

# SOLO PLAYER | WEEK 2 ZULTS

1600 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 PEACH AND RASPBERRY SMOOTHIE</b> ½ cup Frozen Peaches ½ cup Frozen Raspberries ¾ cup Unsweetened Almond Milk ½ cup Raw Old Fashioned Oats 1 scoop Vanilla Whey Protein Powder 1 tbsp All Natural Peanut Butter	40 g	32 g	15 g	398
<b>AM SNACK ALMONDS AND STRING CHEESE</b> 15 each Raw Almonds 1 each String Cheese	5 g	10 g	14 g	183
<b>LUNCH SPINACH CHICKEN SALAD W/ POPPY SEED DRESSING</b> 4 ounce Chicken Breast, Sliced 3 cup Spinach ¼ each Apple, Diced 2 tbsp Dried Cranberries 2 tbsp Raw Walnuts, Chopped 1 tbsp Red Onion, Chopped 2 tbsp Feta Cheese 3 tbsp Poppy Seed Dressing	41 g	37 g	16 g	429
<b>PM SNACK NO BAKE DESSERT</b> 1 piece No Bake Dessert	25 g	8 g	7 g	184
<b>DINNER MANGO FISH TACOS</b> 3 each Corn Tortilla 3 tbsp Mozzarella Cheese, Grated 4 ounce Cod ¼ cup Black Beans ¼ cup Cabbage, Shredded ¼ cup Peach Mango Salsa	54 g	34 g	7 g	412

## 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.

- 12 ounces Orange Juice, Not from Concentrate
- 3 tbsp Vanilla Whey Protein Powder

# SOLO ZULTS SHOPPING LIST

Produce Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Apple, Any Variety	2 each	L
<input type="checkbox"/>	Lime	2 each	D
<input type="checkbox"/>	Cabbage, Shredded	1½ cup	D
<input type="checkbox"/>	Red Onion	1 each	L
<input type="checkbox"/>	Spinach	18 cup	L

Meat Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Chicken Breast, Boneless/Skinless	2 lb	L
<input type="checkbox"/>	Cod (1)	2 lb	D

Dairy Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Plain Nonfat Greek Yogurt	½ cup	L
<input type="checkbox"/>	Mozzarella Cheese, Grated	1½ cup	D
<input type="checkbox"/>	Feta Cheese	¾ cup	L
<input type="checkbox"/>	String Cheese	6 each	A

Grains			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Corn Tortillas	18 each	D
<input type="checkbox"/>	Raw Old Fashioned Oats	3½ cup	B,P

Canned/Other			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Dried Cranberries	¾ cup	L
<input type="checkbox"/>	Raw Whole Almonds	90 each	A
<input type="checkbox"/>	Raw Walnuts, Chopped	¾ cup	L
<input type="checkbox"/>	Poppy Seeds	2 tsp	L
<input type="checkbox"/>	Unsweetened Vanilla Almond Milk (2)	4 cup	B
<input type="checkbox"/>	Mango or Peach Mango Salsa (3)	1½ cup	D
<input type="checkbox"/>	Low Sodium Black Beans	1½ cup	D
<input type="checkbox"/>	Frozen Peaches	3 cup	B
<input type="checkbox"/>	Frozen Raspberries	3 cup	B

Staples		
<input checked="" type="checkbox"/>	Description	Meal
<input type="checkbox"/>	Olive Oil and Non-Stick Spray	
<input type="checkbox"/>	Foil or Parchment Paper	D
<input type="checkbox"/>	Balsamic Vinegar	L
<input type="checkbox"/>	Dijon Mustard, Can be store brand.	L
<input type="checkbox"/>	Raw Honey	L,P
<input type="checkbox"/>	All Natural Creamy Peanut Butter	B,P
<input type="checkbox"/>	Vanilla Whey Protein Powder	B,P

Special Instructions	
Remember that bulk sections are a great place to find dried fruit, nuts, nut butters, grains and spices	
1)	Substitute with another white fish.
2)	Can be found in the baking or dairy section.
3)	Fresh if possible.

# SOLO PLAYER WEEK

## 2

1600 Calorie Plan - Cooking Instructions

# ZULTS

### BREAKFAST: PEACH AND RASPBERRY SMOOTHIE

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

Blend all the ingredients together, adding water and ice for desired consistency.

### AM SNACK: ALMONDS AND STRING CHEESE

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

Another easy to grab snack. Plan ahead and count out daily almonds. Store in a small resealable bag with string cheese. Keep in the refrigerator until ready to eat.

### LUNCH: CHICKEN SALAD WITH POPPY SEED DRESSING

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

#### Chicken Ingredients

2 lb - Chicken Breast

#### Poppy Seed Dressing Ingredients

½ cup - Plain Nonfat Greek Yogurt  
¼ cup - Dijon Mustard  
¼ cup - Raw Honey  
2 tbsp - Balsamic Vinegar  
2 tsp - Poppy Seed

#### Cooking Instructions

1. Chicken can be baked, sauteed or grilled.  
**To Bake:** Preheat oven to 350°. Lightly coat baking dish with non-stick spray. Add chicken and bake for about 30 minutes or until no longer pink inside.  
**To Saute:** Heat pan on medium heat. Spray with non-stick spray or coat lightly with olive oil. Add chicken and saute until no longer pink. About 5 minutes per side.
2. Mix all the dressing ingredients together.
3. Store dressing in an airtight container in the refrigerator.

**Note:** For more even cooking, slice chicken breasts horizontally or pound to thin.

### PM SNACK: PEANUT BUTTER NO BAKE

Prep Time: 10 minutes  
Total Time: 30 minutes  
Storage: Refrigerator

#### PB No Bake Ingredients

1½ cup - Old Fashioned Oats  
3 tbsp - Raw Honey  
¼ cup - All Natural Peanut Butter  
3 tbsp - Vanilla Whey Protein Powder  
Water

#### PB No Bake Instructions

1. Combine all ingredients in mixing bowl. If necessary, add 1 tsp of water at time until desired consistency.
2. Divide into six equal portions.
3. For each portion, roll into a ball.
4. Set on plate and place in refrigerator.

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## DINNER: MANGO FISH TACOS

Drain and rinse black beans, store in an airtight container half full of water to avoid drying out. For freshness it is suggested to cook half the fish during prep and the rest mid week. It can also be cook nightly. If doing so, weigh out 4½ ounces raw before cooking.

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

### Ingredients (Per Meal)

3 each - Corn Tortillas  
3 tbsp - Mozzarella Cheese, Grated  
4 oz - Cod  
¼ cup - Black Beans, Drained and Rinsed  
¼ cup - Cabbage, Shredded  
¼ cup - Peach Mango Salsa Fresh Lime  
Fresh Lime Juice to Taste

### Cooking Instructions

1. Preheat oven to 350°. Line a baking sheet with foil or parchment paper. Place cod on a baking sheet.
2. Squeeze lime juice on fish and bake at 350° for 12-15 minutes.
3. Fish is cooked when the filet easily separates with a fork.
4. When ready to eat, warm tortillas in a non stick pan, divide mozzarella cheese and let melt on tortillas.
5. Place ingredients on tortillas and cook until outside shell in slightly brown.
6. Fold in half and enjoy your tacos.