

# SOLO PLAYER | WEEK 4

# ZULTS

2000 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 MUESLI</b> 2/3 cup Muesli Mix 1/2 cup Plain Nonfat Greek Yogurt 3 tbsp Low Fat Milk 1 1/2 tsp Raw Honey 3 tbsp Vanilla Whey Protein Powder	52 g	31 g	21 g	488
<b>AM SNACK PB AND J CRUNCH</b> 1 each Wasa Cracker 1 1/2 tbsp All Natural Peanut Butter 1 tbsp All Fruit Spread	28 g	7 g	12 g	231
<b>LUNCH TURKEY, BACON AND AVOCADO SANDWICH</b> 2 slice Dave's Killer Bread 3 1/2 ounce Deli Turkey 1 slice Uncured Turkey Bacon 1/4 each Avocado 2 slice Tomato 1 leaf Romaine Lettuce to taste Mustard 1 cup Grapes	67 g	40 g	17 g	519
<b>PM SNACK JERKY AND ALMONDS</b> 2 ounce Jerky 15 each Raw Almonds	6 g	36 g	10 g	274
<b>DINNER ORANGE CHICKEN AND BROCCOLI</b> 5 ounce Orange Chicken 3/4 cup Brown Rice 1 cup Broccoli	57 g	40 g	17 g	525

## 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"/>	Grapes, Any Variety	6 cup	L
<input type="checkbox"/>	Broccoli, Chopped or Florets	6 cup	D
<input type="checkbox"/>	Avocado	2 each	L
<input type="checkbox"/>	Romaine Lettuce	1 head	L
<input type="checkbox"/>	Tomato	2 each	L

Meat Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Chicken Breast, Boneless/Skinless	2¼ lb	D
<input type="checkbox"/>	Uncured Turkey Bacon	6 slice	L
<input type="checkbox"/>	Deli Turkey (1)	21 ounce	L

Dairy Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Low Fat Milk	1½ cup	B
<input type="checkbox"/>	Plain Nonfat Greek Yogurt	2 cup	B

Grains			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Dave's Killer Bread	12 slice	L
<input type="checkbox"/>	Old Fashioned Oats	1¼ cup	B
<input type="checkbox"/>	Brown Rice	2 cup	D
<input type="checkbox"/>	Wasa Cracker	6 each	A

Canned/Other			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Jerky (2)	12 ounce	P
<input type="checkbox"/>	Rice Vinegar, Unseasoned	½ cup	D
<input type="checkbox"/>	Orange Juice, Fresh or Not from Concentrate	½ cup	D
<input type="checkbox"/>	Cornstarch or Whole Wheat Flour	2 tbsp	D
<input type="checkbox"/>	Unsweetened Coconut, Shredded	¾ cup	B
<input type="checkbox"/>	Raw Whole Almonds	90 each	P
<input type="checkbox"/>	Raw Sunflower Seeds	½ cup	B

<input type="checkbox"/>	Raw Walnut Pieces	¾ cup	B
<input type="checkbox"/>	Dried Apricots, Chopped	¾ cup	B
<input type="checkbox"/>	Golden Raisins	¾ cup	B

Staples		
<input checked="" type="checkbox"/>	Description	Meal
<input type="checkbox"/>	Olive Oil and Non-Stick Spray	
<input type="checkbox"/>	Minced Garlic	
<input type="checkbox"/>	Black Pepper	
<input type="checkbox"/>	Ground Ginger	D
<input type="checkbox"/>	Low Sodium Soy Sauce or Liquid Aminos	D
<input type="checkbox"/>	Mustard, Any Variety (optional)	L
<input type="checkbox"/>	Raw Honey	B,D
<input type="checkbox"/>	All Fruit Spread	A
<input type="checkbox"/>	All Natural Creamy Peanut Butter	A
<input type="checkbox"/>	Cinnamon	B
<input type="checkbox"/>	Vanilla Whey Protein Powder	B

Special Instructions	
Remember that bulk sections are a great place to find dried fruit, nuts, nut butters, grains and spices	
1)	Look for brands without nitrates and nitrites. Lowest sodium.
2)	Turkey beef, chicken etc... Not teriyaki flavor.

<b>BREAKFAST: MUESLI</b> This breakfast can be made several days in advance, the night before or each morning.		Prep Time: 10 minutes Total Time: 20 minutes Storage: Refrigerator
<p><b>Muesli Dry Mix Ingredients</b></p> <ul style="list-style-type: none"> <li>1¼ cup - Old Fashioned Oats</li> <li>¾ cup - Dried Apricot, Chopped</li> <li>¾ cup - Golden Raisins</li> <li>¾ cup - Raw Walnut Pieces</li> <li>½ cup - Raw Sunflower Seeds</li> <li>¾ cup - Unsweetened Shredded Coconut</li> <li>1 tsp - Cinnamon, Or to taste</li> </ul> <p><b>Muesli Ingredients (Daily)</b></p> <ul style="list-style-type: none"> <li>¾ cup - Muesli Dry Mix</li> <li>3 tbsp - Vanilla Whey Protein Powder</li> <li>½ cup - Plain Nonfat Greek Yogurt</li> <li>3 tbsp - Low Fat Milk</li> <li>1½ tsp - Raw Honey</li> </ul>	<p style="text-align: center;"><b>Muesli Dry Mix Instructions</b></p> <hr/> <ol style="list-style-type: none"> <li>1. Combine all dry mix muesli ingredients in a large resealable bag or airtight container.</li> <li>2. Close and shake to mix well.</li> </ol> <p style="text-align: center;"><b>Option 1: Night Before or In Advance Instructions</b></p> <hr/> <ol style="list-style-type: none"> <li>1. Measure out your daily muesli dry mix and put in a bowl or airtight container. Stir in protein powder, yogurt and honey.</li> <li>2. Cover and place in refrigerator overnight.</li> <li>3. In the morning, stir in milk and enjoy.</li> </ol> <p style="text-align: center;"><b>Option 2: Morning of Instructions</b></p> <hr/> <ol style="list-style-type: none"> <li>1. Measure out your daily muesli dry mix and put in a bowl.</li> <li>2. Stir in protein powder, yogurt, honey and milk.</li> <li>3. Allow muesli to sit for 20 minutes or longer and enjoy.</li> </ol>	

<b>AM SNACK: PB AND J CRUNCH</b>		Prep Time: 5 minutes Total Time: 5 minutes Storage:
Spread peanut butter and fruit spread over wasa cracker.		

<b>PM SNACK: JERKY AND ALMONDS</b>		Prep Time: 5 minutes Total Time: 5 minutes Storage:
Make this a quick snack on the go and prepare ahead. Weigh jerky and count out almonds in advance and place them in a resealable bag.		

# DINNER: ORANGE CHICKEN AND BROCCOLI

Prep Time: 20 minutes  
Total Time: 50 minutes  
Storage: Refrigerator

## Orange Chicken Ingredients

2¼ lb - Chicken Breast  
dash - Black Pepper (optional)  
1 tbsp - Olive Oil  
1 tbsp - Minced Garlic  
½ cup - Orange Juice  
½ cup - Raw Honey  
3 tbsp - Low Sodium Soy Sauce  
½ cup - Rice Vinegar, Unseasoned  
1½ - 2 tbsp - Cornstarch or Whole Wheat  
Flour (For a thinner sauce use half the  
amount)  
½ tsp - Ground Ginger, or to taste

## Brown Rice Ingredients

2 cup - Brown Rice  
4 cup - Water

## Broccoli Ingredients (Daily)

1 tsp - Olive Oil  
2 tsp - Minced Garlic  
1 cup - Broccoli, Chopped into florets

## Orange Chicken Instructions

1. Cut chicken into bite size pieces.
2. Heat olive oil in a large pan over medium heat.
3. Add chicken, sprinkle with black pepper and saute for about 5-6 minutes or until browned and almost cooked through. Carefully drain any juices.
4. In a small bowl whisk together remaining ingredients for sauce.
5. Pour sauce over chicken and stir. Let sauce come to a boil, then boil for an additional minute until sauce slightly thickens and chicken is cooked through. Sauce will thicken as it cools.
6. Remove from heat and allow to cool completely before storing in refrigerator.

## Brown Rice Instructions

1. In a pot, add water and rice. Bring to a boil. Reduce heat, cover and simmer. Let cook for 30 minutes or until liquid has absorbed.
2. Store in an airtight container in the refrigerator.

## Daily Broccoli Instructions

1. Add olive oil to a pan and heat on medium heat. Stir in minced garlic and saute for about 1 minute.
2. Add the broccoli to pan and continue to saute until broccoli becomes tender.