

# MY 7-DAY MEAL PLAN

BY COLE BILLINGSLEY



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# MY 7-DAY MEAL PLAN

## COLE BILLINGSLEY'S PERSONAL GUIDELINES FOR FUELING UP AND FEELING GOOD

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Ever wonder what a day in the life is like for a MLB player? Well, here's your chance to learn from an athlete (*yours truly!*) about ways to fuel your body properly with nutrient dense foods and plenty of hydrating fluids. I hope you find some fresh inspiration within my weekly menu...it's simple, nutritious, and quite delicious!

### FOOD IS FUEL

For an above average activity level, when I think about my diet and fueling my body, I focus heavily on **protein intake** and **limiting sugar**.

### KEEP IT MOVIN'

My goal each week is to incorporate **3 high intensity workouts, 2 moderate workouts, and 2 days of recovery and rest**. Those workouts involve strength building and cardiovascular activity, so I am breaking down my body at a high level; that means I need protein to help my body and muscles recover efficiently.

### PRIORITIZE PROTEIN

I aim to get at least **150 grams of protein each day**. Protein intake is not a one-size-fits-all approach; daily protein consumption needs are very specific to your individual activity level, body composition, and fitness/nutrition goals. In addition to prioritizing protein, I place a heavy emphasis on **hydration** to replace lost fluids when working out. If you are very active and have a hard time recovering or gaining weight, look at my meal plan to help give you ideas!

As always please reach out for coaching tips or questions around lifestyle choices, I am happy to help you reach your goals!





# Gotta Eat This!

## PROTEIN PACKED FOODS

A few high protein staples to keep in stock in your fridge and pantry:

**Eggs, Chicken Breast, Salmon, Lean Beef, Almonds and Peanuts, Shellfish, and Protein Powders**



## SNACK TIME

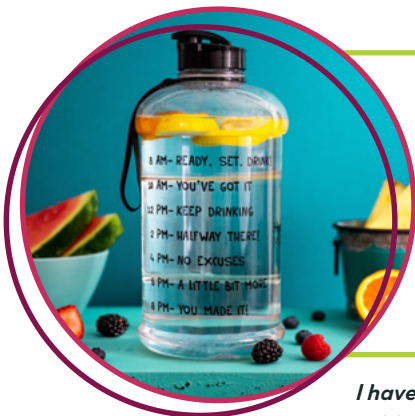
Most of my snack choices evolve around high protein or fruits for hydration and potassium. This is a point in my day where I want to fuel myself to finish the day strong but also not be bogged down by heavy snack choices.



## EAT THIS, NOT THAT

Nutrition Focus:

- High Protein meats (Ground Bison, Chicken, Steak, Salmon, Eggs)
- Vegetables & Fruit
- Water



**AVOID:** High sugary processed foods and drinks. Their very low nutritional value leads to energy crashes, and eating more because your body digests it more quickly than nutrient dense whole foods.

*I have recommended certain name brands\* solely as an example because of known flavor or nutritional content, but you may substitute other brands as well.*

# MEAL PLAN DAY ONE

Measurements provided here are approximations - tweak to meet your needs!

## BREAKFAST

- 2 whole eggs, 2 egg whites (cage free)
- 4 slices of turkey bacon
- 1 slice of wheat toast
- 1 cup of diced strawberries

## MORNING SNACK

- FairLife Protein Shake
- Banana

## LUNCH

### SHRIMP AND VEGGIE STIR FRY

- Grilled shrimp
- 1/2 cup Jasmine rice
- Grilled zucchini, squash, onion, and peppers

## AFTERNOON SNACK

- Keto Cups
- Larabar



### WHY GROUND TURKEY?

This much leaner alternative to beef contains less saturated fat than ground beef and in its place contains more polyunsaturated fat, which is a healthier, protective fat source.

## DINNER

- Spaghetti with whole wheat pasta and ground turkey
- Spices (granulated garlic, salt, pepper, oregano)
- Greenwise Organic Tomato Basil sauce

# MEAL PLAN DAY TWO

## BREAKFAST

- English Muffin
- Cage free fried egg
- 2 Turkey Sausage patties
- 1/2 cup of strawberries

## MORNING SNACK

- Banana

## LUNCH

### GRILLED CHICKEN WRAP

- Grilled chicken
- Lettuce & cheese
- Salt, pepper, and Cajun seasoning
- Pico de gallo (Fresh chopped tomato, red onion, cilantro, jalapeno, and black pepper) a pinch of salt

## AFTERNOON SNACK

- Grilled chicken breast
- 1 cup almonds and peanuts

Almonds and peanuts are a wonderful snack idea for many reasons. Not only are they perfect for an on-the-go lifestyle, but they have been shown to dramatically reduce the risk of heart disease.

## DINNER

- Bourbon Glazed Salmon
- 1 cup of broccoli
- 1 sweet potato





# MEAL PLAN DAY THREE

Measurements provided here are approximations - tweak to meet your needs!

## BREAKFAST

### FRENCH TOAST

- 3 slices whole wheat bread (dipped in egg wash of 2 whole eggs 1 egg white with a pinch of cinnamon)
- Egg wash
- 4 slices of turkey bacon on the side
- ½ cup pineapple on the side

## MORNING SNACK

### SMOOTHIE

- 1 scoop of whey vanilla protein
- Banana
- Oat milk
- Ice cubes

## LUNCH

### COWBOY QUESADILLA

- Whole wheat tortilla filled with pulled chicken, black beans, corn, and fiesta organic shredded cheese.
- Serve with a side of BBQ sauce

## AFTERNOON SNACK

- **Oreo Bites** (½ cup peanut butter, ¼ cup honey, ½ cup whey protein powder cookies & cream flavor, ½ cup oats, ¼ teaspoon vanilla extract, 4 **Oreo** cookies)

## DINNER

- Grilled ribeye steak (seasoned with salt & pepper)
- Side of asparagus
- Side of green beans
- Side of mushrooms



# MEAL PLAN DAY FOUR

## BREAKFAST

- 2 servings of oatmeal
- Mixed in with chia seeds, flax seed, dark chocolate chips (sometimes peanut butter chips)

Chia seeds and flax seeds are tiny but pack a major nutritional punch! These tiny seeds are a great source for plant-based protein, fiber, and omega-3 fatty acids.

## MORNING SNACK

- Banana & **LaraBar**

Good quality beef jerky should be low in sodium, sugar, fat, while being high in protein. Look for grass-fed and organic options that don't contain nitrates or nitrites.

## AFTERNOON SNACK

- Beef Jerky
- 1 cup of almonds and peanut

## LUNCH

### BISON BOWL

- ½ lb. ground bison
- White rice
- Grilled onions & peppers
- Mixed shredded cheese

## DINNER

### TZATZIKI STYLE KABOBS WITH RICE AND VEGGIES

- Grilled chicken skewers
- 1 cup of long grain wild rice
- Side of vegetable mix (onions, mushrooms, pepper)

# MEAL PLAN DAY FIVE

Measurements provided here are approximations - tweak to meet your needs!

## BREAKFAST

### BREAKFAST BURRITO:

- Whole wheat tortilla filled with scrambled eggs, diced turkey sausage, mixed cheese, diced roasted potatoes.
- Salt, pepper, seasoned salt
- Side of salsa

## MORNING SNACK

- Honey Oat Bites (½ cup peanut butter, ¾ cup honey, ½ cup whey protein powder cookies & cream flavor, ½ cup oats, ¼ spoon vanilla extract)

## LUNCH

- Baked red potatoes seasoned with garlic & olive oil
- Topped with pulled chicken, turkey bacon bits and mixed cheese.
- Side of BBQ sauce
- Side Caesar salad



## AFTERNOON SNACK

- **LaraBar** (peanut butter and chocolate chip)
- **KIND** bar (dark chocolate & sea salt)

## DINNER

### CHIPOTLE CHICKEN

- Chipotle season chicken over chipotle lime quinoa mix with black beans and grilled onions.
- Side of roasted skillet corn seasoned with pepper.

# MEAL PLAN DAY SIX

## BREAKFAST

- 2 whole eggs, 2 egg whites (cage free)
- 4 slices of turkey bacon
- 1 slice wheat toast
- 1 cup of diced strawberries

## AFTERNOON SNACK

### SMOOTHIE

- 1 scoop of whey vanilla protein
- 1 cup chilled strawberries
- 2 cups oat milk
- ½ cup Ice cubes

## MORNING SNACK

- 1 cup cashews
- Coconut **Keto Cups**

## DINNER

### TACO BAR

- Ground turkey with taco seasoning
- Whole wheat tortillas, avocados, salsa, mixed cheeses, diced onions and cilantro.

## LUNCH

- Grilled chicken breast seasoned with salt & pepper, on top of mixed greens with carrot and cabbage shavings and diced onions and cucumbers

# MEAL PLAN DAY SEVEN

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## BREAKFAST

- 2 cage free fried eggs
- ½ strawberries
- 2 turkey Sausage patties
- 1 cup of oatmeal

## MORNING SNACK

- **Cascadian Farm** brand granola bar
- Dark chocolate chips
- 1 cup grapes

## LUNCH

### SPICY SALMON ROLL FROM PUBLIX

- Sliced raw salmon with fresh cucumbers wrapped in seaweed and sushi rice

## AFTERNOON SNACK

### CHIPS AND SALSA

- **Late July** multi-grain sea salt tortilla chips with ½ cup salsa



## DINNER

### TERIYAKI-GLAZED SALMON

- Salmon (Cajun seasoning, salt and pepper, glaze of teriyaki sauce)
- Side of brown rice
- Side of snap peas
- ½ cup of pan seared mushrooms

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