



## Premia Weekend Warrior Meal Plan Lite

- 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 (20-25grams)</b>            -1 Scoop Protein Powder</p>		
<p><b>Meal 2. 9:30am</b> (Pick 1 Protein Source and 1 Carb Source)  <b>Protein(15-25grams)</b>                      <b>Carb(20-30grams)</b>            -4oz Meat                                      -½ Cup Oatmeal            -3 eggs    -Small Banana            -1 Greek Yogurt                              -Medium Apple                -1 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 20-25grams)</b>              <b>Carb(20-30grams)</b>              <b>Veggie (As much as you want)</b>            -4oz Meat                                      -½ Cup Brown Rice              See veggie list            -3 Eggs    -½ Cup Quinoa                -1 Slice Toast                (Ezekiel or Dave's)                -½ Cup Oatmeal                -Medium Sweet Potato</p>		
<p><b>Meal 4. 3:30pm</b>  <b>Protein (10-25grams)</b>            ½-1 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>            -4oz Meat                                      See veggie list            -3 Eggs</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>	