



## Premia Weekend Warrior Meal Plan Full

- Choose 1 Protein Source and 1 Carb Source for each meal where they are listed.
- Every 7<sup>th</sup> Day is a Cheat Day

<p><b>Meal 1. 6:30am</b>  <b>Protein (40-50grams)</b>          -2 Scoop Protein Powder</p>		
<p><b>Meal 2. 9:30am</b> (Pick 1 Protein Source and 1 Carb Source)  <b>Protein(25-40grams)</b>                      <b>Carb(30-40grams)</b>          -6oz Meat                                      -3/4 Cup Oatmeal          -4 eggs    - Banana          -2 Greek Yogurt                              - Apple              -2 Slice Toast              (Ezekiel or Dave's)</p>		
<p><b>Meal 3. 12:30pm</b> (Pick 1 Protein Source, 1 Carb Source, and Add Veggies)  <b>(Protein 40-50grams)</b>              <b>Carb(20-30grams)</b>              <b>Veggie (As much as you want)</b>          -6oz Meat                              -3/4 Cup Brown Rice              See veggie list              -3/4 Cup Quinoa              -2 Slice Toast              (Ezekiel or Dave's)              -3/4 Cup Oatmeal              -Medium Sweet Potato</p>		
<p><b>Meal 4. 3:30pm</b>  <b>Protein (20-25grams)</b>          1 Scoop Protein Powder</p>		
<p><b>Meal 5. 6:30pm</b> (Pick 1 Protein Source, and Add Veggies)  <b>(Protein 20-25grams)</b>              <b>Veggie (As much as you want)</b>          -6oz Meat                              See veggie list</p>		
<p><b><u>Late Night Snacks to Satisfy Cravings</u></b></p> <ul style="list-style-type: none"> <li>- Rice Cakes (Various Flavors)</li> <li>- 1 tbsp Peanut Butter</li> <li>- 1 Cup of Blueberries</li> </ul>	<p><b><u>Veggies</u></b></p> <p>Arugula, Asparagus, Broccoli, Carrots, Watercress, Any Leafy Greens, Onion, Cabbage, Bell Peppers, Pumpkin, Squash, Radishes, Turnips, Mushrooms, Cauliflower, Eggplant, Peas, Green Beans</p>	