

# MASS MEAL PLANS



**160-170 LBS**

By **Alain Gonzalez**

# 160-170 LBS Meal Plan

## Meal 1

4 Whole Eggs  
1 Plain Bagel (or Wheat)  
1 Packet Flavored Oatmeal  
1 Banana

## Meal 2

5oz Multigrain Spaghetti  
2.5oz Lean Ground Turkey  
2 Slices Wheat Bread  
1 Cup Spinach

## Meal 3

148g Red Petite Potatoes  
2.5oz Chicken Breast  
28g Mixed Nuts (or Almonds)

## Meal 4

5oz Multigrain Spaghetti  
2.5oz Chicken Breast  
1 Cup Fat Free Greek Yogurt

## Meal 5

1.5 Cup White Rice (or Brown)  
2.5oz Chicken Breast  
½ Avocado

# 160-170 LBS Meal Plan

## Meal 1

2 Cups Raw Oats  
2 Whole Eggs  
6 tbsp. Egg Whites  
2 Slices Wheat Bread  
2 Slices Turkey Bacon

## Meal 2

1.5 Cups White Rice (or Brown)  
½ Cup Red Kidney Beans  
2.5oz Steak  
1 Cup Mixed Veggies

## Meal 3

7oz Sweet Potato  
4oz Chicken Breast  
1 tbsp. Sunflower Seeds

## Meal 4

1.5 Cups White Rice (or Brown)  
2.5oz Chicken Breast  
1 Cup Broccoli

## Meal 5

4 Slices Wheat Bread  
4oz Tuna  
1 Red Apple  
14g Almonds

**Snack:** 1 Cup Fat Free Greek Yogurt