

# Pure Form PFT Meal Prep!!!

**NAME:** \_\_\_\_\_

## 21 CHICKEN MEAL DEAL:

(**SP:** Sweet Potatoes, **BR:** Brown Rice, **WR:** White Rice, **Brocc:** Broccoli, **Spin:** Spinach, **GB:** Green Bean)

Mix it up:

**OR:** PICK YOUR CARB

PICK YOUR VEGGIE

Meals 1-7	<b>Carbs:</b> SP	<input type="checkbox"/>	BR	<input type="checkbox"/>	WR	<input type="checkbox"/>	<b>Veggies:</b> Broc	<input type="checkbox"/>	Spin	<input type="checkbox"/>	GB	<input type="checkbox"/>
Meals 8-14	<b>Carbs:</b> SP	<input type="checkbox"/>	BR	<input type="checkbox"/>	WR	<input type="checkbox"/>	<b>Veggies:</b> Broc	<input type="checkbox"/>	Spin	<input type="checkbox"/>	GB	<input type="checkbox"/>
Meals 15-21	<b>Carbs:</b> SP	<input type="checkbox"/>	BR	<input type="checkbox"/>	WR	<input type="checkbox"/>	<b>Veggies:</b> Broc	<input type="checkbox"/>	Spin	<input type="checkbox"/>	GB	<input type="checkbox"/>

## PFT PICK 7: 7 Chicken, 7 Turkey, AND 7 Steak OR 7 Fish

Mix it UP:

**OR:** PICK YOUR CARB

PICK YOUR VEGGIE

Chicken	X	<b>Carbs:</b> SP	<input type="checkbox"/>	BR	<input type="checkbox"/>	WR	<input type="checkbox"/>	<b>Veggies:</b> Broc	<input type="checkbox"/>	Spin	<input type="checkbox"/>	GB	<input type="checkbox"/>
Turkey	X	<b>Carbs:</b> SP	<input type="checkbox"/>	BR	<input type="checkbox"/>	WR	<input type="checkbox"/>	<b>Veggies:</b> Broc	<input type="checkbox"/>	Spin	<input type="checkbox"/>	GB	<input type="checkbox"/>
Steak		<b>Carbs:</b> SP	<input type="checkbox"/>	BR	<input type="checkbox"/>	WR	<input type="checkbox"/>	<b>Veggies:</b> Broc	<input type="checkbox"/>	Spin	<input type="checkbox"/>	GB	<input type="checkbox"/>

## OR

Tilapia	<input type="checkbox"/>	<b>Carbs:</b> SP	<input type="checkbox"/>	BR	<input type="checkbox"/>	WR	<input type="checkbox"/>	<b>Veggies:</b> Broc	<input type="checkbox"/>	Spin	<input type="checkbox"/>	GB	<input type="checkbox"/>
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## PFT BREAKFAST COMBO:

7 Chicken, 7 Turkey, AND 7 Pancakes or Waffles

Chicken	X	<b>Carbs:</b> SP	<input type="checkbox"/>	BR	<input type="checkbox"/>	WR	<input type="checkbox"/>	<b>Veggies:</b> Broc	<input type="checkbox"/>	Spin	<input type="checkbox"/>	GB	<input type="checkbox"/>
Turkey	X	<b>Carbs:</b> SP	<input type="checkbox"/>	BR	<input type="checkbox"/>	WR	<input type="checkbox"/>	<b>Veggies:</b> Broc	<input type="checkbox"/>	Spin	<input type="checkbox"/>	GB	<input type="checkbox"/>
Waffles		<b>OR</b>	Pancakes		<input type="checkbox"/>								

5oz	CAL	PRO	FAT	
Chicken	234	44	8	
Turkey	289	38	8	
Steak	217	33	9	
Tilapia	136	29	2.4	
CARBS	CAL	PRO	CARB	FIBER
Sweet potato	97	2	20	3
Brown Rice	126	3	24	2
White rice	147	3	32	0

Veggies	CAL	PRO	CARB	FIBER
Broccoli	31	3	4	2
Spinach	7	1	0	1
Green Beans	31	2	4	3