BILL PHILLIPS BACK TO FIT 12-WEEK TRAINER
MEN’S MEAL PLAN RX

FOR EACH MEAL, CHOOSE ONE OF THE FOLLOWING OPTIONS:

MEAL #1 / BREAKFAST
- Protein shake
- 3/4 cup Greek yogurt with 1/2 cup berries
- 3 egg whites, 2 whole eggs, and 1-1/2 slices whole-grain toast
- 3 medium protein pancakes

MEAL #2 / SNACK
- Protein shake
- Nutrition bar
- 3/4 cup Greek yogurt with 1/2 cup berries
- 3/4 cup low-fat cottage cheese with 1/2 cup light yogurt

MEAL #3 / LUNCH
- 2 slices whole-wheat bread, 6 oz sliced turkey, lettuce, tomato, pickles, and 2 tbsp mustard
- 1 medium chicken breast, 1 cup brown rice, and 1-1/2 cups steamed vegetables
- Protein shake
- 3 cups turkey chili

MEAL #4 / SNACK
- Protein shake
- Nutrition bar
- 3/4 cup Greek yogurt with 1/2 cup berries
- 3/4 cup low-fat cottage cheese with 1/2 cup light yogurt

MEAL #5 / DINNER
- 6 oz salmon, 1 cup cooked quinoa, and at least 1 cup cooked broccoli
- 1 medium grilled chicken breast, 2 cups salad greens, 1/2 chopped apple, and 2 tbsp low-fat dressing
- 6 oz lean steak, 1 small baked potato with 2 tbsp salsa and 1 tbsp low-fat sour cream, and 1 cup steamed green beans
- Ground turkey burger with whole-wheat bun, lettuce, tomato, pickle, and 2 tbsp mustard

MEAL #6 / BEDTIME SNACK
- Protein shake or protein pudding
- 3/4 cup Greek yogurt with 1/2 cup berries
- 3/4 cup low-fat cottage cheese with 1/2 cup light yogurt
- 3 medium blueberry protein pancakes
BILL PHILLIPS BACK TO FIT 12-WEEK TRAINER
WOMEN’S MEAL PLAN RX

FOR EACH MEAL, CHOOSE ONE OF THE FOLLOWING OPTIONS:

MEAL #1 / BREAKFAST
- Protein shake
- 1/2 cup Greek yogurt with 1/3 cup berries
- 3 egg whites, 1 whole egg, and 1 slice whole-grain toast
- 2 medium protein pancakes

MEAL #2 / SNACK
- Protein shake
- Nutrition bar
- 1/2 cup Greek yogurt with 1/3 cup berries
- 1/2 cup low-fat cottage cheese with 1/3 cup light yogurt

MEAL #3 / LUNCH
- 2 slices whole-wheat bread, 4 oz sliced turkey, lettuce, tomato, pickles, and 2 tbsp mustard
- 1 medium chicken breast, 1 cup brown rice, and 1-1/2 cups steamed vegetables
- Protein shake
- 2 cups turkey chili

MEAL #4 / SNACK
- Protein shake
- Nutrition bar
- 1/2 cup Greek yogurt with 1/3 cup berries
- 1/2 cup low-fat cottage cheese with 1/3 cup light yogurt

MEAL #5 / DINNER
- 4 oz salmon, 1 cup cooked quinoa, and at least 1 cup cooked broccoli
- 1 medium grilled chicken breast, 2 cups salad greens, 1/2 chopped apple, and 2 tbsp low-fat dressing
- 4 oz lean steak, 1 small baked potato with 2 tbsp salsa and 1 tbsp low-fat sour cream, and 1 cup steamed green beans
- Ground turkey burger with whole-wheat bun, lettuce, tomato, pickle, and 2 tbsp mustard

MEAL #6 / BEDTIME SNACK
- Protein shake or protein pudding
- 1/2 cup Greek yogurt with 1/3 cup berries
- 1/2 cup low-fat cottage cheese with 1/3 cup light yogurt
- 2 medium blueberry protein pancakes

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