

# MY 7-DAY MEAL PLAN

BY CRYSTAL EVANS



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# MY 7-DAY MEAL PLAN

## CRYSTAL EVANS' PERSONAL GUIDELINES FOR FUELING UP AND FEELING GOOD

### BODYBUILDING STAGE PREP SPECIAL EDITION

#### MEAL PREP MEETS BODYBUILDING PREP

Want an inside look into my Bodybuilding Prep meal plan? I'm training like a competitive athlete, so my meal and snack choices during this time have a direct impact on my end goal. Check out what I have been eating every day during my Bodybuilding Prep phase. My prep phase usually lasts for 12 -14 weeks and is thoughtfully planned to maximize my results. Remember...when you fail to plan, you plan to fail!

#### CARB CONSCIOUS

The first part of prep is building muscle mass, so I incorporate more carbohydrates during the first 4 weeks (let's call this my happy time). As I get closer to show prep, my carbs drop to under 100 grams a day. In this meal plan I have shared with you what I eat as I get closer to stage day. My calories are broken down per meal, and I typically do not exceed over 400 calories per meal.

#### KEEPING IT SIMPLE AND SALT-FREE

Because sodium causes water retention and that's the opposite of what we want for stage prep, I don't use any salt in my meals to avoid any excess bloating. As you can imagine, my meals tend to get very bland. When I feel like I need some added flavor, I add hot sauce or use Mrs. Dash or Flavor God seasonings. For my protein choices, I keep it simple and stick to chicken, fish, and turkey, which are all very lean and easy to digest.

#### STAGE LIFE VS. REAL LIFE

I do have two professional coaches who write out all my meals based on my goal weight for stage, which is 119lbs. Since competition prep is all about staying lean and trim, this body weight is not ideal or sustainable for me in the "off season". When I am not in a bodybuilding prep phase, I usually eat over 250 grams of carbs and a few additional ounces of protein.

#### HEALTHY FAT SOURCE

Most of my cooked meals are baked in the oven or cooked on a flat iron skillet with Extra Virgin Olive Oil. It's always a good idea to incorporate healthy fats into your meals but avoid butter and swap for olive oil instead.

#### MAKING IT WORK FOR YOU

This bodybuilding prep meal plan is roughly 1200-1250 calories, so you'll need to tweak your caloric intake accordingly to meet your needs. If you are looking to shed a few pounds this summer, you can easily modify this meal plan to your desired amount of calories per day. If you typically consume 1500 calories or more, I would suggest using my meal plan as a foundation and incorporating more protein and an extra vegetable or good carbohydrate.

#### Suggested added vegetables:

Asparagus, Spinach, Broccoli, Zucchini, Green beans.

#### Suggested added carbohydrates:

Sweet Potatoes, Steamed  
White Rice, Rice Cakes,  
Wheat Noodles.

#### Suggestion on protein:

Add an additional 1.5 to 2 ozs  
to the protein listed for  
each meal.





# Gotta Eat This!

## PROTEIN PACKED FOODS

My go-to protein sources are chicken, fish, and turkey. Simple, lean, and easy to digest!

## SNACK TIME

My snacks are packed with nutrients and give me the proper macronutrients (protein, carbohydrates, or fat) to fuel my body in between meals. Make it count and choose your snacks wisely!

## EAT THIS, NOT THAT

Nutrition Focus: Balance

- Variety of green veggies like asparagus, green beans, spinach, zucchini, and broccoli
- Alternatives to salt/sodium like hot sauce, Mrs. Dash or Flavor God seasoning
- Extra Virgin Olive Oil instead of butter



*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.*

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# MEAL PLAN DAY ONE

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

## BREAKFAST (300 CALORIES):

- 1 cup of oatmeal with 1/2 cup of berries and a sprinkle of cinnamon (150 calories)
- 1 boiled egg (70 calories)
- 1 small apple (80 calories)

## PRE-WORKOUT:

- Whey Protein, ice, water and berries. No milk.

## LUNCH (350 CALORIES):

- Turkey wrap with whole wheat tortilla, 3 oz of turkey breast, lettuce, tomato, and mustard (250 calories)
- 1 cup of mixed green salad with lemon vinaigrette dressing (100 calories)

## SNACK (150 CALORIES):

- 1 small Greek yogurt with 1/4 cup of granola (150 calories)

## DINNER (400 CALORIES):

- 4 oz of grilled chicken breast (180 calories)
- 1 cup of steamed broccoli (55 calories)
- 1/2 cup of cooked quinoa (110 calories)
- 1 small orange (55 calories)

Want to make sure you're getting enough protein? Add a digital food scale to your kitchen gadgets to track your daily protein intake!



# MEAL PLAN DAY TWO

## BREAKFAST (300 CALORIES):

- 2 scrambled eggs with vegetables (200 calories)
- 1 slice of whole wheat toast (70 calories)
- 1 small banana (30 calories)

## DINNER (400 CALORIES):

- 4 oz of baked salmon with lemon and herbs (280 calories)
- 1 cup of roasted Brussel sprouts (70 calories)
- 1 small sweet potato (50 calories)

## LUNCH (350 CALORIES):

- 1 cup of mixed green salad with grilled chicken breast (180 calories)
- 2 tablespoons of balsamic vinaigrette dressing (60 calories)
- 1/2 cup of cooked brown rice (110 calories)

## SNACK (150 CALORIES):

- 1 small apple with 1 tablespoon of almond butter (150 calories)

## PRE-WORKOUT:

- Whey Protein, ice, water and berries. No milk.

# MEAL PLAN DAY THREE

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

## BREAKFAST (300 CALORIES):

- 1 cup of Greek yogurt with 1/2 cup of berries and a sprinkle of granola (200 calories)
- 1 hard-boiled egg (70 calories)
- 1 small orange (30 calories)

## DINNER (400 CALORIES):

- 4 oz of lean ground turkey with marinara sauce over zucchini noodles (250 calories)
- 1 cup of steamed green beans (50 calories)
- 1/2 cup of cooked quinoa (100 calories)

Benefits of Greek yogurt...high in protein, can be served as a base for granola and berries or as a topping for soups and chili, high in calcium, contains probiotics

## LUNCH (350 CALORIES):

- 1 small whole wheat pita with 3 oz of grilled chicken, lettuce, tomato, and cucumber (250 calories)
- 1 cup of vegetable soup (100 calories)

## SNACK (150 CALORIES):

- 1 small handful of almonds (150 calories)

Don't like the texture of zucchini noodles? Try them diced instead! Zucchini is a food that's high in antioxidants, may aid in digestion, and may help reduce blood sugar levels.

## PRE-WORKOUT:

- Whey Protein, ice, water and berries. No milk.



# MEAL PLAN DAY FOUR

## BREAKFAST (300 CALORIES):

- 2 slices of whole wheat toast with 2 tablespoons of peanut butter (280 calories)
- 1 small banana (30 calories)

## DINNER (400 CALORIES):

- 4 oz of grilled shrimp with garlic and lemon (150 calories)
- 1 cup of roasted asparagus (60 calories)
- 1/2 cup of cooked brown rice (190 calories)

## LUNCH (350 CALORIES):

- 1 cup of mixed green salad with 3 oz of grilled chicken, cherry tomatoes, and balsamic vinaigrette dressing (250 calories)
- 1 small orange (50 calories)
- 1 hard-boiled egg (50 calories)

## SNACK (160 CALORIES):

- 1 small low-fat string cheese (80 calories)
- 1 small apple (80 calories)

## PRE-WORKOUT:

- Whey Protein, ice, water and berries. No milk.



# MEAL PLAN DAY FIVE

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

## BREAKFAST (300 CALORIES)

- 1 cup of oatmeal with 1/2 cup of berries and a sprinkle of cinnamon (150 calories)
- 1 hard-boiled egg (70 calories)
- 1 small apple (80 calories)

## PRE-WORKOUT:

- Whey Protein, ice, water and berries. No milk.

## LUNCH (350 CALORIES)

- 1 whole wheat wrap with 3 oz of grilled chicken, spinach, cucumber, and hummus (250 calories)
- 1 cup of vegetable soup (100 calories)

## DINNER (400 CALORIES)

- 4 oz of baked cod with lemon and herbs (180 calories)
- 1 cup of roasted mixed vegetables (80 calories)
- 1/2 cup of cooked quinoa (140 calories)



## SNACK (150 CALORIES):

- 1 small handful of grapes (50 calories)
- 1 ounce of cheddar cheese (100 calories)

# MEAL PLAN DAY SIX

## BREAKFAST (235 CALORIES):

- 2 scrambled eggs with spinach and tomatoes (200 calories)
- 1 slice of Keto toast (35 calories)

## DINNER (400 CALORIES):

- 4 oz of grilled chicken breast with herbs (180 calories)
- 1 cup of steamed broccoli (55 calories)
- 1/2 cup of cooked brown rice (165 calories)

## LUNCH (350 CALORIES):

- Quinoa salad with 1/2 cup of cooked quinoa, mixed vegetables, chickpeas, and lemon vinaigrette dressing (250 calories)
- 1 small apple (80 calories)
- 1 hard-boiled egg (70 calories)

Struggling to get in all your veggies? Add some to your scrambled eggs as a quick and easy way to incorporate more veggies.

## SNACK (150 CALORIES):

- 1 small handful of almonds (150 calories)

## PRE-WORKOUT:

- Whey Protein, ice, water and berries. No milk.



# MEAL PLAN DAY SEVEN

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

## BREAKFAST (270 CALORIES)

- 1 cup of Greek yogurt with 1/2 cup of berries and a sprinkle of granola (200 calories)
- 1 hard-boiled egg (70 calories)

## PRE-WORKOUT:

- Whey Protein, ice, water and berries. No milk.

## LUNCH (350 CALORIES)

- Turkey wrap with whole wheat tortilla, 3 oz of turkey breast, lettuce, tomato, and mustard (250 calories)
- 1 cup of mixed green salad with lemon vinaigrette dressing (100 calories)

## SNACK (150 CALORIES):

- 1 small apple with 1 tablespoon of almond butter (150 calories)

## DINNER (400 CALORIES):

- 4 oz of baked salmon with lemon and herbs (280 calories)
- 1 cup of roasted Brussel sprouts (70 calories)
- 1 small sweet potato (50 calories)

Salmon is a superfood with high levels of omega-3 fatty acid, which may help reduce inflammation throughout the body.



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