



HOLIDAY PARTY PLAN



*Rosanna
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HOLIDAY PARTY PLAN

HOLIDAY PARTY DIET

MEAL #1

- 2 Whole eggs
- 1/4 C Oatmeal + 1/4 C Berries

MEAL #2

- 1 Scoop Protein Powder or 6 oz Plain Greek Yogurt
- 1 Brown Rice Cake + 1 T Nut Butter

MEAL #3

- Lean Protein (size of your palm) (Chicken, Lean Ground Turkey, Shrimp or Fish)
- Veggies / No Oil

MEAL #4

- 1 Scoop Protein Shake - 1 C Unsweetened Almond Milk + 15 Raw Almonds

MEAL #5

- Party Time! Enjoy

MEAL #6

- 1 Scoop Protein Shake





HOLIDAY PARTY PLAN

POST-HOLIDAY PARTY DIET

MEAL #1

- 1 Whole Egg + 2 egg whites (these can be hard-boiled egg whites as an option)
- 1 slice Avocado

MEAL #2

- 6 oz Plain Greek Yogurt + 15 Raw Almonds

MEAL #3

- Lean Protein (size of your palm) Chicken, lean ground turkey, fish, shrimp)
- Lots of fresh veggies

MEAL #4

- 1.25 Protein Shake (make sure powder is at least 20 g of protein!)

MEAL #5

- Fish (size of your palm) and unlimited fresh veggies
- 1 T Olive Oil

MEAL #6

- 1.25 Scoop of Protein Powder Shake with 1 T Power See Mix