

# ***GIUSEPPE POWERPLAN***

**2,200 CAL | 190G PRT ≤200G CRB PER DAY**

Sweets majority of the week – not every day. Stay in control.

## **MONDAY**

### **BREAKFAST : Egglife Turkey Breakfast Wrap + Fruit**

*450 CAL • 45g PRT • 45g CRB*

- 1 Egglife egg white wrap
- 3 oz lean sliced turkey
- 1 slice low-fat cheese
- Spinach
- 1 medium apple

### **LUNCH : Turkey Burger + Low-Carb Bun OR Chipotle Window**

*700 CAL • 60g PRT • 55g CRB*

- 6 oz lean turkey patty
- 1 low-carb bun
- Lettuce, tomato, mustard

### **DINNER : Chicken Quesadilla (lighter dinner)**

*560 CAL • 55g PRT • 40g CRB*

- 1 high-fiber wrap
- 4 oz chicken breast
- 1 oz low-fat cheese
- Peppers/onions

### **SNACK – Quest Bar: Cookies & Cream**

*190 CAL • 20g PRT • 22g CRB*



## TUESDAY

### **BREAKFAST – Protein Oatmeal**

450 CAL • 40g PRT • 55g CRB

- ½ cup oats
- 1 scoop whey protein
- Cinnamon + ¼ cup berries

### **LUNCH – Air-Fried Chicken + Veggies (bigger)**

750 CAL • 70g PRT • 50g CRB

- 7 oz chicken breast
- 3 cups mixed veggies
- Low-cal sauce

### **DINNER – Vital Pizza (½ pizza portion) + Veggies**

510 CAL • 60g PRT • 45g CRB

### **SNACK – Quest Bar: Chocolate Chip**

190 CAL • 20g PRT • 22g CRB

## WEDNESDAY

### **BREAKFAST – Egglife Chicken Breakfast Wrap**

440 CAL • 50g PRT • 40g CRB

- 1 Egglife wrap
- 4 oz chicken breast
- Salsa + peppers/onions

### **LUNCH – Protein Pizza Wrap OR Chipotle Window**

750 CAL • 65g PRT • 55g CRB

- High-fiber wrap
- 4 oz chicken
- 1 oz low-fat cheese
- Low-sugar pizza sauce



## **DINNER – Chicken + Rice Performance Bowl**

550 CAL • 60g PRT • 50g CRB

- 5 oz chicken breast
- ½ cup cooked rice
- Veggies

**NO SWEETS TODAY**

## **THURSDAY**

### **BREAKFAST – Protein Oatmeal**

450 CAL • 40g PRT • 55g CRB

### **LUNCH – Barilla Protein Pasta Plate**

750 CAL • 65g PRT • 60g CRB

- 2 oz dry pasta
- 4 oz lean turkey
- Low-sugar marinara

### **DINNER – Turkey Quesadilla**

510 CAL • 55g PRT • 45g CRB

- High-fiber wrap
- 4 oz turkey
- Low-fat cheese

### **SNACK – Quest Bar: Cookie Dough**

190 CAL • 20g PRT • 22g CRB



## FRIDAY

### BREAKFAST – Greek Yogurt Parfait

450 CAL • 40g PRT • 50g CRB

- 1 cup Greek yogurt
- ½ cup berries
- Light granola (1 tbsp)

### LUNCH – Air-Fried Chicken Wrap OR Chipotle Window

750 CAL • 70g PRT • 50g CRB

- High-fiber wrap
- 7 oz chicken
- Lettuce + salsa

### DINNER – Protein Nachos (lighter)

550 CAL • 60g PRT • 50g CRB

- High-fiber wrap cut into chips
- 4 oz lean turkey
- Low-fat cheese + salsa

**NO SWEETS TODAY**

## SATURDAY

### BREAKFAST – Egglife Ham & Cheese Wrap

450 CAL • 45g PRT • 45g CRB

- 1 Egglife wrap
- 3 oz lean ham
- 1 oz low-fat cheese
- Peppers/spinach



**LUNCH – Vital Pizza (½ pizza portion) + Veggies**

510 CAL • 60g PRT • 45g CRB

**SNACK – Quest Bar: Chocolate Cake**

190 CAL • 20g PRT • 22g CRB

**DINNER – Chicken + Veggie Bowl**

550 CAL • 60g PRT • 40g CRB

- 5 oz chicken
- Large veggie volume

**SUNDAY**

**BREAKFAST – High-Protein French Toast**

450 CAL • 40g PRT • 55g CRB

- 2 slices light bread
- Egg whites dip
- Sugar-free syrup

**LUNCH – Turkey Burger + Low-Carb Bun**

700 CAL • 65g PRT • 50g CRB

**DINNER – Chicken Quesadilla**

550 CAL • 60g PRT • 45g CRB

**NO SWEETS TODAY**



## **CHIPOTLE WINDOW (M/W/F Lunch Option)**

### **Pick ONE instead of lunch**

1. Double Chicken Bowl - 700 CAL • 60g PRT • ≤60g CRB
2. Chicken Salad Bowl - 550 CAL • 55g PRT • ≤25g CRB
3. Half Chicken + Half Steak Bowl - 750 CAL • 60g PRT • ≤65g CRB
4. Modified Chicken Lifestyle Bowl - 700 CAL • 55g PRT • ≤30g CRB
5. High-Protein Burrito (measured) - 850 CAL • 60g PRT • ≤80g CRB

→ If burrito chosen: lighten dinner

## **SNACK LIBRARY — Use Only If Needed**

1. Quest Bars – 190 CAL • 20g PRT
2. Fairlife/RTD Protein Shake – 150 CAL • 30g PRT
3. Greek Yogurt Cups – 90-120 CAL
4. Air-popped popcorn (2 cups) – ~60 CAL
5. Rice Cake + PB2 – 80-100 CAL
6. Fruit – 50-100 CAL



## GROCERY LIST — SHOP FOR FULL WEEK

### Protein

- Chicken breast – 6 lbs
- Lean ground turkey – 4 lbs
- Egglife wraps – 3 packs
- Fairlife/RTD shakes – 6-9
- Greek yogurt – 6+ cups
- Protein powder – 1 tub

### Carbs

- High-fiber wraps – 2 packs
- Low-carb buns – 8 ct
- Oats – 1 tub
- Rice – 1-2 bags
- Barilla Protein Pasta – 2 boxes
- Protein bread – 1 loaf
- Vital Pizza – 2 pizzas

### Produce

- Spinach/lettuce – 2 containers
- Peppers – 6
- Onions – 3
- Broccoli – 2 bags
- Mixed veggies – 2-3 bags
- Apples – 6
- Bananas – 6
- Berries – 2 packages

### Extras

- Sugar-free syrup
- Sugar-free ketchup
- Low-sugar marinara
- Cooking spray
- Salsa
  
- Quest Bars – 8 total  
(4 flavors x 2)

## PREP INSTRUCTIONS

- Bulk cook chicken & turkey twice/week
- Track macros daily
- Quest bars only on assigned days
- Use air fryer for wraps/quesadillas/pizzas
- No-sweets days build control & momentum



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**POWER UP**