



1200 CALORIES



FILM NEGATIVE

BREAKFAST

- 1 c. Egg Whites
- 1/3 c. Oats
- 1 oz. Caramel Skinny Syrup
- 100 g. Sliced Bell Peppers
- 1/4 tsp. Feast Mode Veggie Seasoning



FILM NEGATIVE

LUNCH

- 200 g. Zucchini
- 60 g. Onion
- 5 oz. (raw) Chicken Tenders
- 100 g. Sweet Potato
- Butter Spray
- 1/4 tsp. Feast Mode Cinnamon Butter Seasoning



FILM NEGATIVE

SNACK

- Built Bar (130 Calorie Bar)
- 2 Plain Rice Cakes
- 15 g Light Mayo
- 30 g Avocado
- 5 oz. (raw) Chicken Tenders



FILM NEGATIVE

DINNER

- 1/2 c. Brown Rice
- Butter Spray
- 6 oz cooked 93% Lean Turkey
- 1 tsp. Mustard
- 150 g. Asparagus



1300 CALORIES



FILM NEGATIVE

BREAKFAST

- 100 grams cooked, mashed sweet potato
- 1/2 cup Kodiak mix
- 1 large egg
- 2/3 cup nonfat Greek yogurt



FILM NEGATIVE

LUNCH

- 1 tortilla
- 4 ounces deli turkey
- lettuce
- 30 grams avocado
- 1 ounce cheese
- 1 cup strawberries.



FILM NEGATIVE

SNACK

- 1 cup blueberries, frozen
- 1 cup almond milk
- 1 scoop protein powder



FILM NEGATIVE

DINNER

- 4 ounces petite sirloin steak
- 4 ounces broccoli
- 3 ounces mushrooms
- 85 g riced cauliflower.



1400 CALORIES



FILM NEGATIVE

BREAKFAST

- 1/2 cup egg whites
- 2/3 cup NF Greek yogurt
- 1 cup raspberries
- 1/3 cup oats [dry]
- sugar free maple syrup



FILM NEGATIVE

LUNCH

- 3 slices turkey bacon
- lettuce
- tomato
- 1/2 cup black beans
- 4 ounces chicken
- 1/2 ounce feta cheese
- 2 tablespoons Bolthouse dressing



FILM NEGATIVE

SNACK

- 1 scoop vanilla protein powder
- 1 cup almond milk
- 170 grams frozen strawberries



FILM NEGATIVE

DINNER

- 4 ounces chicken
- 1 tablespoon olive oil
- 4 ounces broccoli
- 1 tablespoon teriyaki sauce
- 1 medium onion
- 1/2 cup cooked rice



1500 CALORIES



FILM NEGATIVE

BREAKFAST

1 cup egg whites,
1 egg
1 ounce cheese
1/2 cup blueberries
1/3 cup oats [dry measurement]
sugar free maple syrup



FILM NEGATIVE

LUNCH

1 tortilla
4 ounces chicken breasts
lettuce, cucumber
tomato
1 T light mayo
small apple.



FILM NEGATIVE

SNACK

1 scoop vanilla protein powder
2/3 cup nonfat plain Greek yogurt
1 tablespoon peanut butter



FILM NEGATIVE

DINNER

4 ounces beef patty 93% lean
1 ounce cheese
hamburger bun
lettuce
tomato
4 ounces broccoli
100 grams sweet potato.