

Meal	Recipie	Serving Size
Snack 1 - 1/2 Rx Bar	c'mon man!	If you want personalized serving sizes and macros your gotta subscribe to the monthly plan. Reach out to Coah Amy @ Amygambow@msn.com for more info
Snack 2 - Almond Butter + 1/2 Banna	uhhhh	
Meal 1 - Chicken Lettuce Wraps	https://atlantasportsrecovery.com/crockpot-shredded-chicken-lettuce-wraps/	
Meal 2 - Avacado Eggs with Side Salad	https://atlantasportsrecovery.com/avocado-egg-with-side-salad/	
Meal 3 - Irish Sweet Potato Nachos	https://atlantasportsrecovery.com/irish-sweet-potato-nachos/	
Meal 4 - Flank Steak with Hummus & Onions	https://atlantasportsrecovery.com/flank-steak-with-hummus-onions/	
Meal 5 - Pork Tenderloin + Apples & Carrots	https://atlantasportsrecovery.com/pork-tenderloin-with-roasted-apples-carrots/	
Meal 6 - Carne Asada Tacos	https://atlantasportsrecovery.com/carne-asada-tacos/	