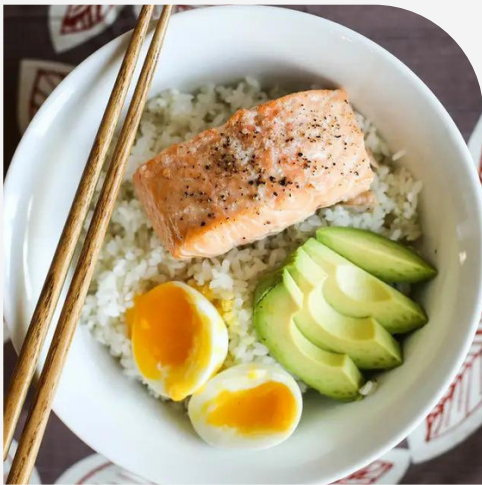
INSTRUCTIONS

· First, chop and prepare all of the ingredients and vegetables for the recipe. Secondly, be sure your shrimp has thawed, chop your beef into small bite size pieces and cook separately until well done.

In a large frying pan over medium heat, heat one tablespoon of oil. Next, add the chopped onion and bell pepper's and your seasoning. Sauté the shrimp and beef until golden brown then add your egg and scramble it well. Add your parsley or vegetable leaves.

Next scoop eve unto the tortilla bread and add your mashed avocado and mozzarella cheese. Fold the tortilla and place it in the frying pan with 1 tbs of olive oil and let the bread get crisp (flip on both sides and careful not to let it burn) Let it heat for just 2 minutes and enjoy!

BONUS LUNCH



Salmon and Avocado Rice bowl

Salmon and Avocado Rice bowl

Recipe below

Garlic Prawn Spaghetti



Garlic prawn spaghetti with salmon (or any protein of your choice like white fish, Chicken breast, Lean beef, Turkey or Tuna)

Recipe below

INGREDIENTS FOR GARLIC PRAWN

SPAGHETTI

200g (7 oz) spaghetti or your choice pasta

(can be macaroni)

1 tbsp vegetable oil

400g (14 oz) peeled and deveined prawns

4 garlic cloves, finely chopped

½ tsp chilli flakes

3 tbsp soy sauce

2 tbsp oyster sauce

INSTRUCTIONS

To make the spring onion & ginger sauce, use a mortar and pestle to pound the spring onion, ginger and salt to a rough paste. Transfer to a heat-proof bowl. Place the olive oil and in a small saucepan over medium-high heat. Heat until a wooden spoon dipped into the oil forms small little bubbles. Now pour the hot oil over the spring onion mixture. Stir to combine. Set aside for later.

Cook the spaghetti in a large pot of boiling salted water until just al dente. Reserve 1 cup of the pasta cooking water in case you need to thin out the pasta sauce later.

While the pasta is cooking, heat the 1 tablespoon of olive oil in a large frying pan over medium heat. Add the garlic, prawns and chilli flakes. Cook for 2-3 minutes or until the prawns are pink and opaque. Pour over the soy sauce and oyster sauce. Simmer for a couple of minutes then turn the heat off until the pasta is ready. Drain the pasta and add into the pan with the prawns. Turn the heat back to high and toss the pasta in the sauce for 2-3 minutes or until the sauce is thick and glossy (if it looks too thick for your liking, thin out with a little pasta water). Spoon over the spring onion & ginger sauce and toss. Divide among plates and serve.





INGREDIENTS

- 1 salmon fillet
- white rice (or sushi rice)
- toasted sesame oil
- salt & pepper
- eggs (learn how to make perfect soft boiled eggs at high altitude here)
- soy sauce
- honey

INSTRUCTIONS

- Cook the rice in a rice cooker according to the manufacturers instructions (or on the stove top according to the instructions on the package*).
- Heat the oven to 425 degrees Fahrenheit. While the oven heats up, place the salmon, skin side down, on a parchment-lined baking sheet. Drizzle with 2 teaspoons of the sesame oil and season to taste with salt and pepper. Transfer to the oven and cook 9-12 minutes or until the fish is opaque but flakes easily. (Check out the video for a great method to test doneness!)
- While the salmon cooks, bring a pot of water to a boil. Add the eggs gently and cook for 7 minutes. Transfer to an ice bath until cool enough to handle. Peel the eggs and cut them in half.
- Whisk together the soy sauce, remaining 1/2 teaspoon sesame oil, and honey in a small bowl. Set aside.
- Divide the rice among 4 bowls and top each with salmon, eggs, and avocado**.

SNACK



Apple slices with Peanut butter

2 medium apples, sliced and coated with 2 tablespoons of All natural peanut butter !

[BUY PEANUT BUTTER HERE](#)

SOFIT's Peanut butter protein bar



[watch video recipe here](#)

Recipe below

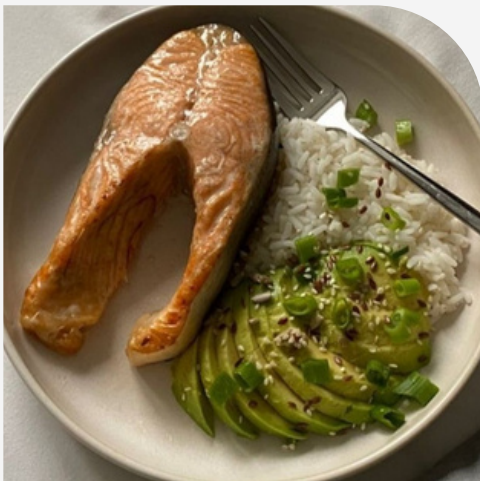
DINNER



Air fried Chicken breast with Rice

- 2 slabs of chicken breast, seasoned and air fried (can be grilled or baked if no air fryer)
- Steamed veggies (carrots, broccoli, cucumbers)

serve with a side of white or brown rice



Fish, Rice and Avocado bowl

- Your choice fish (tilapia, croaker, salmon) well seasoned and air fried, grilled or boiled

serve with 1/2 cup of rice and 1 Sliced Avocado

WEEK 4

BREAKFAST

Whole wheat bread, egg and banana



- 2 Slices whole wheat bread (look for Whole Grains 100% Whole Wheat Bread)

- 3 scrambled egg
- 1-2 medium bananas

BUY WHOLE WHEAT BREAD

Egg White breakfast sandwich



- 1 wholemeal English Muffin
- 100g Egg Whites
- 30g Turkey Breast Slices
- 15g Vegan Mozzarella Shreds
- salt & Pepper
- Sugar Free Barbeque Sauce (optional)



Ingredients :

1. wholemeal English Muffin
2. 100g Egg Whites
3. 30g Turkey Breast Slices
4. 15g Vegan Mozzarella Shreds salt & Pepper
5. Sugar Free Barbeque Sauce (optional)

Instructions :

1. Spray a pan and round egg mould with cooking oil spray. Pour egg whites into the silicone egg ring, on a pan over medium heat. Sprinkle with salt & pepper.
2. In the same pan, add turkey slices and cook them until they develop a slightly
3. While the egg and turkey are cooking, toast the english muffin to your liking.
4. After a minute, gently remove the egg ring from the egg and flip it. Flip the turkey slice as well. Cook for another minute and then remove from the pan.
5. Add the egg whites to the toasted english muffin, with cheese on top, as well as the turkey slices. Add sugar free barbeque sauce for added flavour. Enjoy!

LUNCH



Rice, Stew and Air fried plantain

1 cup of White rice with oil free stew

veggies: serve with 1 cup broccoli

Protein: serve with chicken (boiled, grilled or baked. Not fried)

Make a healthy version of fried plantains in the air fryer! If you don't have an air fryer you can boil the plantains.

[Watch video Recipe here](#)



SNACK



Frozen Blueberries

Scoop your yogurt into a bowl and lay out parchment paper on a cookie sheet. Then take a toothpick, grab a blueberry and dip into the yogurt. I highly suggest using greek yogurt because it is thicker.

Lay your blueberries on a sheet and pop them in the freezer for about an hour then enjoy! You can also use strawberries or pineapple slices. You can serve with granola.



Chicken Salad

Grilled, baked or boiled chicken diced into bite sized pieces (well seasoned of course) and , tossed into a bowl of lettuce, and cherry tomatoes !

DINNER

Shrimp fried rice with Chicken



Ingredients

- 2 cups chilled cooked rice
- ½ cup butter
- ½ cup chopped yellow onion (more or less)
- ½ cup chopped green onion (more or less)
- ½ cup soy sauce
- 1 lb shrimp, thawed, peeled, and deveined
- ¼ cup olive oil

Instructions:

- Pour olive oil in skillet over medium/high heat. Stir-fry shrimp until pink. Set aside when done.
- Melt butter in skillet, add yellow onion, sauté.
- Add green onion and soy sauce. Mix in rice and make sure its evenly coated.
- Stir in shrimp and fry until steamy hot (don't let it get mushy).
- Remove from heat and serve immediately with chicken stir-fry or eat by itself

Serve with a side of veggies and Chicken, Beef, or fish



SHRIMP AVOCADO QUINOA BOWL

A Healthy quinoa, avocado, and blackened Cajun shrimp bowls are loaded with flavor and texture. They make a light and fresh lunch or dinner!

Ingredients

- 1 avocado pitted and sliced
- 2 cups chopped romaine lettuce or your favorite greens
- 1/2 cup tomato diced
- 1/4 cup onion diced (optional)
- Lime for dressing
- For the quinoa
- 1/2 cup uncooked quinoa any variety white or golden, red, or black
- 1 cup water
- 1/4 teaspoon salt
- For the Shrimp
- 1/2 pound shrimp shelled and deveined
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 clove garlic crushed (or 1/2 teaspoon garlic powder)
- 1/4 teaspoon EACH salt, onion powder, thyme, oregano, black pepper, cayenne pepper



Instructions:

- To cook quinoa: Start by boiling water for the quinoa. Bring 1 cup of water to boil in a large saucepan. Rinse quinoa under cold water and drain well. Stir in salt and quinoa. Lower heat and cook, covered, for 15 minutes. Turn off heat and let rest, covered, for 5 minutes.
- To Cook the shrimp: While the quinoa is cooking, In a medium bowl, combine the shrimp, garlic, oil, and spices. Heat a large heavy-duty non-stick pan over medium-high heat for 2 minutes. Once the pan is hot, coat the pan with a light drizzle of oil (if using a non-stick pan) and cook the shrimp in batches for 2 minutes per side or until charred and cooked through. Do not over-crowd the pan.

Divide lettuce (or greens) into two large serving bowls. Top each bowl with half the quinoa, shrimp, avocado, tomato, and onion. Drizzle with lime

WEEKLY MEAL PLAN DIARY

MONDAY

Breakfast :

.....

Lunch :

.....

Dinner :

.....

TUESDAY

Breakfast :

.....

Lunch :

.....

Dinner :

.....

WEDNESDAY

Breakfast :

.....

Lunch :

.....

Dinner :

.....

THURSDAY

Breakfast :

.....

Lunch :

.....

Dinner :

.....

FRIDAY

Breakfast :

.....

Lunch :

.....

Dinner :

.....

SATURDAY

Breakfast :

.....

Lunch :

.....

Dinner :

.....

SUNDAY

Breakfast :

.....

Lunch :

.....

Dinner :

.....

Snack :

.....

SHOPPING LIST

Items

.....

.....

.....

.....

.....

Items

.....

.....

.....

.....

.....



