

Meal Plan

DYNAMIC NUTRITION

Comprehensive meal plan project tailored to The Dynamic Pulse community. Discover how to supercharge your life with delicious, nutrient-packed meals that fuel your dynamic lifestyle. Get ready to optimize your energy, enhance your performance, and embrace a healthier you!

GOALS

- Empower Healthy Choices: Encourage individuals to make informed and sustainable dietary choices that support their overall well-being.
- Boost Energy Levels: Help participants experience increased energy and vitality through nutrition that complements their active and dynamic lifestyles.
- Facilitate Long-Term Wellness: Equip members with the knowledge and tools they need to maintain a healthy and balanced diet, promoting long-term health and resilience.

GROCERY STORES

- Wegmans
- Whole Foods

Meal Plan Overview

This meal plan offers a variety of protein, carbohydrate, and fat sources to help you create balanced and nutritious meals. Keep in mind that the suggested ounces mentioned are based on my personal macros and may not necessarily match your specific macros or dietary needs. It's essential to adapt these portions to your individual requirements, taking into account factors such as your activity level, age, and specific health goals. Use this meal plan as a reference to build meals that work best for you and consult with a nutritionist or dietitian for personalized guidance if needed.

	MEAL	SUPPLEMENTS	TIME	COMMENTS
Pre-Workout Shake	<ul style="list-style-type: none"> ● 1 Scoop of Whey Protein Isolate ● Banana (Optional) 	<ul style="list-style-type: none"> ● Whey Protein Isolate 	<ul style="list-style-type: none"> ● 5:30 AM 	I workout in the morning around 6am so for my morning shake I consume 30 minutes prior to my training session.
Breakfast	<ul style="list-style-type: none"> ● 2 Pasture Raised Eggs ● 2 Slices of Ezekiel Bread ● 1 Scoop of Whey Protein Isolate 	<ul style="list-style-type: none"> ● Creatine Monohydrate ● NAC ● Multivitamin ● Whey Protein Isolate ● Fish Oil ● Joint Complex 	<ul style="list-style-type: none"> ● 8:30 - 9:00 AM 	This meal I include a post workout shake
Snack One	<ul style="list-style-type: none"> ● Organic Greek Yogurt (Plain) ● Organic Purely Elizabeth Granola (Original) ● Organic Honey ● 1 Serving of Organic Fresh Berries 	<ul style="list-style-type: none"> ● Joint Complex ● Fish Oil ● NAC 	<ul style="list-style-type: none"> ● 11:00 AM 	This is where I consume the rest of my servings for the following supplements. I also like to include a table spoon of chia seeds from time to time.
Lunch	<ul style="list-style-type: none"> ● 7-9 Ounces of a Protein Source ● 5-6 Ounces of a Vegetable ● 5-6 Ounces of a Carbohydrate ● 1 Scoop of Whey Protein Isolate 	<ul style="list-style-type: none"> ● Whey Protein Isolate 	<ul style="list-style-type: none"> ● 1:30 - 2:00 PM 	You have the flexibility to choose a protein source, a carbohydrate, and a vegetable of your preference. Refer to the list below.
Dinner	<ul style="list-style-type: none"> ● 7-9 Ounces of a Protein Source ● 5-6 Ounces of a Vegetable ● 5-6 Ounces of a Carbohydrate 		<ul style="list-style-type: none"> ● 5:00 PM 	You have the flexibility to choose a protein source, a carbohydrate, and a vegetable of your preference. Refer to the list below.
Snack Two	<ul style="list-style-type: none"> ● TruFru or Cottage Cheese with Fruit ● 1 Scoop of Whey Protein Isolate 	<ul style="list-style-type: none"> ● Whey Protein Isolate 	<ul style="list-style-type: none"> ● 8:00 PM 	Usually I do a night time sweet with a scoop of protein or a serving of cottage cheese.

Grocery List

These food lists are for reference to help you select a protein, carbohydrate, and fat source for each meal, but you don't necessarily have to purchase all of them. The idea is to provide you with a variety of options so you can mix and match based on your preferences and what's available to you. Creating balanced meals using these food sources can help you meet your nutritional needs and enjoy a diverse and satisfying diet.

PROTEINS	CARBS	FATS	SUPPLEMENTS
<ul style="list-style-type: none"> ● Chicken ● Beef ● Fish ● Eggs ● Turkey ● Pork ● Cottage Cheese ● Greek Yogurt 	<ul style="list-style-type: none"> ● Potatoes (Sweet, Idaho, White or Yellow) ● Jasmine Rice ● Oatmeal ● Bread ● Bananas ● Apples ● Oranges ● Fresh Berries ● Broccoli ● Fresh Spinach ● Carrots ● Green Beans ● Asparagus ● Peas ● Brussel Sprouts ● Pasta ● Quinoa ● Black Beans 	<ul style="list-style-type: none"> ● Avocados ● Olive Oil ● Nuts (Almonds, Walnuts or Cashews) ● Coconut Oil ● Grass-fed Butter ● Chia Seeds 	<ul style="list-style-type: none"> ● Whey Protein Isolate ● Creatine Monohydrate ● Fish Oil ● Joint Complex ● NAC ● Multivitamin

