

50 QUICK & EASY MEALS / SNACKS *(Approved)*



BREAKFAST / ANYTIME MEALS

- 2 whole eggs + 2 [egg whites](#)
- Plain Greek yogurt ($\frac{3}{4}$ cup) + $\frac{1}{4}$ cup berries
- [Protein shake](#) (1 scoop protein + water)
- [GC Control shake](#) (water-based)
- Cottage cheese ($\frac{3}{4}$ cup, low-fat)
- Egg muffins (2) with veggies
- Scrambled eggs (2) + sautéed spinach
- Protein coffee (protein powder + coffee + water)
- Plain Greek yogurt + cinnamon
- Egg white omelet with peppers & onions

LUNCH / DINNER WHOLE-FOOD MEALS

- Rotisserie chicken (4 oz) + steamed broccoli
- Grilled chicken breast (4 oz) + green beans
- Lean ground turkey (4 oz) + zucchini
- Tuna packet + cucumber slices
- Canned chicken (4 oz) + mixed greens
- Turkey burger patty + side salad
- Egg scramble (3 eggs) + vegetables
- Chicken sausage (1 link) + sautéed peppers
- Grilled chicken strips (4 oz) + cauliflower rice
- Shrimp (4 oz) + stir-fry vegetables

FROZEN / GRAB-AND-GO MEALS

- [Lean Cuisine Herb Roasted Chicken](#)
- [Lean Cuisine Roasted Turkey & Vegetables](#)
- [Lean Cuisine Salisbury Steak with Macaroni & Cheese](#)
- [Healthy Choice Power Bowls – Turkey Sausage & Egg Scramble](#)
- [Healthy Choice Power Bowls – Spicy Beef Teriyaki](#)
- [Healthy Choice Power Bowls – Chicken Marinara](#)
- [Smart Ones Ham & Cheese Scramble](#)
- [Smart Ones Crustless Chicken Pot Pie](#)
- [Smart Ones Home Style Beef Pot Roast](#)
- [Smart Ones Chicken Santa Fe](#)

SHAKES / BARS / CONVENIENCE OPTIONS

- Ready-to-drink protein shake (≤ 5 g net carbs)
- [Protein bar](#) (≥ 15 g protein, ≤ 10 g net carbs)
- [Protein shake](#) + 1 boiled egg
- [Protein shake](#) + 10 almonds
- Cottage cheese single-serve
- Kroger Carbmaster Chocolate Milk
- Beef or turkey jerky (1 oz)
- 50-calorie cheese stick
- One handful of peanut butter-filled pretzel bites
- Protein pudding (protein powder + water)
- [Meal replacement shake](#) (low-carb, high-protein)

EMERGENCY / “NO TIME” OPTIONS

- 2 hard-boiled eggs
- Tuna packet eaten plain
- Deli turkey roll-ups (4-5 slices)
- Chicken salad (no sugar added)
- Greek yogurt cup (plain, unsweetened)
- Protein shake only
- Cottage cheese + cinnamon
- Rotisserie chicken eaten cold
- Egg whites (liquid, microwaved)
- Jerky + cheese stick

Join our supportive community in embracing a sustainable, practical lifestyle. Let our faith-based weight loss program transform your life!

JOIN I AM FAITHFULLY FIT SKOOL



PRE-ORDER 4-WEEK JOURNAL



PRE-ORDER KIDS WARRIOR EDITION



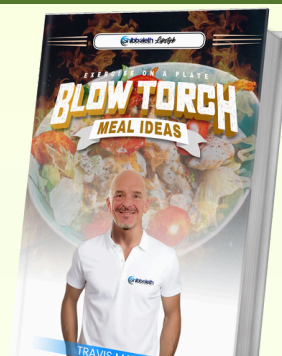
ORDER FAITH-DRIVEN BOOK



JOIN I AM FF SKOOL



ORDER HANDBOOK



GET TRAVIS BOOK

