

I WEEK MEAL PLANNER

DAY	UPON RISING 6:45A	BREAKFAST 7:00A	SNACK 10:00A	LUNCH 1:00P	SNACK 4:00P	DINNER 7:00P
1	8oz water with lemon juice	1 cup gluten-free oatmeal with sprinkle of cinnamon, 2 eggs cooked over medium, 1 cup of herbal tea with splash of coconut creamer	Ryno Power Protein shake	1.5-2 cups of spinach with 10-15 dried cranberries, 5-10 plain, raw walnuts and a sprinkle of feta cheese. Top with a 4 oz grilled chicken breast, olive oil and balsamic vinegar.	2 brown rice cakes with 1 tbsp of almond butter on each	Baked Salmon, 1 cup brown rice and 4-6 spears steamed asparagus.
2	8oz water with lemon juice	1 gluten-free english muffin, toasted with 1 tsp butter and jelly, two eggs over easy. 1 cup herbal tea with splash of coconut creamer.	Handful of Ryno Organics trail mix	1 cup brown rice with 1/2-3/4 cup steamed or sauteed veggies, 3-4 oz grilled chicken breast (if desired), 1 tbsp olive oil, dash of sea salt and 1/2 an avocado	Ryno Power Protein Shake	Black Bean Chicken with 1 cup brown rice and 1/2 avocado.
3	8oz water with lemon juice	6oz Greek yogurt with 1 tbsp of honey, 1/2 banana sliced, 10-15 fresh blueberries and 1/4 cup gluten-free granola. 1 cup herbal tea with splash of coconut creamer.	Ryno Power Protein Shake	An example if you are eating out: Spicy tuna sushi roll (ask if they can make with brown rice), 3-4 slices sashimi, 1 bowl of edamame beans, Bottled water with lemon. (Note: Soy sauce has gluten! You can always take your own GF soy sauce in with you...it's available at most health food stores.)	2 Corn Tortillas with a 2oz chicken tender, or similar, and salsa	4-5oz. grilled organic, grass-fed steak with sea salt, pepper and desired seasonings, 1 med baked sweet potato with 1/2 tsp butter and 1 cup salad with olive oil and balsamic vinaigrette.

Every day, you need to consume HALF your body weight in ounces of water. For example, if you weigh 100lbs, drink 50 oz of water per day. You will need to drink more if consuming coffee or caffeinated teas and if working out! If you must have something sweet after dinner, try a nibble of dark chocolate, some greek yogurt with fruit, a protein shake or coconut milk ice cream-*in moderation*, of course. Best to not consume food a couple hours before bedtime so your body repairs at it's optimum. For all protein shakes, we recommend using a milk such as almond, coconut or hemp milk to mix...

*This is a general meal planner, geared towards good health. If you prefer a more finely-tuned nutritional analysis and meal planner specifically for your needs, body type and activity levels, please contact Jennifer Hughes at rynoglobalinfo@gmail.com

DAY	UPON RISING 6:45A	BREAKFAST 7:00A	SNACK 10:00A	LUNCH 1:00P	SNACK 4:00P	DINNER 7:00P
4	8oz water with lemon juice	2 slices of uncured, smoked applewood bacon cooked with 1 small sweet potato and 1/2 med onion in a light drizzle of olive oil. 1 slice of gluten-free toast with 1/2 tsp butter. 1 cup herbal tea with splash of coconut creamer.	1 organic green apple with 1 tbsp almond butter	2 slices of gluten-free, or sprouted wheat bread toasted with hummus and sliced raw veggies, avocado and a drizzle of olive oil/vinegar mix, salt and pepper.	Ryno Power Protein Shake	1.5-2 cups Gluten-free brown rice pasta (cooked al dente) with ground turkey/meat red sauce and 1 cup salad with olive oil and vinegar.
5	8oz water with lemon juice	2 Ryno Power protein pancakes with 1 tbsp organic maple syrup. 1 cup herbal tea with splash of coconut creamer.	Ryno Power Protein Shake	1 cup quinoa with sauteed or steamed vegetables, 1 tbsp olive oil and vinegar and 4 oz of meat...salmon/chicken/lean red meat.	Handful of Ryno Organics trail mix	TACOS! Ground turkey/organic ground beef browned and lightly seasoned with salt, pepper, chili powder, oregano, garlic and onions. Serve with black beans, corn tortillas and for garnish add lettuce, tomatoes, cheese (easy on this!) onions, avocado and salsa.
6	8oz water with lemon juice	2 gluten-free muffins, 2 slices of uncured, smoked applewood bacon and 1 cup herbal tea with splash of coconut creamer.	1 handful of Ryno Organics Almonds	1-2 cups organic mixed baby greens with 4 oz. thinly sliced steak (preferable organic, free-range meat), app. 10 walnuts and balsamic vinaigrette.	Ryno Power Protein Shake	Pork loin: drizzle of olive oil, rosemary, season salt (lightly), thyme and ginger (lightly), garlic and sprinkling of chopped onions with 1 tbsp brown sugar. Wrap in foil and cook at 375 for 35-40 min...serve cut into medallions with baked sweet potato with butter, and 1 cup salad.
7	8oz water with lemon juice	6 oz of Greek yogurt with 1/4 cup brown rice cereal, 4-5 chopped, fresh strawberries and 10-15 blueberries. 1 cup herbal tea with splash of coconut creamer.	Ryno Power Protein Shake	Black bean and cheese burrito in a brown rice tortilla with salsa and avocado. Add a small dollop of organic sour cream if desired. And of course, 10-15 rice or tortilla chips :)	15-20 organic carrot sticks and 2tbsp of hummus	Sauteed vegetables with chicken (cook in same skillet-see Ryan's 10 minute dinner) serve with 1 cup brown rice or quinoa.

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