

Meal Plan

FOR MEN

Meal 1

Option 1	Option 2	Option 3
Zurvita Protein Shake with Almond, Coconut, Cashew, Oat, Macadamia, Rice, Hemp, Hazelnut, Flax or Skim Milk	6 Egg White Omelet with Vegetables Or a Vegan Omelette	1 Cup Dry Oatmeal (cooked with water or milk or non-dairy milk) or other whole grain cereal or vegan cereal (i.e. Wheaties, Total, Shredded Wheat, etc.)
Add Yogurt or Fruit	1/2 Cup Juice (orange, apple, grape, etc.)	1 Cup Skim Milk or Nondairy Milk

Meal 2

Option 1	Option 2	Option 3
1 Low-Fat or Non-Dairy Yogurt	1 Cup Low-Fat or Non-Dairy Cottage Cheese	Zurvita Protein Shake with Water or Non-Dairy Milk

Meal 3

Option 1	Option 2
6 oz. Lean Protein (chicken or turkey breast, fresh tuna, white fish) or 6 oz to 4oz vegan seitan or tempeh steak	1 pack Non-Can Tuna (water packed)
1 Tossed Salad (approximately 2 Cups)	1 Tbs. Fat-Free or Vegan Mayo, Miracle Whip
1 Tbs. Fat-Free or Vegan Dressing	2 Cups Raw Vegetables
	1 Tbs. Fat-Free or Vegan Dressing

Meal 4

Option 1	Option 2	Option 3	Option 4
1/4 Cup of Nuts (Almonds, Walnuts, Pistachios)	Zurvita Protein Shake with any Non-Dairy Milk or Skim Milk	2 Cups Raw Vegetables	1 Cup Low-Fat or Vegan Cottage Cheese

Meal 5

Option 1	Option 2
6 oz. Lean Protein (chicken or turkey breast, tuna, white fish) or 6 oz to 4 oz vegan seitan or tempeh steak.	Zurvita Protein Shake with Almonds, Coconut or any Non-Dairy Milk or Skim Milk
1 Tossed Salad (approximately 2 Cups) or Spinach Salad	
1 Tbs. Dressing	
Steamed Vegetables (No corn, potatoes or carrots)	

Meal 6

Option 1	Option 2	Option 3	Option 4
Zurvita Protein Shake with Water	Low-Carb Protein Bar	Natural Sugar-Free or Vegan Jello	1 Tbs. Peanut or Almond Butter