MPF-Power Meal Plan

**“The Shredder”**

Just Five Meals’s A Day

**Breakfast Week 1-4 (Total Cal 728)**

Boiled Eggs 4 (Cal 288)

Turkey Bacon 5 (Cal 240)

Greek Yougort 2 (Cal 200)

**Lunch Week 1-4 (348 / 428)**

Chicken Breast 2 / Turkey Burger 2 (Cal 240 / 320)

Mixed Greens (Cal 34)

Balamic Dressing (Any Choice) (Cal 74)

**Dinner Week 1-4 (Cal 412)**

Shredded Chichken Tacos (Cal 304 / 1 Cup)

Mixed Greens (Cal 34)

Balamic Dressing (Any Choice) (Cal 74)

**Protien Shake (x2) (Choose one)**

* Core Power (Cal 170)
* Lean Body (Cal 280)

**Total Cal – 2070**

**Protien – 200g**

**Fats – 73g**

**Sugars – 35g**

**Meal Plan Disclaimer**

* The meal plans provided are intended for general informational and educational purposes only and are not intended as a substitute for professional medical advice, diagnosis, or treatment. While we aim to offer balanced and nutritious options, individual dietary needs and restrictions can vary widely.
* Always consult with a qualified healthcare provider or registered dietitian before beginning any new diet or meal plan, particularly if you have any pre-existing medical conditions, food allergies, or specific dietary concerns.
* By following this meal plan, you acknowledge and agree that you do so voluntarily and at your own risk. We assume no liability for any adverse effects or consequences that may arise from the use or misuse of the information provided.