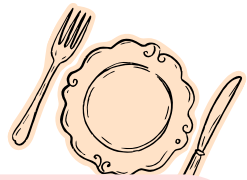


Macro friendly meal ideas



Breakfast

- Ham + eggs
- Cottage cheese
 - with fruit or savory
- Burritos (eggs, sausage, bacon, cheese)
 - Use carb balance tortillas and chicken sausage to decrease the calories and increase protein
- Eggs and meat w/ fruit
- Hard boiled eggs w/ fruit and meat
- Eggs + toast (I love sourdough)
- Cottage cheese + toast
- Lean ground beef + eggs
- Yogurt bowl with fruit
- Oatmeal w/ protein powder

Crockpot

- White chicken chili
- chili
- stew with beef and veggies
- ham and bean soup
- beef ribs and kraut
- cowboy chili
- boneless skinless chicken thighs
- buffalo chicken dip

Snacks

- Meat sticks
- String cheese
- Hard boiled eggs
- Light + Fit yogurt
- Protein shakes
- Powdered protein powder, add milk for more protein
- Lunch meat
- Dried edamame

Dinner

- Ground beef (I use 90% lean- season with garlic, onion, S&P)
- Ground beef + queso + fajita veggies + rice
- Ground beef + rice + broccoli, ground beef + potato or sweet potatoe
- Quesadilla: Ground beef + beans + cheese + fajita veggies + tortillas
- Taco salad: beef + veggies + toppings
- Fajita steak (I like flank steak)
- Quesadilla: steak + fajita veggies + cheese + tortillas
- Tacos: steak + veggies + toppings
- Protein + bagged salad from the store
- Salmon: cook @ 375 until middle is opaque. Serve with rice and veggies

Get Strong with Amy