

SOLO PLAYER | WEEK 2 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
BREAKFAST PEACH AND RASPBERRY SMOOTHIE	67 g	47 g	19 g	584
1 cup Frozen Peaches				
1 cup Frozen Raspberries				
1 cup Unsweetened Almond Milk				
½ cup Raw Old Fashioned Oats				
1½ scoop Vanilla Whey Protein Powder				
1 tbsp All Natural Peanut Butter				
AM SNACK ALMONDS AND STRING CHEESE	7 g	17 g	23 g	298
20 each Raw Almonds				
2 each String Cheese				
LUNCH SPINACH CHICKEN SALAD W/ POPPY SEED DRESSING	58 g	46 g	23 g	595
5 ounce Chicken Breast, Sliced				
3 cup Spinach				
½ each Apple, Diced				
3 tbsp Dried Cranberries				
3 tbsp Raw Walnuts, Chopped				
2 tbsp Red Onion, Chopped				
3 tbsp Feta Cheese				
3 tbsp Poppy Seed Dressing				
PM SNACK NO BAKE DESSERT	41 g	14 g	11 g	300
2 piece No Bake Dessert				
DINNER MANGO FISH TACOS	72 g	51 g	11 g	595
4 each Corn Tortilla				
½ cup Mozzarella Cheese, Grated				
6 ounce Cod				
½ cup Black Beans				
½ cup Cabbage, Shredded				
½ cup Peach Mango Salsa				

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	3 each	L
<input type="checkbox"/>	Lime	3 each	D
<input type="checkbox"/>	Cabbage, Shredded	3 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	2¼ lb	L
<input type="checkbox"/>	Cod (1)	2½ 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	2 cup	D
<input type="checkbox"/>	Feta Cheese	1⅛ cup	L
<input type="checkbox"/>	String Cheese	12 each	A

Grains			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Corn Tortillas	24 each	D
<input type="checkbox"/>	Raw Old Fashioned Oats	5½ cup	B,P

Canned/Other			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Dried Cranberries	1⅓ cup	L
<input type="checkbox"/>	Raw Whole Almonds	120 each	A
<input type="checkbox"/>	Raw Walnuts, Chopped	1⅓ cup	L
<input type="checkbox"/>	Poppy Seeds	2 tsp	L
<input type="checkbox"/>	Unsweetened Vanilla Almond Milk (2)	6 cup	B
<input type="checkbox"/>	Mango or Peach Mango Salsa (3)	2 cup	D
<input type="checkbox"/>	Low Sodium Black Beans	2 cup	D
<input type="checkbox"/>	Frozen Peaches	6 cup	B
<input type="checkbox"/>	Frozen Raspberries	6 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

2400 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

2¼ 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

2½ cup - Old Fashioned Oats

¼ cup + 1 tbsp - Raw Honey

¼ cup + 2 tbsp - All Natural Peanut Butter

1½ scoop - 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 12 equal portions.

3. For each portion, roll into a ball.

4. Set on plate and place in refrigerator.

--	--

<div><div>DINNER: MANGO FISH TACOS</div><div>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 6½ ounces raw before cooking.</div></div>		<div><div>Prep Time: 5 minutes</div><div>Total Time: 40 minutes</div><div>Storage: Refrigerator</div></div>
<div><div>Ingredients (Per Meal)</div><div>4 each - Corn Tortillas</div><div>½ cup - Mozzarella Cheese, Grated</div><div>6 oz - Cod</div><div>½ cup - Black Beans, Drained and Rinsed</div><div>½ cup - Cabbage, Shredded</div><div>½ cup - Peach Mango Salsa Fresh Lime</div><div>Fresh Lime Juice to Taste</div></div>	<div><div>Cooking Instructions</div><div><div>1. Preheat oven to 350°. Line a baking sheet with foil or parchment paper. Place cod on a baking sheet.</div><div>2. Squeeze lime juice on fish and bake at 350° for 12-15 minutes.</div><div>3. Fish is cooked when the filet easily separates with a fork.</div><div>4. When ready to eat, warm tortillas in a non stick pan, divide mozzarella cheese and let melt on tortillas.</div><div>5. Place ingredients on tortillas and cook until outside shell in slightly brown.</div><div>6. Fold in half and enjoy your tacos.</div></div></div>	