

Sample Meals and Menu Plan

Peak Results Fitness

123 W. Birch Ave. Suite 100

Flagstaff, Arizona 86001

Phone: 928.255.0339

Sample Breakfast Options		
<ul style="list-style-type: none"> • 2-4 whole eggs • Mushrooms, onions and peppers • 1-2 oz raw cheddar cheese • 1 medium apple 	<ul style="list-style-type: none"> • 1 hard boiled egg • 2 medium link chicken sausage • 1 cup broccoli • 1 cup strawberries 	<ul style="list-style-type: none"> • 3 slices beef bacon • 1 cup sauteed spinach • 1 medium banana
<ul style="list-style-type: none"> • 3-4 oz smoked salmon • Sliced tomatoes • 1 pear 	<ul style="list-style-type: none"> • 2 eggs • 2 slices turkey bacon • 1 cup cooked asparagus • 1/2 grapefruit 	<ul style="list-style-type: none"> • 3-4 oz ground beef • Steamed cauliflower or broccoli • 1 cup pineapple
<ul style="list-style-type: none"> • 2 whole eggs • 6 oz unsweetened yogurt • 1/2 oz raw walnuts • 1/2 cup blueberries 	<ul style="list-style-type: none"> • 2-3 oz ground chicken or turkey, and 1 egg, • sauteed onions and mushrooms • 1 small banana 	<ul style="list-style-type: none"> • 1 leftover chicken leg (drumstick and thigh) • 1 cup cooked broccoli • 1 pear
Sample Mid-morning and Mid-afternoon Snacks		
<ul style="list-style-type: none"> • 2-3 oz sliced turkey breast • 1-2 oz avocado • Carrots and celery 	<ul style="list-style-type: none"> • 2-3 Tbsp raw almond butter • 1/2-1 whole banana 	<ul style="list-style-type: none"> • 6 oz plain yogurt • 1 oz raw walnuts • 1/2 cup blueberries
<ul style="list-style-type: none"> • 3 oz smoked salmon • Sliced tomatoes • 1 sliced pear 	<ul style="list-style-type: none"> • 3 oz sliced roast beef • Raw sliced peppers and cucumbers • 10 cherries 	<ul style="list-style-type: none"> • 2 oz raw pumpkin seeds • 1 large apple
<ul style="list-style-type: none"> • 1 cup cottage cheese • 1 cup strawberries • 1 oz raw almonds 	<ul style="list-style-type: none"> • 2-3 Tbsp raw walnut butter • Carrots and celery sticks • 10-15 grapes 	<ul style="list-style-type: none"> • 1 sliced apple • 2 Tbsp raw macadamia nut butter
1-2 hard boiled eggs Sliced red, yellow, and Green peppers 1/2 cup strawberries	1-2 oz raw walnuts 20 cherries	2 oz smoked salmon sliced tomatoes Carrot sticks

Sample Meal Ideas

Sample Post Workout Meals		
3-5 oz chicken breast 1/2-1 cup brown rice sauteed Chinese veggies 1/2 sliced apple with 1 tsp raw honey	4-5 oz turkey burger 1/2-1 cup cooked quinoa sauteed onions and mushrooms 1 whole banana	4-5 oz broiled flounder 4-5 oz baked potato 1 cup cooked broccoli and cauliflower 1 sliced pear
1 cup cooked oatmeal (made with water) 1 whole egg + 3 egg whites 1 cup blueberries or strawberries	2 chicken sausage links 4-5 oz baked sweet potato 1 cup cooked asparagus 10-15 grapes	4-5 oz baked tilapia or orange roughy 1 cup brown rice and lentils (mixed) 1 cup pineapple
1 whole egg + 2 egg whites 1-2 oz ground turkey 4 oz cut up potato Onions (make into omelette) 1 ripe peach	4 oz sliced turkey 4 oz baked sweet potato sauteed onions and mushrooms 1 medium banana	2-3 leftover chicken drumsticks 1 cup cooked broccoli 1/2 cup brown rice 1 large apple

Sample Lunch and Dinner Meals		
<ul style="list-style-type: none"> • 4 oz ground turkey or beef burger with sautéed mushrooms and onions • Green salad 1-2 Tbsp EV olive oil or flax seed oil and vinegar • 1 cup fresh berries 	<ul style="list-style-type: none"> • 4-5 oz broiled halibut steak • 1 cup green beans (sautéed with garlic) • Green salad • 1-2 Tbsp EV olive oil or flax seed oil and vinegar • 1 kiwi 	<ul style="list-style-type: none"> • 2 chicken sausages • Grilled asparagus and zucchini sliced tomatoes and cucumbers • 1-2 Tbsp EV olive oil • 1/2 grapefruit
<ul style="list-style-type: none"> • 5 oz cooked shrimp • Chinese vegetables • Green salad • 1-2 Tbsp EV olive oil or flax seed oil and vinegar • 1 small apple 	<ul style="list-style-type: none"> • 4-5 oz ground buffalo tomatoes, onions and peppers (make into chili) • Romaine lettuce salad • 1-2 Tbsp olive oil • 10 cherries 	<ul style="list-style-type: none"> • 4-5 oz lean steak (grilled) • Cooked cauliflower and spinach • 1/2 tsp. butter • 1 small mango
<ul style="list-style-type: none"> • 1 Cornish hen (baked) • Grilled eggplant and zucchini • Sliced tomatoes • 1-2 Tbsp EV olive oil or flax seed oil and vinegar 	<ul style="list-style-type: none"> • 4-5 oz grilled salmon • Cooked Bok Choy • Green salad • 1-2 Tbsp EV olive oil and vinegar • 10-15 grapes 	<ul style="list-style-type: none"> • 4-5 oz Pork tenderloin • 1 cup cooked spinach sautéed with garlic) • Large green salad • 1-2 Tbsp EV olive oil • 1 cup mixed berries

Sample Meal Plans for Women

Sample Day #1	Sample Day #2	Sample Day #3
Meal 1	Meal 1	Meal 1
<ul style="list-style-type: none"> • 2 whole eggs • onions and peppers • 1 oz raw cheddar cheese • 1 medium apple 	<ul style="list-style-type: none"> • 1 hard boiled egg • 1 medium link chicken sausage • 1 cup broccoli • 1/2 cup strawberries 	<ul style="list-style-type: none"> • 2 slices beef bacon • 1 cup sautéed spinach • 1/2 banana
Meal 2	Meal 2	Meal 2
<ul style="list-style-type: none"> • 2 oz sliced turkey breast • 1 oz avocado • Carrots and celery 	<ul style="list-style-type: none"> • 2 Tbsp raw almond butter • 1 medium banana 	<ul style="list-style-type: none"> • 1 oz raw walnuts • 6 oz plain organic yogurt • 1/2 cup blueberries
Post-workout Meal	Post-workout Meal	Post-workout Meal
<ul style="list-style-type: none"> • 3 oz chicken breast • 1/2 cup cooked brown rice • Sautéed Chinese vegetables • 1/2 sliced apple w/1 tsp maple syrup and cinnamon 	<ul style="list-style-type: none"> • 3 oz turkey burger • 1/2 cup cooked quinoa • Sautéed onions and mushrooms • 1 small banana 	<ul style="list-style-type: none"> • 4 oz flounder • 4 oz baked potato • 1 cup cooked broccoli • 1 small pear
Meal 3	Meal 3	Meal 3
<ul style="list-style-type: none"> • 3 oz beef burger • Sautéed mushrooms and onions • 1 cup cooked spinach • Small green salad w/sliced cucumbers • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 4 oz halibut steak • 1 cup green beans (sautéed with garlic) • Small green salad or 1/2 cup raw vegetables • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 2 small chicken or turkey sausages • Grilled asparagus and zucchini • Sliced tomatoes and cucumbers • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar
Meal 4	Meal 4	Meal 4
<ul style="list-style-type: none"> • 2 oz smoked salmon • Sliced tomatoes • 1 small pear 	<ul style="list-style-type: none"> • 2 oz sliced roast beef • Raw sliced peppers and cucumbers 	<ul style="list-style-type: none"> • 1 oz raw pumpkin seeds • 1 medium apple
Meal 5	Meal 5	Meal 5
<ul style="list-style-type: none"> • 1 small Cornish hen (baked) • Grilled eggplant and zucchini • sliced tomatoes and cucumbers • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 4 oz cooked shrimp • Stir fry Chinese vegetables • Green salad with tomatoes • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 4 oz ground buffalo meat (made into chili) • chopped onions, peppers and tomatoes (for chili) • Raw carrots and celery • Sliced tomatoes and carrots

Sample Meal Plan for Women		
Sample Day #4	Sample Day #5	Sample Day #6
Meal 1	Meal 1	Meal 1
<ul style="list-style-type: none"> • 2 oz smoked salmon • Sliced tomatoes and carrots • 1 medium apple 	<ul style="list-style-type: none"> • 1 hard-boiled egg • 1 slice turkey bacon • 1 cup cooked asparagus • 1/2 grapefruit 	<ul style="list-style-type: none"> • 3 oz ground beef or turkey • Steamed cauliflower or broccoli • 1 cup pineapple
Meal 2	Meal 2	Meal 2
<ul style="list-style-type: none"> • 1/2 cup cottage cheese • 10 raw almonds • 1 cup blueberries 	<ul style="list-style-type: none"> • 2 oz sliced roast beef • Sliced tomatoes and cucumbers • other half of grapefruit 	<ul style="list-style-type: none"> • 2 Tbsp raw walnut butter • Carrot and celery sticks • 10-15 grapes or 1/4 cup raisins
Post-workout meal	Post-workout meal	Post-workout meal
<ul style="list-style-type: none"> • 1 whole egg + 3 egg whites • 1 cup cooked oatmeal (made with water) • (cinnamon and stevia to taste) • 1 cup blueberries or strawberries 	<ul style="list-style-type: none"> • 1 large chicken sausage link • 4 oz cooked sweet potato • 1 cup cauliflower • 1 orange 	<ul style="list-style-type: none"> • 4 oz baked tilapia or orange roughy • 1/2 cup brown rice and lentils (mixed) • 1 cup cooked cauliflower • 1 cup pineapple
Meal 3	Meal 3	Meal 3
<ul style="list-style-type: none"> • 3 oz bison burger • Sautéed mushrooms and onions • 1 oz raw cheese • Grilled asparagus • Green salad • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 3 oz pork tenderloin • 1 cup cooked spinach (sautéed with garlic) • Small green salad or 1/2 cup raw vegetables • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 3 oz filet mignon • Grilled asparagus and zucchini • Green salad with sliced tomatoes and cucumbers • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar
Meal 4	Meal 4	Meal 4
<ul style="list-style-type: none"> • 2 Tbsp macadamia nut butter • 1 sliced apple • 1 tsp raw honey 	<ul style="list-style-type: none"> • 1 hard boiled egg • Raw sliced peppers and cucumbers • 10 cherries 	<ul style="list-style-type: none"> • 1 oz raw sunflower seeds • 1 pear
Meal 5	Meal 5	Meal 5
<ul style="list-style-type: none"> • 4 oz turkey chili • tomatoes, peppers and onions • Green salad • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 4 oz grilled salmon • Cooked bok choy • Green Salad with cucumbers • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 1 whole chicken leg (including thigh) • Grilled eggplant • Raw carrots and celery • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar

Sample Meal Plans for Men

Sample Day #1	Sample Day #2	Sample Day #3
Meal 1	Meal 1	Meal 1
<ul style="list-style-type: none"> • 3 whole eggs • Onions and peppers • 2 oz raw cheddar cheese • 1 medium apple 	<ul style="list-style-type: none"> • 2 hard boiled eggs • 1 medium link chicken sausage • 1 cup broccoli • 1 cup strawberries 	<ul style="list-style-type: none"> • 3 slices beef bacon • 1 cup sauteed spinach • 1 medium banana
Meal 2	Meal 2	Meal 2
<ul style="list-style-type: none"> • 3 oz sliced turkey breast • 2 oz avocado • Sliced carrots and celery 	<ul style="list-style-type: none"> • 2 Tbsp raw almond butter • 1 medium banana 	<ul style="list-style-type: none"> • 1-2 oz raw walnuts • 6 oz plain organic yogurt • 1 cup blueberries
Post-workout Meal	Post-workout Meal	Post-workout Meal
<ul style="list-style-type: none"> • 4 oz chicken breast • 1 cup cooked brown rice • Sautéed Chinese vegetables • 1 sliced apple w/1 tsp maple syrup and cinnamon 	<ul style="list-style-type: none"> • 4 oz turkey burger • 1 cup cooked quinoa • Sautéed onions and mushrooms • 1 small banana 	<ul style="list-style-type: none"> • 6 oz flounder • 5 oz baked potato • 1 cup cooked broccoli • 1 pear
Meal 3	Meal 3	Meal 3
<ul style="list-style-type: none"> • 4-5 oz beef burger • Sautéed mushrooms and onions • 1 cup cooked spinach • Small green salad w/sliced cucumbers • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 5-6 oz halibut steak • 1 cup green beans (sautéed with garlic) • Large green salad or 1/2 cup raw vegetables • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 3 chicken or turkey sausages • Grilled asparagus and zucchini • Sliced tomatoes and cucumbers • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar
Meal 4	Meal 4	Meal 4
<ul style="list-style-type: none"> • 3 oz smoked salmon • Sliced tomatoes • 1 sliced pear 	<ul style="list-style-type: none"> • 3 oz sliced roast beef • Raw sliced peppers and cucumbers • 10 cherries 	<ul style="list-style-type: none"> • 2 oz raw pumpkin seeds • 1 large apple
Meal 5	Meal 5	Meal 5
<ul style="list-style-type: none"> • 2 small Cornish game hens (baked) • Grilled eggplant and zucchini • Sliced tomatoes and cucumbers • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 6 oz cooked shrimp • Stir fry Chinese vegetables • Green salad with tomatoes • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 6 oz ground buffalo meat (made into chili) • chopped onions, peppers, and tomatoes (for chili) • Raw carrots and celery

Sample Meal Plans for Men		
Sample Day #4	Sample Day #5	Sample Day #6
Meal 1	Meal 1	Meal 2
<ul style="list-style-type: none"> • 4 oz smoked salmon • Sliced tomatoes and carrots • 1 large apple 	<ul style="list-style-type: none"> • 2 hard-boiled eggs • 2 slices turkey bacon • 1 cup cooked asparagus • 1 small grapefruit 	<ul style="list-style-type: none"> • 4 oz ground beef or turkey • Steamed cauliflower or broccoli • 1 cup pineapple
Meal 2	Meal 2	Meal 2
<ul style="list-style-type: none"> • 1 cup cottage cheese • 15 raw almonds • 1 cup blueberries 	<ul style="list-style-type: none"> • 3 oz sliced roast beef • Sliced tomatoes and cucumbers • 1 small banana 	<ul style="list-style-type: none"> • 2-3 Tbsp raw walnut butter • 1 large apple • 1/4 cup raisins
Post-workout Meal	Post-workout Meal	Post-workout Meal
<ul style="list-style-type: none"> • 1 whole egg + 5 egg whites • 1.5 cup cooked oatmeal (made with water, cinnamon and stevia to taste) • 1 cup blueberries or strawberries 	<ul style="list-style-type: none"> • 2 large chicken sausage link • 6 oz cooked sweet potato • 1 cup cauliflower • 1 orange 	<ul style="list-style-type: none"> • 6 oz baked tilapia or orange roughy • 1 cup brown rice and lentils (mixed) • 1 cup cooked cauliflower • 1 cup pineapple
Meal 3	Meal 3	Meal 3
<ul style="list-style-type: none"> • 4 oz bison burger, sautéed mushrooms and onions • 2 oz raw cheese • Grilled asparagus • Green salad • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 4 oz pork tenderloin • 1 cup cooked spinach (sautéed with garlic) • Large green salad and ½ cup raw vegetables • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 4 oz filet mignon • Grilled asparagus and zucchini • Green salad with sliced tomatoes and cucumbers • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar
Meal 4	Meal 4	Meal 4
<ul style="list-style-type: none"> • 2-3 Tbsp macadamia nut butter • 1 sliced apple • 1 tsp raw honey 	<ul style="list-style-type: none"> • 3 hard-boiled eggs • Raw sliced peppers and cucumbers • 10 cherries 	<ul style="list-style-type: none"> • 2 oz raw sunflower seeds • 1 pear
Meal 5	Meal 5	Meal 5
<ul style="list-style-type: none"> • 5-6 oz turkey chili • Tomatoes, peppers and onions • Green salad • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 5-6 oz grilled salmon • Cooked bok choy • Green salad with cucumbers • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar 	<ul style="list-style-type: none"> • 2 whole chicken legs (including thigh) • Grilled eggplant • Raw carrots and celery • 1 Tbsp ev olive oil or flax seed oil and apple cider vinegar