

# SOLO PLAYER WEEK 1 ZULTS

2400 Calorie Plan - Daily Meal Plan

The meal plan below is to be followed daily from Monday through Saturday .Sunday is your day to eat any leftovers you have accumulated or prepare your own healthy meals.

DESCRIPTION	CARBS	PROTEIN	FAT	KCALS
<b>BREAKFAST KASHI HEART TO HEART CEREAL AND SCRAMBLE</b> 1½ cup Kashi Heart to Heart Cereal ¾ cup Nonfat Milk <b>ON THE SIDE</b> 2 each Egg 4 each Egg Whites 1 cup Spinach 2 tbsp Feta	66 g	44 g	20 g	611
<b>AM SNACK BABY CARROTS AND HUMMUS</b> 4½ ounce Baby Carrots ½ cup Hummus	38 g	14 g	14 g	320
<b>LUNCH FIESTA TURKEY BOWL</b> ¾ cup Brown Rice 5½ ounce Ground Turkey ¼ cup Black Beans ½ cup Cabbage, Shredded ¼ cup Tomato, Chopped ½ each Avocado, Chopped ¼ cup Mozzarella Cheese, Grated 2 tbsp Plain Greek Yogurt 3 tbsp Fresh Salsa	59 g	53 g	17 g	600
<b>PM SNACK APPLE AND PEANUT BUTTER</b> 1 each Apple 2 tbsp All Natural Peanut Butter	31 g	9 g	16 g	282
<b>DINNER BBQ CHICKEN PIZZA AND SALAD</b> 4 quarters BBQ Chicken Pizza <b>ON THE SIDE</b> 2 cup Spring Salad Mix 2 tbsp Bolthouse Dressing	60 g	49 g	17 g	595

## POST-WORKOUT SNACK

Enjoy your post-workout snack within 30 minutes of your workout to build muscle and improve recovery

### OJ and Protein Powder

Shake ingredients in a shaker bottle or stir with a spoon. Banana can be eaten on the side or blend ingredients together.

- 16 ounces Orange Juice,, Not from Concentrate
- 3 tbsp Vanilla Whey Protein Powder
- ½ each Banana

# SOLO ZULTS SHOPPING LIST

## Produce Section

<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Apple, Any Variety	6 each	P
<input type="checkbox"/>	Avocado	2 each	L
<input type="checkbox"/>	Tomato, Chopped	1½ cup	L
<input type="checkbox"/>	Baby Carrots	27 ounce	A
<input type="checkbox"/>	Cabbage, Shredded	2 cup	L
<input type="checkbox"/>	Cilantro	1 bunch	D
<input type="checkbox"/>	Red Onion, Large	1 each	D
<input type="checkbox"/>	Spinach	6 cup	B
<input type="checkbox"/>	Spring Salad Mix	12 cup	D
<input type="checkbox"/>	Bolthouse Dressing, Any Variety (1)	¾ cup	D

## Meat Section

<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Chicken Breast, Boneless/Skinless	2½ lb	D
<input type="checkbox"/>	Ground Turkey, 99% Extra Lean	2½ lb	L

## Dairy Section

<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Egg, 12 Egg White, 24 (2)	36 total	B
<input type="checkbox"/>	Nonfat Milk	4½ cup	B
<input type="checkbox"/>	Plain Greek Yogurt	¾ cup	L
<input type="checkbox"/>	Feta Cheese	¾ cup	B
<input type="checkbox"/>	Mozzarella Cheese, Grated	4½ cup	L,D

## Grains

<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Mission Organic Whole Wheat Tortilla	6 each	D
<input type="checkbox"/>	Kashi Heart to Heart Cereal (3)	9 cup (2 boxes)	B
<input type="checkbox"/>	Brown Rice, Uncooked	2 cup	L

## Canned/Other

<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Low Sodium Black Beans	1½ cup	L

<input type="checkbox"/>	BBQ Sauce (4)	2 cup	D
<input type="checkbox"/>	Hummus	2 cup	A
<input type="checkbox"/>	Fresh Salsa	1⅛ cup	L

## Staples

<input checked="" type="checkbox"/>	Description	Meal
<input type="checkbox"/>	Olive Oil and Non-Stick Spray	
<input type="checkbox"/>	Mrs. Das Salt or Salt Free Seasoning. Suggested, Southwest Chipotle or	L
<input type="checkbox"/>	All Natural Creamy Peanut Butter	P

## Special Instructions

<b>Remember that bulk sections are a great place to find dried fruit, nuts, nut butters, grains and spices</b>	
1)	Found in the produce refrigerated section.
2)	Liquid egg whites are a good option.
3)	Honey toasted or warm cinnamon.
4)	No high fructose corn syrup. Sugar under 8 grams. Sodium under 250 mg.

# SOLO PLAYER WEEK 1

2400 Calorie Plan - Cooking Instructions

# ZULTS

## BREAKFAST: EGG SCRAMBLE

Prep Time: 5 minutes  
Total Time: 15 minutes  
Storage:

### Scramble Ingredients

2 each - Egg, Whisked  
4 each - Egg White, Whisked  
1 cup - Spinach  
2 tbsp - Feta

### Scramble Cooking Instructions

1. Heat pan on medium heat. Spray with non-stick spray.
2. Add whisked eggs and stir occasionally until eggs begin to set, then stir in spinach. Continue to cook until just wilted.
3. Sprinkle with feta and stir until warm.

## AM SNACK: CARROTS AND HUMMUS

Prep Time: 5 minutes  
Total Time: 10 minutes  
Storage: Refrigerator

Prepare this snack in advance for the week. Use a sandwich bag or airtight container to hold the daily measured carrots and hummus. Place the hummus on the bottom and the carrots on the top. It doesn't get easier than that!

## LUNCH: FIESTA TURKEY BOWL

Drain and rinse black beans, store in an airtight container half full of water to avoid drying out.

Prep Time: 5 minutes  
Total Time: 40 minutes  
Storage: Refrigerator

### Ingredients

2½ lb - Ground Turkey 99% Extra Lean  
2 cup - Brown Rice  
4 cup - Water  
Salt Free Seasoning

### Cooking Instructions

1. Heat a pan on medium-high heat. Spray lightly with non-stick spray. Add turkey and cook until no longer pink, breaking up into pieces.
2. While cooking, add salt free seasoning to turkey. You may add as much or as little as you want.
3. Add brown rice and water to a pot.
4. Bring water to a boil. Reduce to low heat, cover tightly, and cook for 30 minutes or until water is absorbed and rice is tender.
5. Allow both turkey and rice to cool completely and store in refrigerator.

## Dinner: BBQ CHICKEN PIZZA

Prep Time: 5 minutes  
Total Time: 45 minutes  
Storage: Refrigerator

### Ingredients (PER MEAL)

4 quarters - Mission Organic Whole Wheat Tortillas  
¼ cup + 1 tbsp - BBQ Sauce  
½ cup - Mozzarella Cheese, Grated  
5 oz - Chicken Breast, Chopped or Shredded  
3 tbsp - Red Onion, Chopped  
2-3 tbsp - Cilantro, Chopped (or to taste)

### Prep Instructions

#### Things to Prepare in Advance

1. Chicken can be baked or boiled. **To bake:** preheat the oven to 350°. Bake chicken for about 30 minutes or until no longer pink inside. **To boil:** Place chicken in a large pot. Cover with water and bring to a boil. Reduce heat slightly and continue to boil for about 20 minutes or until cooked through.
2. When chicken is cooked, allow to cool and then shred or chop into bite sized pieces.
3. Grate mozzarella cheese and chop red onion.
4. Cut tortillas in quarters. Gently wash cilantro but do not chop until ready to use.

### Day of Cooking Instructions

1. Preheat oven to 375°.
2. Bake tortilla quarters directly on rack for 3 - 4 minutes or until golden brown.
3. Remove tortillas from oven and place on cookie sheet. Spread BBQ sauce on tortillas. Another option is to toss the chicken with some of the BBQ sauce. Next, top with mozzarella cheese, red onion, chicken, and cilantro. Place back in the oven and bake for an additional 5 minutes or until cheese is melted and chicken is heated through.