



Thank you for joining our Team,

We have done a lot of planning and thinking for your success. Remember, if this journey was easy, everyone would be able to conquer it. We hope that with these tools you will learn to enjoy a smarter, healthier lifestyle. While on this 30-day meal plan you will be eating three to four small to moderate meals per day. Please do not skip meals; they are vital to keeping your metabolism and blood sugar in check during this passage. You will be required to eat these meals approximately three to four hours apart. Along with the meals, please drink (64-90oz) of water daily and remember to consume your healthy snacks according to the plan. Please do not hesitate to reach out to us via email or phone you have any questions. Your triumph is our mission!

Sincerely,

Jamarcus Irving, Owner of Team Irving Fitness

www.TeamIrvingFitness.com

“Results are earned, not given!”



Weekly Shopping List

While on this meal plan you may eat as many fresh fruits and vegetables that you may withstand. You may also drink as much water as you desire. Please adhere to serving and portion sizes. These three lists should provide you with enough interchangeable food selections/pairings to conquer your goals. If you have any questions, please ask.

1. **Cold Cereal** – avoid cereals with lots of sugar. Seek out Corn Flakes, Cheerios, Bran Flakes, Shredded Wheat, etc.
2. **Oatmeal** – Dried instant oatmeal. No flavored oats or prepackaged oats!
3. **Eggs** - 2 eggs per serving
4. **Bacon** – preferably center cut bacon. 2 strips per serving
5. **1% or Skim Milk** – 1 cup is a serving
6. **Greek Yogurt** – 6oz servings
7. **Fruit smoothies or whey protein shakes**
8. **Fresh Fruit** – apples, cherries, bananas, etc. 1 serving is the size of your fist. Remember to buy fruit that is in season or frozen fruit for smoothies/shakes. No canned or fruit cups.
9. **Vegetables** – celery, carrots, broccoli, etc. Consider vegetables for sides, snacks, and ingredients. Avoid and canned vegetables.
10. **Salad Ingredients** – romaine lettuce, mixed greens, or baby spinach. No ice-berg lettuce!
11. **Low fat dressings or lemons**
12. **Brown Rice**
13. **Turkey or chicken sliced deli meats** – No packaged meats!
14. **Mayonnaise or Mustard**
15. **Lean steak, fish, or chicken** – 4 or 5oz servings
16. **Whole wheat pasta**
17. **Organic tomato sauce**

Substitution List

These items are used to constantly change your palate. You should not get bored with this meal plan when using this list appropriately.

1. **Small multigrain bagels**
2. **Steel Cut Oats** – 1 cup is a serving
3. **Orange Juice** – Not from concentrate! 8oz servings only one per day
4. **Grits** – 1 cup is a serving

5. **Turkey bacon** – 2 strips per serving
6. **Sausage patties or links** – 2 patties or 3 links
7. **Sweet Potatoes** – No more than a hand full...about one half
8. **White Potatoes** – No more than a hand full...about one half
9. **Cottage Cheese** – 6oz servings
10. **Almond or Cashew Milk** – 1 cup
11. **Almond or Cashew butter** – 2-3 tablespoons
12. **Ground Turkey**
13. **Veggie or Turkey burgers**
14. **Soups** – non creamy
15. **Shrimp, Salmon, or Tuna** – 4 to 5oz servings
16. **Multigrain crackers or bread**
17. **Pickles, Jalapeño, or peppers**
18. **Pretzels** – 1 cup

Healthy Snack List

You will learn to love this list! These snacks will give you the nutrients and patience to make it throughout your day.

Salty/Nuts

1. **Popcorn** – air popped. No bags! 3 cups per serving with no butter
2. **Almonds** – 10-14...about a handful
3. **Granola bar** – 1 low-fat
4. **Cashews** – 10-14...about a handful
5. **Peanuts** – 10-14...about a handful

Fruits and Vegetables

1. **1 Small Orange**
2. **Unsweetened applesauce** – 1 cup
3. **1 Medium Banana**
4. **Baby Carrots** – 1 ½ cup
5. **Greek yogurt** – ½ cup with a little granola and a handful of fruit
6. **Grapes** – 15
7. **Fruit Smoothie** – 8oz

Sweets

1. **Sherbet** – ½ cup
2. **Animal Crackers** – 8-10 pieces
3. **Graham Crackers** – 2 squares w/ 2 tsp of almond butter
4. **Dark Chocolate** – 2 squares w/ 2 tsp of cashew butter
5. **Larabar** – 1 bar
6. **Protein bar** – no more than 15g of protein



Example of 2 meal plan days:

These examples should provide you the information necessary to prepare your weekly meals. Remember to eat meals approximately three to four hours apart. Initially it may feel like you're eating too much, but this is exactly what your body needs to burn the necessary calories to achieve our desired result. Once again, if you have any questions please feel free to ask.

Day One

Meal 1: Cereal with fruit, 1 boiled egg

- 2 cups of cold cereal
- 1 cup of 1% or skim milk
- 1 piece of fruit
- 1 boiled egg

Snack 1: Choose from list

Meal 2: Salad with chicken, fruit

- 3 cups of salad
- 5 oz of chicken
- 3 tbsp of low-fat dressing or lemon juice
- 1 piece of fruit

Meal 3: Turkey Sandwich

- 4oz of turkey
- 2 slices of multigrain bread
- 1 tbsp of mayo or mustard
- 1 handful of pretzels
- 2 cups of vegetables

Snack 2: Choose from list

Meal 4: Fish and vegetables

- 5oz of fish (can substitute chicken, turkey, shrimp, or steak)
- 2 cups of steamed vegetables

Day Two

Meal 1: Scrambled/Fried egg, bacon, and fruit

- 2 eggs
- 2 slices of bacon
- 1 piece of fruit

Meal 2: Soup and Salad

- 2 cups of vegetables
- 3 tbsp of low-fat dressing or lemon juice
- 1 cup of soup (black bean, vegetable, or chicken noodle) No creamy soups!

Snack 1: Choose from list

Meal 3: Chicken and vegetables

- 5oz of chicken breast
- 2 cups of steamed/raw vegetables

Meal 4: Steak and Salad, fruit

- 3 cups of salad
- 5oz of lean steak
- 3tbsp of low-fat dressing
- 1 piece of fruit

Snack 2: Choose from list (dessert snack)