



UNBROKEN FITNESS SOLUTIONS
EXCLUS (3174)

Menu Plan: 2191 Calories

35 % Pro, 43% Fat, 22% Carbs

Breakfast:

4 Large Eggs (280 calories)

PAIR { 1 Banana (105 calories)
2 tbsp Natural Peanut Butter (190 calories)

22 fluid oz. of water

AM Snack:

1 oz. Raw Almonds (164 calories)

1 Fuji Apple (80 calories)

22 fluid oz. of water

Lunch:

Salad { 6 oz. Chopped Chicken Breast (275 calories)
8 leaves Romaine Lettuce (40 calories)
¼ cup onion (10 calories)
1 tbsp. Olive Oil (120 Calories)

2 cups Steamed Broccoli (62 calories)

22 fluid oz. of water

Totals: 2,191 Calories, 198 grams of protein, 110 grams of fat, 125 grams of carbohydrates

HUNGER CAN LEAD TO BAD DECISIONS: EAT EVERY 3 HOURS TO SPIKE YOUR METABOLISM AND AVOID LOW ENERGY

For best results, abstain from drinking alcohol.



UNBROKEN FITNESS SOLUTIONS
EXCUSES (X174)

Menu Plan: 2191 Calories

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PM Snack:

Salad {
2 Hard Boiled Eggs (140 calories)
3 cups Baby Spinach (30 calories)
½ Bell Pepper Sliced (17 calories)
½ Large Haas Avocado (161 calories)

22 fluid oz. of water

Dinner:

6 oz. Chopped Chicken Breast (275 calories)

2 cups steamed asparagus (79 calories)

½ Large Haas Avocado (161 calories)

22 fluid oz. of water

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EXCUSES (X17)

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FRUIT SWAP LIST:

Food	Portion	Calories
Apple	1 large 3-1/4" diameter (223 g)	116
Strawberries	1 cup whole (144 g)	47
Blueberries	1 cup (148 g)	85
Raspberries	1 cup (123 g)	65
Blackberries	1 cup (144 g)	62
Orange	1 fruit: 2-5/8" diameter (131 g)	62
Tangerine	1 fruit: 2-1/2" diameter (88 g)	47
Kiwi	1 fruit: 2" diameter (69 g)	42
Pear	1 medium, (178 g)	102
Apricot	1 apricot, (35 g)	17
Plum	1 fruit: 2-1/8" diameter (66 g)	30
Nectarine	1 fruit: 2-2/3" diameter (150 g)	59
Mango	100 g	60

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UNBROKEN FITNESS SOLUTIONS
EXCUSES (R)TD

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VEGETABLE SWAP LIST:

Food	Portion	Calories
Broccoli	1 cup chopped (91 g)	31
Asparagus	1 cup (131 g)	27
Brussel Sprouts	1 Sprout (0.7 g)	8
Beets	1 cup (136 g)	59
Red Cabbage	1 cup, shredded (70 g)	22
Kale	1 cup, chopped (67 g)	33
Spinach	1 cup (30 g)	7
Romaine Lettuce	1 cup, shredded (1.7 oz)	8
Green Beans	1 cup, 1/2" pieces (100 g)	31
Onion	1 cup, chopped (160 g)	64
Cucumber	1/2 cup, slices (52 g)	8
Celery	1 stalk, 7-1/2" to 8" long (40 g)	6
Zucchini	1 medium (196 g)	33

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FAT SWAP LIST:

Food	Portion	Calories
Almonds	1 oz. (28.4 g)	163
Cashews	1 oz. (28.4 g)	157
Walnuts	1 oz. (28.4 g)	185
Peanuts	1 oz. (28.4 g)	161
Sunflower seeds	1 oz.	165
Chia Seeds	1 oz. (28.4 g)	138
Flax Seeds	1 tbsp. whole (10.3 g)	55
Almond Butter	1 tbsp	100
Peanut Butter	1 tbsp	100
Avocado	100 g	160
Black Olives	100 g	115
Green Olives	100 g	115
Egg Yolk	17 g	55
Olive Oil	1 tbsp (13.5 g)	119
Coconut Oil	1 tbsp (13.6 g)	117

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UNBROKEN FITNESS SOLUTIONS
EXERCISE & NUTRITION

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PROTEIN SWAP LIST:

Food	Portion	Calories
Grilled Chicken Breast	3.5 oz. (100 g)	197
Boiled Chicken Breast	3.5 oz. (100 g)	184
Rotisserie Chicken Breast	3.5 oz. (100 g)	184
Rotisserie Dark Meat Chicken	3.5 oz. (100 g)	233
Roasted Turkey Breast	3.5 oz. (100 g)	189
93% lean Ground Turkey	4 oz. (113 g)	169
Ground Bison	4 oz. (113 g)	200
Cooked Tilapia	3.5 oz. (100 g)	129
Cooked Cod	3.5 oz. (100 g)	82
Cooked Salmon	3.5 oz. (100 g)	178
Cooked Tuna	3.5 oz. (100 g)	184
Sirloin Steak	3.5 oz. (100 g)	244
97% lean ground beef	3.5 oz. (100 g)	149
Beef Flank Steak	3.5 oz. (100 g)	192
Filet Mignon	3.5 oz. (100 g)	267

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COMPLEX CARB SWAP LIST:

Food	Portion	Calories
Brown Rice	Cooked, Long grain (100 g)	111
Wild Rice	(100 g)	101
Jasmine Rice	Cooked, Long grain (100 g)	103
Quinoa	Cooked (100 g)	120
Couscous	Cooked (100 g)	112
Yams/Sweet Potato	(100 g)	118
Oatmeal	1/2 cup dry	150
Red Potatoes	(100 g)	71
Black Beans	Boiled, (100 g)	130
Ezekiel Bread	1 Slice	80

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