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WEEKLY MEALPLAN

WEEK #: 1

MEAL PLAN INSTRUCTIONS

CUSTOMIZE YOUR MEAL PLAN

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

Breakfast

Pumpkin spice oatmeal (with **canned pumpkin**, cinnamon, nutmeg, **walnuts** and **sliced apples**), glass of 1-2% milk, scrambled eggs **with salsa**, (2:1 egg white to whole egg ratio) **high grade omega-3's** (see [Jeff's recommendation here](#))

Shred Swap

Standard Meal

Extreme Swap

Snack

LOSE MORE FAT [click here for recipe options](#) **ADD MORE MUSCLE** [click here for recipe options](#) (Approved* snack from another day)

Rx Note:

ATHLEAN-X may add 1 or 2 in addition to your post-workout meal. **CUSTOM OPTIONS** [click here for snacks 1](#)

Instructions:

You will need for this recipe:

Ingredients:

- Quaker Old Fashioned Slow Cook Oats
- Canned Pumpkin (NOT Pumpkin Pie Mix)
- Vanilla Extract
- Splenda or regular Brown Sugar
- Salt
- Maple Syrup
- Butter
- Skim Milk
- Cinnamon (optional nutmeg)

Utensils:

- Spatula

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