

# **Carter's 6 Day a Week Clean Eating (absolutely do not add seasoning/salt exact)**

\*Before prepping these meals make sure you aren't allergic to any of the ingredients\*

- Cook meals in advance (called Meal prep)
- Meals fit in small rebbbermaid containers, take with you wherever you go, microwave one meal/container every 4 hours
- Eat snack every 2 hours you don't eat meal

(1-2 times a week cheat meal =whenever & whatever you want)

## **Individually prepped meals and a short list of snacks**

*Every once in a while substitute a Dry baked potato for rice*

### **Tuna & Egg**

- 2-4 hard boiled eggs
- 2 cans of chunk light tuna in water
- Less than half a serving of sauce (your choice/hot, mustard, A1, etc)
- 14 triscut crackers

### **Turkey & Rice**

- 4oz ground turkey
- 1/4 cup brown or jasmine rice
- Less than half a serving of sauce (your choice/hot, mustard, A1, etc)
- 2 stalks of broccoli or cauliflower

## **Chicken & Rice**

- 4oz chicken breast
- 1/4 cup brown or jasmine rice
- Less than half a serving of sauce (your choice/hot, mustard, A1, etc)
- 2 stalks of broccoli or cauliflower

## **Beef & rice**

- 4oz of ultra lean ground beef
- 1/4 cup brown or jasmine rice
- Less than half a serving of sauce (your choice/hot, mustard, A1, etc)
- 2 stalks of broccoli or cauliflower

## **Breakfast**

1/2 cup original Fiber One cereal & less than 1/2 serving of unsweetened almond milk or 1/2 cup of quick oats, less than 1/2 serving of almond milk, one packet (zero calorie) sweetener (not real sugar), 1 serving protein powder or 4-8 egg whites (I use liquid egg whites)

## **Snack**

- 1 serving Plain almonds
- 1 heaping spoon full natural peanut butter
- Rice cakes 1 or 2
- Protein powder shake (mixed with water not milk) (I like Cellucor whey)
- Small protein bar (I like Quest)
- Cottage cheese (1 spoon full)