

DIET PLAN

XS BURN

BREAKFAST

1,400 CALORIE DIET

2,200 CALORIE DIET

OVERNIGHT OATS WITH BERRIES AND ALMONDS

INGREDIENTS

½ cup Oats
¾ cup Almond Milk
¼ cup Berries
1 ½ tbsp Almonds
½ tsp Honey

Mix oats and almond milk in a jar. Add berries and almonds. Drizzle with honey. Refrigerate overnight.

250 **9g** **11g** **32g** **6g**
CALORIES PROTEIN FAT CARBS FIBER



INGREDIENTS

½ cup Oats
1 cup Almond Milk
½ cup Berries
2 tbsp Almonds
1 tsp Honey

Mix oats and almond milk in a jar. Add berries and almonds. Drizzle with honey. Refrigerate overnight.

350 **12g** **16g** **43g** **9g**
CALORIES PROTEIN FAT CARBS FIBER

GREEK YOGURT PARFAIT WITH HONEY AND MIXED NUTS

INGREDIENTS

¾ cup Greek Yogurt
½ tbsp Honey
¼ cup Mixed Nuts
¼ cup Fresh Fruit

Layer Greek yogurt, honey, nuts, and fresh fruit in a glass.

225 **11g** **7.5g** **26g** **3g**
CALORIES PROTEIN FAT CARBS FIBER



INGREDIENTS

1 cup Greek Yogurt
1 tbsp Honey
¼ cup Mixed Nuts
½ cup Fresh Fruit

Layer Greek yogurt, honey, nuts, and fresh fruit in a glass.

300 **15g** **10g** **35g** **4g**
CALORIES PROTEIN FAT CARBS FIBER

AVOCADO TOAST WITH POACHED EGG

INGREDIENTS

1 slice Whole Grain Bread
¼ Avocado
1 Egg

Toast bread. Mash avocado with salt, pepper, and lemon juice. Spread on toast. Top with a poached egg.

280 **9g** **20g** **16g** **5g**
CALORIES PROTEIN FAT CARBS FIBER



INGREDIENTS

1 ½ slices Whole Grain Bread
½ Avocado
2 Eggs

Toast bread. Mash avocado with salt, pepper, and lemon juice. Spread on toast. Top with a poached egg.

420 **18g** **30g** **22g** **10g**
CALORIES PROTEIN FAT CARBS FIBER

SPINACH AND MUSHROOM OMELET

INGREDIENTS

1 Egg
½ cup Spinach
¼ cup Mushrooms
½ tbsp Olive Oil

Sauté spinach and mushrooms in olive oil. Beat eggs, pour into pan, and cook until set. Add vegetables, fold omelet.

125 **7g** **9g** **4g** **1.5g**
CALORIES PROTEIN FAT CARBS FIBER



INGREDIENTS

2 Eggs
1 cup Spinach
½ cup Mushrooms
1 tbsp Olive Oil

Sauté spinach and mushrooms in olive oil. Beat eggs, pour into pan, and cook until set. Add vegetables, fold omelet.

250 **14g** **18g** **8g** **3g**
CALORIES PROTEIN FAT CARBS FIBER

DIET PLAN

XS BURN

BREAKFAST

1,400 CALORIE DIET

2,200 CALORIE DIET

CHIA SEED PUDDING

INGREDIENTS

½ cup Chia Seeds
¾ cup Coconut Milk
¼ tsp Vanilla
½ tbsp Maple Syrup
Mix chia seeds, coconut milk, vanilla, and maple syrup. Refrigerate overnight.



INGREDIENTS

¼ cup Chia Seeds
1 cup Coconut Milk
¼ tsp Vanilla
1 tbsp Maple Syrup
Mix chia seeds, coconut milk, vanilla, and maple syrup. Refrigerate overnight.

200 **6.5g** **13.5g** **18.5g** **7g**
CALORIES PROTEIN FAT CARBS FIBER

300 **10g** **20g** **28g** **11g**
CALORIES PROTEIN FAT CARBS FIBER

SMOOTHIE BOWL

INGREDIENTS

½ Banana
½ cup Frozen Berries
½ cup Spinach
¾ cup Almond Milk
½ tbsp Chia Seeds
¼ cup Granola

Blend banana, berries, spinach, and almond milk. Pour into a bowl. Top with chia seeds and granola.



INGREDIENTS

1 Banana
¾ cup Frozen Berries
¾ cup Spinach
1 cup Almond Milk
1 tbsp Chia Seeds
½ cup Granola

Blend banana, berries, spinach, and almond milk. Pour into a bowl. Top with chia seeds and granola.

250 **6g** **9g** **39g** **7.5g**
CALORIES PROTEIN FAT CARBS FIBER

350 **8g** **12g** **55g** **10g**
CALORIES PROTEIN FAT CARBS FIBER

BREAKFAST BURRITO

INGREDIENTS

1 Whole Grain Tortilla
2 Scrambled Eggs
¼ cup Black Beans
¼ cup salsa
¼ Avocado

Scramble eggs and cook until set. Fill tortilla with eggs, beans, salsa, and avocado. Roll up and serve.



INGREDIENTS

1 ¼ Whole Grain Tortillas
2 ½ Scrambled Eggs
½ cup Black Beans
½ cup salsa
½ Avocado

Scramble eggs and cook until set. Fill tortilla with eggs, beans, salsa, and avocado. Roll up and serve.

400 **20g** **20g** **40g** **10g**
CALORIES PROTEIN FAT CARBS FIBER

500 **25g** **25g** **50g** **12.5g**
CALORIES PROTEIN FAT CARBS FIBER

QUINOA BREAKFAST BOWL

INGREDIENTS

¼ cup Cooked Quinoa
¼ cup Berries
2 tbsp Greek Yogurt
½ tbsp Honey

Combine quinoa, berries, and Greek yogurt in a bowl. Drizzle with honey.



INGREDIENTS

¾ cup Cooked Quinoa
¾ cup Berries
¾ cup Greek Yogurt
2 tbsp Honey

Combine quinoa, berries, and Greek yogurt in a bowl. Drizzle with honey.

160 **5g** **22.5g** **2.5g** **6g** **10g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR

480 **15g** **67.5g** **7.5g** **18g** **30g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR

DIET PLAN

XS BURN

LUNCH

1,400 CALORIE DIET

2,200 CALORIE DIET

GRILLED CHICKEN AND QUINOA SALAD

INGREDIENTS

⅔ cup Quinoa
1 Chicken Breast
1 cup Mixed Greens
⅔ cup Cherry Tomatoes
⅓ Avocado

Slice chicken breast. Mix quinoa, greens, tomatoes, and avocado. Dress with olive oil and lemon juice.

400 **26g** **13g** **40g** **7g**
CALORIES PROTEIN FAT CARBS FIBER



INGREDIENTS

1 cup Quinoa
1 ¼ Chicken Breasts
1 ½ cup Mixed Greens
1 cup Cherry Tomatoes
½ Avocado

Slice chicken breast. Mix quinoa, greens, tomatoes, and avocado. Dress with olive oil and lemon juice.

550 **36g** **18g** **55g** **9g**
CALORIES PROTEIN FAT CARBS FIBER

LENTIL AND VEGETABLE SOUP

INGREDIENTS

½ cup Lentils
1 Carrot
1 Celery Stalk
1 Tomato
½ Onion
1 Garlic Clove

Sauté onion and garlic. Add vegetables, lentils, and broth. Simmer until lentils are tender.

300 **14g** **4.5g** **45g** **15g**
CALORIES PROTEIN FAT CARBS FIBER



INGREDIENTS

1 cup Lentils
1 ½ Carrots
1 ½ Celery Stalks
1 ½ Tomatoes
1 Onion
1 ½ Garlic Cloves

Sauté onion and garlic. Add vegetables, lentils, and broth. Simmer until lentils are tender.

450 **21g** **6.5g** **67.5g** **22.5g**
CALORIES PROTEIN FAT CARBS FIBER

HUMMUS AND VEGGIE WRAP

INGREDIENTS

1 Whole Grain Wrap
2 tbsp Hummus
¼ cup Sliced Cucumber
¼ cup Bell Pepper
1 cup Spinach

Spread hummus on wrap. Add sliced vegetables and spinach. Roll up and serve.

350 **10g** **12g** **45g** **8g**
CALORIES PROTEIN FAT CARBS FIBER



INGREDIENTS

1 ¼ Whole Grain Wraps
2 ½ tbsp Hummus
⅓ cup Sliced Cucumber
⅓ cup Bell Pepper
1 ½ cups Spinach

Spread hummus on wrap. Add sliced vegetables and spinach. Roll up and serve.

350 **10g** **12g** **45g** **8g**
CALORIES PROTEIN FAT CARBS FIBER

TURKEY AND AVOCADO SANDWICH

INGREDIENTS

1 slice Whole Grain Bread
1 ½ slices Turkey Breast
⅓ Avocado
½ leaf Lettuce
1 slice Tomato
½ tsp Mustard

Layer turkey, avocado, lettuce, tomato, and mustard on bread slices. Assemble sandwich.

190 **11g** **7.5g** **17.5g** **3.5g** **2g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR



INGREDIENTS

2 slices Whole Grain Bread
4 slices Turkey Breast
⅓ Avocado
2 leaves Lettuce
2 slices Tomato
1 tsp Mustard

Layer turkey, avocado, lettuce, tomato, and mustard on bread slices. Assemble sandwich.

570 **33g** **22.5g** **52.5g** **10.5g** **6g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR

DIET PLAN

XS BURN

LUNCH

1,400 CALORIE DIET

2,200 CALORIE DIET

CHICKPEA SALAD

INGREDIENTS

- 1/3 can Chickpeas
- 1/6 cup Diced Cucumber
- 1/6 cup Diced Tomato
- 1/6 cup Diced Red Onion
- 1/3 tbsp Olive Oil
- 1/3 tbsp Lemon Juice
- 1/6 tbsp Parsley

Mix chickpeas, cucumber, tomato, and onion. Dress with olive oil, lemon juice, and parsley.

106 **4g** **3.3g** **15g** **4g** **1.7g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR



INGREDIENTS

- 2/3 can Chickpeas
- 1/4 cup Diced Cucumber
- 1/4 cup Diced Tomato
- 1/4 cup Diced Red Onion
- 2/3 tbsp Olive Oil
- 2/3 tbsp Lemon Juice
- 1/4 tbsp Parsley

Mix chickpeas, cucumber, tomato, and onion. Dress with olive oil, lemon juice, and parsley.

213 **8g** **6.7g** **30g** **8g** **3.3g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR

SALMON AND ASPARAGUS

INGREDIENTS

- 1/2 Salmon Filet
- 1/2 cup Asparagus
- 1/2 tbsp Olive Oil
- 1/2 tbsp Lemon Juice
- 1/2 tbsp Dill

Preheat the oven to 400°F. Place the salmon fillet and asparagus on a baking sheet. Drizzle with olive oil and lemon juice, then sprinkle with dill. Bake for 15-20 minutes or until the salmon is cooked through and flakes easily with a fork, and the asparagus is tender.

225 **17.5g** **12.5g** **5g** **2g** **1g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR



INGREDIENTS

- 1 1/4 Salmon Filet
- 1 1/4 cup Asparagus
- 1 1/4 tbsp Olive Oil
- 1 1/4 tbsp Lemon Juice
- 1 1/4 tbsp Dill

Preheat the oven to 400°F. Place the salmon fillet and asparagus on a baking sheet. Drizzle with olive oil and lemon juice, then sprinkle with dill. Bake for 15-20 minutes or until the salmon is cooked through and flakes easily with a fork, and the asparagus is tender.

563 **43.8g** **31.3g** **12.5g** **5g** **2.5g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR

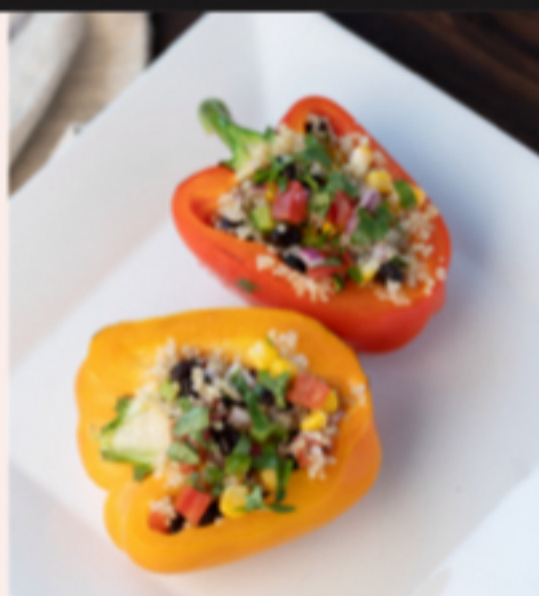
QUINOA STUFFED PEPPERS

INGREDIENTS

- 1 Bell Pepper
- 1/3 cup Cooked Quinoa
- 1/6 cup Black Beans
- 1/6 cup Corn
- 1/6 cup Salsa

Preheat the oven to 375°F. Mix the cooked quinoa, black beans, corn, and salsa in a bowl. Cut the tops off the bell peppers and remove the seeds. Stuff the bell peppers with the quinoa mixture. Place the stuffed peppers in a baking dish and bake for 25-30 minutes or until the bell peppers are tender.

200 **7.5g** **5g** **30g** **7.5g** **6g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR



INGREDIENTS

- 1 1/2 Bell Pepper
- 2/3 cup Cooked Quinoa
- 1/3 cup Black Beans
- 1/3 cup Corn
- 1/3 cup Salsa

Preheat the oven to 375°F. Mix the cooked quinoa, black beans, corn, and salsa in a bowl. Cut the tops off the bell peppers and remove the seeds. Stuff the bell peppers with the quinoa mixture. Place the stuffed peppers in a baking dish and bake for 25-30 minutes or until the bell peppers are tender.

300 **11.3g** **7.5g** **45g** **11.3g** **9g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR

TOFU STIR-FRY

INGREDIENTS

- 1/3 block Tofu
- 1 cup Mixed Vegetables
- 1 tbsp Soy Sauce
- 1/3 Garlic Clove
- 1/3 tsp Ginger

Sauté garlic and ginger. Add tofu and vegetables. Cook until tender. Add soy sauce.

233 **12g** **10g** **26.7g** **6.7g** **6.7g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR



INGREDIENTS

- 2/3 block Tofu
- 1 1/2 cups Mixed Vegetables
- 1 1/2 tbsp Soy Sauce
- 1 Clove Garlic
- 1 tsp Ginger

Sauté garlic and ginger. Add tofu and vegetables. Cook until tender. Add soy sauce.

466 **24g** **20g** **53.3g** **13.3g** **13.3g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR

DIET PLAN

XS BURN

DINNER

1,400 CALORIE DIET

2,200 CALORIE DIET

BAKED SALMON WITH ASPARAGUS AND BROWN RICE

INGREDIENTS

- ½ Salmon Fillet
- ½ cup Asparagus
- ¼ cup Brown Rice
- ½ tbsp Olive Oil
- ½ tbsp Lemon

Preheat the oven to 400°F. Place the salmon fillets on a baking sheet and drizzle with olive oil and lemon juice. Bake for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork. Steam the asparagus for 5-7 minutes until tender. Serve the baked salmon and steamed asparagus with cooked brown rice.

250 CALORIES **17.5g** PROTEIN **12.5g** FAT **22.5g** CARBS **2.5g** FIBER **1g** SUGAR



INGREDIENTS

- 1 ½ Salmon Fillets
- 1 ½ cup Asparagus
- ¾ cup Brown Rice
- 1 ½ tbsp Olive Oil
- 1 ½ tbsp Lemon

Preheat the oven to 400°F. Place the salmon fillets on a baking sheet and drizzle with olive oil and lemon juice. Bake for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork. Steam the asparagus for 5-7 minutes until tender. Serve the baked salmon and steamed asparagus with cooked brown rice.

750 CALORIES **52.5g** PROTEIN **37.5g** FAT **67.5g** CARBS **7.5g** FIBER **3g** SUGAR

CHICKEN AND VEGETABLE STIR-FRY

INGREDIENTS

- ½ Chicken Breast
- 1 cup Mixed Vegetables
- ½ tbsp Soy Sauch
- ½ Garlic Clove
- ½ tsp Ginger

Sauté garlic and ginger. Add chicken and cook until browned. Add vegetables and soy sauce. Cook until tender.

225 CALORIES **15g** PROTEIN **7.5g** FAT **25g** CARBS **4g** FIBER **6g** SUGAR



INGREDIENTS

- 1 ½ Chicken Breast
- 3 cup Mixed Vegetables
- 1 ½ tbsp Soy Sauch
- 1 ½ Garlic Cloves
- 1 ½ tsp Ginger

Sauté garlic and ginger. Add chicken and cook until browned. Add vegetables and soy sauce. Cook until tender.

675 CALORIES **45g** PROTEIN **22.5g** FAT **75g** CARBS **12g** FIBER **18g** SUGAR

LENTIL AND TOMATO SALAD

INGREDIENTS

- ½ cup Cooked Lentils
- ½ cup Cherry Tomatoes
- ¼ cup Cucumber
- ¼ cup Red Onion
- ½ tbsp Parsley
- ½ tbsp Olive Oil
- ½ tbsp Lemon Juice

Mix lentils, tomatoes, cucumber, and onion. Dress with olive oil, lemon juice, and parsley.

200 CALORIES **9g** PROTEIN **6g** FAT **25g** CARBS **9g** FIBER **4g** SUGAR



INGREDIENTS

- 1 ½ cups Cooked Lentils
- 1 ½ cups Cherry Tomatoes
- ¾ cup Cucumber
- ¾ cup Red Onion
- 1 ½ tbsp Parsley
- 1 ½ tbsp Olive Oil
- 1 ½ tbsp Lemon Juice

Mix lentils, tomatoes, cucumber, and onion. Dress with olive oil, lemon juice, and parsley.

600 CALORIES **27g** PROTEIN **18g** FAT **75g** CARBS **27g** FIBER **12g** SUGAR

VEGETABLE CURRY WITH BROWN RICE

INGREDIENTS

- ½ cup Mixed Vegetables
- ½ cup Coconut Milk
- ½ tbsp Curry Powder
- ½ Garlic Clove
- ½ tsp Ginger
- ¼ cup Brown Rice

Sauté garlic and ginger. Add vegetables, coconut milk, and curry powder. Simmer until vegetables are tender. Serve with brown rice.

225 CALORIES **6g** PROTEIN **7.5g** FAT **32.5g** CARBS **5g** FIBER **6g** SUGAR



INGREDIENTS

- 1 ½ cups Mixed Vegetables
- 1 ½ cups Coconut Milk
- 1 ½ tbsp Curry Powder
- 1 ½ Garlic Cloves
- 1 ½ tsp Ginger
- ¾ cup Brown Rice

Sauté garlic and ginger. Add vegetables, coconut milk, and curry powder. Simmer until vegetables are tender. Serve with brown rice.

675 CALORIES **18g** PROTEIN **22.5g** FAT **97.5g** CARBS **15g** FIBER **18g** SUGAR

DIET PLAN

XS BURN

DINNER

1,400 CALORIE DIET

2,200 CALORIE DIET

QUINOA AND BLACK BEAN STUFFED SWEET POTATOES

INGREDIENTS

- 1 Sweet Potato
- 1/3 cup Cooked Quinoa
- 1/6 cup Black Beans
- 1/6 cup Salsa
- 1/6 Avocado

Preheat the oven to 400°F. Bake the sweet potato for 45-60 minutes or until tender. While the sweet potato is baking, mix the cooked quinoa and black beans. Once the sweet potato is tender, cut it open and top with the quinoa and bean mixture, salsa, and avocado slices.

250 CALORIES **7.5g** PROTEIN **10g** FAT **35g** CARBS **6g** FIBER **10g** SUGAR



INGREDIENTS

- 2 1/2 Sweet Potatoes
- 1 cup Cooked Quinoa
- 1/2 cup Black Beans
- 1/2 cup Salsa
- 1/2 Avocado

Preheat the oven to 400°F. Bake the sweet potato for 45-60 minutes or until tender. While the sweet potato is baking, mix the cooked quinoa and black beans. Once the sweet potato is tender, cut it open and top with the quinoa and bean mixture, salsa, and avocado slices.

625 CALORIES **18.8g** PROTEIN **25g** FAT **87.5g** CARBS **15g** FIBER **25g** SUGAR

SPAGHETTI SQUASH WITH MARINARA SAUCE

INGREDIENTS

- 1/2 Spaghetti Squash
- 1/2 cup Marinara Sauce
- 1/2 Garlic Clove
- 1/2 tsp Basil
- 1/2 tbsp Parmesan Cheese

Preheat the oven to 400°F. Cut the spaghetti squash in half and remove the seeds. Place the squash halves cut-side down on a baking sheet and bake for 40-45 minutes or until tender. Scrape the strands into a bowl using a fork. In a saucepan, heat the marinara sauce with garlic and basil until warm. Pour the marinara sauce over the squash strands and top with Parmesan cheese.

175 CALORIES **5g** PROTEIN **6g** FAT **22.5g** CARBS **4g** FIBER **7.5g** SUGAR



INGREDIENTS

- 1 1/2 Spaghetti Squash
- 1 1/2 cups Marinara Sauce
- 1 1/2 Garlic Cloves
- 1 1/2 tsp Basil
- 1 1/2 tbsp Parmesan Cheese

Preheat the oven to 400°F. Cut the spaghetti squash in half and remove the seeds. Place the squash halves cut-side down on a baking sheet and bake for 40-45 minutes or until tender. Scrape the strands into a bowl using a fork. In a saucepan, heat the marinara sauce with garlic and basil until warm. Pour the marinara sauce over the squash strands and top with Parmesan cheese.

525 CALORIES **15g** PROTEIN **18g** FAT **67.5g** CARBS **12g** FIBER **22.5g** SUGAR

GRILLED SHRIMP WITH QUINOA AND VEGETABLES

INGREDIENTS

- 1/3 cup Shrimp
- 1/3 cup Cooked Quinoa
- 1/3 cup Mixed Vegetables
- 1/3 tbsp Olive Oil
- 1/3 tbsp Lemon

Grill shrimp with olive oil and lemon. Serve with quinoa and sautéed vegetables.

150 CALORIES **8.3g** PROTEIN **5g** FAT **15g** CARBS **3g** FIBER **1.7g** SUGAR



INGREDIENTS

- 1 1/2 cups Shrimp
- 1 1/2 cups Cooked Quinoa
- 1 1/2 cups Mixed Vegetables
- 1 1/2 tbsp Olive Oil
- 1 1/2 tbsp Lemon

Grill shrimp with olive oil and lemon. Serve with quinoa and sautéed vegetables.

675 CALORIES **37.5g** PROTEIN **22.5g** FAT **67.5g** CARBS **15g** FIBER **8.3g** SUGAR

STUFFED BELL PEPPERS WITH GROUND TURKEY

INGREDIENTS

- 1 Bell Pepper
- 1/4 lb Ground Turkey
- 1/3 cup Cooked Brown Rice
- 1/4 cup Tomato Sauce
- 1/4 Onion
- 1/4 Garlic Clove

Preheat the oven to 375°F. Sauté the onion and garlic in a skillet until translucent. Add the ground turkey and cook until browned. Mix the cooked turkey with the cooked brown rice and tomato sauce. Cut the tops off the bell peppers and remove the seeds. Stuff the bell peppers with the turkey mixture. Place the stuffed peppers in a baking dish and bake for 25-30 minutes or until the bell peppers are tender.

250 CALORIES **15g** PROTEIN **7.5g** FAT **27.5g** CARBS **5g** FIBER **5g** SUGAR



INGREDIENTS

- 3 Bell Peppers
- 3/4 lb Ground Turkey
- 1 cup Cooked Brown Rice
- 3/4 cup Tomato Sauce
- 3/4 Onion
- 3/4 Garlic Clove

Preheat the oven to 375°F. Sauté the onion and garlic in a skillet until translucent. Add the ground turkey and cook until browned. Mix the cooked turkey with the cooked brown rice and tomato sauce. Cut the tops off the bell peppers and remove the seeds. Stuff the bell peppers with the turkey mixture. Place the stuffed peppers in a baking dish and bake for 25-30 minutes or until the bell peppers are tender.

750 CALORIES **45g** PROTEIN **22.5g** FAT **82.5g** CARBS **15g** FIBER **15g** SUGAR

DIET PLAN

XS BURN

SNACKS

1,400 CALORIE DIET

2,200 CALORIE DIET

HUMMUS WITH CARROT AND CUCUMBER STICKS

INGREDIENTS

1/8 cup Hummus
1/2 portion Sliced Carrots & Cucumbers

Serve hummus with carrot and cucumber sticks.

100 **3g** **5g** **10g** **2.5g** **2.5g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR



INGREDIENTS

1/3 cup Hummus
1 1/2 portions Sliced Carrots & Cucumbers

Serve hummus with carrot and cucumber sticks.

300 **9g** **15g** **30g** **7.5g** **7.5g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR

GREEK YOGURT WITH HONEY AND BERRIES

INGREDIENTS

1/2 cup Greek Yogurt
1/2 tbsp Honey
1/4 cup Mixed Berries

Mix Greek yogurt with honey and top with berries.

125 **7.5g** **1.5g** **20g** **1g** **15g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR



INGREDIENTS

1 1/2 cup Greek Yogurt
1 1/2 tbsp Honey
3/4 cup Mixed Berries

Mix Greek yogurt with honey and top with berries.

375 **22.5g** **4.5g** **60g** **3g** **45g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR

ALMOND BUTTER AND APPLE SLICES

INGREDIENTS

1/2 Apple
1 tbsp Almond Butter

Slice apple and serve with almond butter.

150 **3g** **7.5g** **17.5g** **4g** **12.5g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR



INGREDIENTS

1/2 Apple
1 tbsp Almond Butter

Slice apple and serve with almond butter.

450 **9g** **22.5g** **52.5g** **12g** **37.5g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR

PROTEIN SHAKE

INGREDIENTS

1/2 scoop XS™ Protein Powder
1/2 cup Almond Milk
1/4 Banana
1/2 tbsp Peanut Butter

Blend all ingredients until smooth.

125 **10g** **7.5g** **17.5g** **4g** **12.5g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR



INGREDIENTS

1 1/2 scoops XS™ Protein Powder
1 1/2 cup Almond Milk
3/4 Banana
1 1/2 tbsp Peanut Butter

Blend all ingredients until smooth.

375 **30g** **22.5g** **52.5g** **12g** **37.5g**
CALORIES PROTEIN FAT CARBS FIBER SUGAR

DIET PLAN

XS BURN

SNACKS

1,400 CALORIE DIET

2,200 CALORIE DIET

MIXED NUTS AND DRIED FRUIT

INGREDIENTS

1/8 cup Mixed Nuts
1/8 cup Dried Fruit

Mix nuts and dried fruit together.



150 CALORIES **4g** PROTEIN **10g** FAT **17.5g** CARBS **2.5g** FIBER **12.5g** SUGAR

INGREDIENTS

1/3 cup Mixed Nuts
1/3 cup Dried Fruit

Mix nuts and dried fruit together.

450 CALORIES **12g** PROTEIN **30g** FAT **52.5g** CARBS **7.5g** FIBER **37.5g** SUGAR

VEGGIE STICKS WITH GUACAMOLE

INGREDIENTS

1/8 cup Guacamole
1/2 portion Sliced Bell Pepper, Carrots, & Celery

Serve veggie sticks with guacamole.



100 CALORIES **2g** PROTEIN **7.5g** FAT **7.5g** CARBS **3.5g** FIBER **2.5g** SUGAR

INGREDIENTS

1/3 cup Guacamole
1 1/2 portion Sliced Bell Pepper, Carrots, & Celery

Serve veggie sticks with guacamole.

300 CALORIES **6g** PROTEIN **22.5g** FAT **22.5g** CARBS **10.5g** FIBER **7.5g** SUGAR

HARD BOILED EGGS

INGREDIENTS

1 Egg

Place egg in a pot and cover them with cold water by 1 inch. Bring the water to boil over high heat. As soon as the water begins to boil, turn off the heat and cover the pot, leaving the egg in the hot water for 6-7 minutes for Soft-Boiled, 8-9 minutes for Medium-Boiled, or 10-12 minutes for Hard-Boiled. Move the egg to an icebath for 14 minutes before you peel the egg.



80 CALORIES **6g** PROTEIN **5.5g** FAT **0.5g** CARBS **0g** FIBER **0.5g** SUGAR

INGREDIENTS

3 Eggs

Place egg in a pot and cover them with cold water by 1 inch. Bring the water to boil over high heat. As soon as the water begins to boil, turn off the heat and cover the pot, leaving the egg in the hot water for 6-7 minutes for Soft-Boiled, 8-9 minutes for Medium-Boiled, or 10-12 minutes for Hard-Boiled. Move the egg to an icebath for 14 minutes before you peel the egg.

240 CALORIES **18g** PROTEIN **16.5g** FAT **1.5g** CARBS **0g** FIBER **1.5g** SUGAR

COTTAGE CHEESE WITH PINEAPPLE

INGREDIENTS

1/4 cup Cottage Cheese
2 tbsp Pineapple Chunks

Mix cottage cheese with pineapple chunks.



90 CALORIES **7g** PROTEIN **2.5g** FAT **7.5g** CARBS **0.5g** FIBER **5g** SUGAR

INGREDIENTS

3/4 cup Cottage Cheese
3/4 cup Pineapple Chunks

Mix cottage cheese with pineapple chunks.

270 CALORIES **21g** PROTEIN **7.5g** FAT **22.5g** CARBS **1.5g** FIBER **15g** SUGAR