

100gm+ Protein Meal Plans

Welcome!

I'M SO GLAD YOU'RE HERE!



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The information in this guide is not meant to substitute for any dietary regimen or advice that may have been prescribed by your doctor. As with all dietary programs, you should get your doctor's approval before beginning. If you suspect you have a medical problem, I urge you to seek competent help. Keep in mind that nutritional needs vary from person to person. The information here is intended to help you make informed decisions about your eating and health. This guide is meant to be a guide for your food choices; it does not recommend you eliminate any foods from your diet in its entirety. This guide Is also not for those who are under 18 years, or who have specific medical conditions. Read more here: collegenutritionist.com/terms-conditions

Dr. RACHEL PAUL
PHD, RD.

100gm protein meal plans

1650 calories • 109 gm protein • 0gm added sugar

BREAKFAST: Yogurt with Nuts & Apple



Single-serving Greek 2% yogurt



1 apple



1/4c. nuts



DIRECTIONS
1. Dice apple. Combine all ingredients.
2. No dairy? Use dairy-free yogurt.
3. No nuts? Swap for seeds.

LUNCH: Salmon Salad Plate



5oz canned salmon



lettuce wraps + 1 srvg crackers



1/3 cup diced celery



2 tsp mayo, 1 tsp dijon, 1 tsp capers, 1 tsp hot sauce, s&p



DIRECTIONS
1. Drain salmon, mash with fork, then combine in a blow with diced celery, mayo, etc.
2. Divide salmon in lettuce and crackers.

SNACK: Baked Cheese Crackers & Pear



2oz baked cheese crackers



1 pear



DIRECTIONS
1. No dairy? Use nuts. Roasted & salted are fine.
2. No nuts? Use seeds.

DINNER: Chicken Pot Pie Skillet



4oz ground chicken



1/3c. mozzarella



1.5c. carrots, onion, celery



basil, oregano, garlic salt



DIRECTIONS
1. Dice veggies.
2. Spray pan with an oil spray. Cook ground turkey and veggies to pan. Cook on medium heat for 10-15 mins stirring frequently, until everything has cooked through.
3. Top with cheese and seasonings.
4. Let cheese melt 2-3 minutes.

100gm protein meal plans

1650 calories • 116 gm protein • 2gm added sugar

BREAKFAST: Loaded Bagel



1/2 whole grain bagel



4oz smoked salmon



1 Tbsp whipped cream cheese



1/2 tomato + 1/2 cucumber



DIRECTIONS
1. Toast bagel.
2. Top bagel with cream cheese, smoked salmon, and seasoning.
3. Slice veggies and have on the side.

LUNCH: Broccoli Bacon Feta Bowl



2c. broccoli, 1/4 red onion



1/3c. feta



2 slices uncured bacon



2 Tbsp sunflower seeds, 2 Tbsp balsamic vinegar, salt



DIRECTIONS
1. Slice raw broccoli florets into smaller pieces (we're not cooking the broccoli). Dice onion.
2. Slice raw bacon into small pieces. Add bacon to a pan and fry on low heat, stirring frequently, until cooked through.
3. Mix all ingredients together in a bowl and serve.

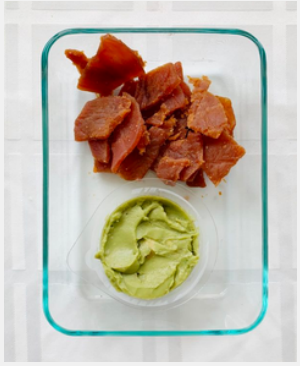
SNACK: Jerky Dipped in Guac



4oz beef jerky



1/4 cup guacamole



DIRECTIONS
1. Dip jerky in guac.
2. No jerky? Have hard boiled egg — or turkey or salmon jerky.

DINNER: Garlic Chicken Sheet Pan



6oz chicken thigh



1c. Brussels, 1/2 red onion



1.5c. butternut squash



1 Tbsp avo oil, red pepper flakes, garlic salt, 1 tsp minced garlic



DIRECTIONS
1. Preheat oven to 400 F.
2. Line baking sheet with parchment paper.
3. Chop ends off Brussels sprouts and halve each one. Chop up the squash, and onion into medium chunks. Add all veg to a large bowl.
4. Add chicken thigh, oil, red pepper flakes, minced garlic, and garlic salt to the bowl. Mix contents.
5. Add contents to baking sheet in a single layer.
6. Bake 40 mins, mixing contents at 20 mins.

100gm protein meal plans

1420 calories • 125gm protein • 23gm fiber

BREAKFAST: Banana & Yogurt



1 banana



1 single-serving container whole milk yogurt



DIRECTIONS

1. Want a flavored yogurt? Just choose one with <15 gm added sugar. Non-dairy yogurts are fine here if you prefer.
2. No dairy? Use a dairy-free yogurt.

SNACK: Turkey & Cheese Wraps with Carrots



4oz deli turkey



2oz sliced cheese



1c. baby carrots



1 Tbsp Balsamic vinegar



DIRECTIONS

1. Roll up turkey and cheese slices – use toothpicks to hold if you need.
2. Dip carrots in vinegar.

LUNCH: Tzatziki Tuna Pita



1 pita bread



2 Tbsp Tzatziki sauce



1 canned tuna



¼ red onion



½c. spinach



¼c. celery stalk



DIRECTIONS

1. Dice onion and celery.
2. In a bowl, combine all ingredients (aside from pita).
3. Stuff pitas with mixture. Serve any leftovers on the side.

DINNER: Ground Beef & Broccoli



2c. broccoli



1 Tbsp sesame seeds



4oz ground beef



2 Tbsp soy ginger sauce



DIRECTIONS

1. Spray a pan with an oil spray. Add in garlic. Stir fry beef and broccoli for 5-6 minutes.
2. Remove broccoli & cut into small pieces. Add back into pan. Stir fry for another 3-4 minutes.
3. Add in sauce.
4. Top with sesame seeds when ready to eat.

100gm protein meal plans

1460 calories • 132gm protein • 17gm fiber

BREAKFAST: Fried Egg Guac Toast


1 egg


1 whole wheat bread slice


1 tsp butter


1/8c. guacamole



DIRECTIONS
1. Melt butter in a pan
2. Fry egg to desired consistency
3. Toast slice of bread
4. Top bread with guac, egg, and seasonings. Enjoy!

SNACK: Yogurt with Strawberries & 1/8 Cup Nuts


8oz yogurt


1c. fresh strawberries


1/8c. nuts



DIRECTIONS
1. Add nuts and berries (sliced) to yogurt.
2. No dairy? Use a dairy-free yogurt.
3. Feel free to swap out these nuts for any nut or seed you prefer.

LUNCH: Rachel's Go-To Salad with Tuna


1 canned tuna


1/3c. crumbled cheese


1 Tbsp pecans


2c raw leafy greens, spinach


1 green bell pepper


1 Tbsp red wine vinegar



DIRECTIONS
1. Chop bell pepper into medium-sized pieces.
2. Combine all ingredients.
3. No cheese? Use a dairy-free cheese or more nuts.

DINNER: Spicy Zucchini & Ground Turkey


1½ medium zucchini


8oz ground turkey


1/4c. salsa verde


¼ tsp salt, ⅛ tsp red pepper flake, ⅛ tsp cumin, ¼ tsp garlic powder



DIRECTIONS
1. Chop zucchini into small pieces.
2. Spray a pan with an oil spray. Stir fry turkey and zucchini for ~8 minutes.
3. When turkey is no longer pink, top with spices, salsa & cook for another 30-60 seconds.
4. No turkey? Use ground beef, tofu, or beans. No salsa verde? Use regular salsa.

100gm protein meal plans

1520 calories • 115gm protein • 25gm fiber

BREAKFAST: Scrambled Eggs & Peppers


2 large egg


1/4c. cheese, shredded


½ green bell pepper


½ red bell pepper



DIRECTIONS
1. Chop bell peppers into small pieces.
2. Spray pan with an oil spray & add in peppers.
3. Crack eggs in a bowl, whisk with a fork.
4. After ~5 minutes of peppers cooking, add in eggs.
5. When eggs are almost cooked through, add in cheese and seasonings.

SNACK: 1 Apple & 2 Tbsp PB


1 small apple


2 Tbsp peanut butter, unsweetened



DIRECTIONS
1. Slice apple and dip in peanut butter.
2. Notes: Any other fruit is fine, if you don't have an apple. No nuts? Use a seed butter, e.g. sunflower seed butter.

LUNCH: Burrito Bowl with Black Beans


2c. leafy greens, lettuce


6oz chicken breast


¼ cup Salsa


½ green bell pepper


¼ yellow onion


1/2c. beans & legumes, black beans


1/4c. cheese, Mexican



DIRECTIONS
1. Spray a pan with an oil spray.
2. Slice chicken and vegetables into strips.
3. Cook chicken and veggies for ~10 minutes on low heat, until chicken has cooked through.
4. Combine all ingredients into a salad.

DINNER: Alfredo Spaghetti Squash with Sausage


2c. squash, spaghetti


1/4c. Alfredo sauce


2 chicken sausages


1 Tbsp grated cheese, parmesan


⅛ tsp red pepper flakes, ⅛ tsp garlic salt



DIRECTIONS
1. Preheat oven to 425 F.
2. Slice spaghetti squash in half, if not already sliced (be careful!). Microwaving the spaghetti squash for 8 minutes (4 on the top & the bottom) makes cutting it much easier.
3. Scoop out seeds.
4. Line a baking sheet with parchment paper.
5. Bake spaghetti squash, cut side faced down, for 30 minutes.
6. While spaghetti squash is cooking, slice sausage into coin shapes and stir fry on the stove top with an oil spray, until cooked through, about 10 mins.
7. Remove spaghetti squash from the oven. Shred with a fork.
8. Add Alfredo sauce, sausage, and seasonings, mix. Top with Parm.
9. Bake for another 5 mins, then broil for 3 mins.



Do you want to stop dieting, and permanently lose 5 to 50+ pounds?

Are you sick of eating “perfectly” all day and then overdoing it at night?
Do you want to feel totally in control around food, and stop emotional eating?
Are you tired of wasting food in your fridge, money on expensive supplements, or your whole weekend making complicated, 20-ingredient recipes?
Do you know you’re not living to your fullest potential, because you're not feeling confident or have low self esteem?

I'D LOVE FOR YOU TO JOIN...

BEST BODY

by DR. RACHEL PAUL PHD,RD.

The simple system to lose weight permanently and finally feel in control around food.

- Permanently lose 5-50 pounds
- Feel totally in control around food
- Have simple, tasty, wholesome recipes
- Feel absolutely confident

BEST BODY

by DR. RACHEL PAUL PHD,RD.

My proven program to help you become your best self



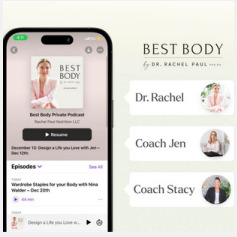
1. CREATE YOUR PERSONALIZED PLAN

I walk you through creating a plan that specifically works for YOU – for your body's needs, lifestyle, food preferences – during the week, on the weekend, during special events, etc. in video lessons.



2. SIMPLIFY YOUR MEAL PLANNING

I make eating healthy SO EASY for you with the Best Body Meal Planner. Through my interactive meal planning tool with 1600+ simple meal, snack, and dessert options, you can either create plans based on what's already in your fridge, or follow the plans I create each week.



3. WEEKLY COACHING CALLS

I'm so excited to bring you 2-3 group calls a week, where my amazing team of coaches and I will help you with any personal struggles, and answer all of your questions. Calls are at various days and times to accommodate schedules/time zones, and are recorded and uploaded to our private podcast, so you can listen anytime.



4. COMPLETE MINDSET TRAINING

You'll get my Complete Mindset Mastery Training. I teach you mindset shifts for every situation you may encounter: stress eating in the afternoon, overeating on the weekends, dealing with your mother-in-law, etc. through video lessons



5. SUPPORTIVE COMMUNITY & ACCOUNTABILITY

Our Best Body community is unlike any other! Members are by your side to cheer you on, share tips and recipes, and help you overcome any obstacles.



6. NEW TOOLS EACH MONTH

New recipe books, guides, trainings, and coaching calls are available every month on everything from feeling confident in a bathing suit to sitting next to judgmental aunts at Thanksgiving, and more.

I'D LOVE FOR YOU TO JOIN ME IN BEST BODY