

BREAKFAST: BOWL OF OATS

½ cup oats

½ cup of low fat milk

10–15g WPI (protein powder – optional)

1 cup berry mix

SNACK

½ tbsp peanut butter

2 cups celery & carrot

LUNCH: CHICKEN AND RICE SALAD

¾ cup brown rice

80g cooked chicken

40g low fat cheese

1 cup fresh salad mix

SNACK

1 banana

DINNER:

100g cooked lean beef

½ cup cooked quinoa

1 cup green vegetables

1½ tsp olive oil

40g low fat feta



Kayla Itsines Sample Meal Plan

Yicheng Fang



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