

## Basic Strategeats Meal Plan



I have created more detailed plans. My favorite is our signature [28-day dinner game plan](#) that comes complete with shopping lists, meal prep guides and recipes. We also have the meal plan that accompanies the "[Two Weeks to a Two Piece](#)" program. However, if you are just looking for a simple, choose-your-own guide, we have created this one.

The basic Strategeats meal plan is an effective, flexible, affordable, easy-to-follow, do-anywhere guide to eating for optimum health and weight management.

**BASIC STRATEGESTS MEAL PLAN**  
*Choose 1 of each*

**Breakfast**

<b>Lifestyle Shake Mix**</b>	<b>Smoothie with 30g of protein powder</b>	<b>2 eggs with 1/2 C black beans</b>
<i>*In the a.m., you may ALSO add 1 small serving of (Choose 1 or 2):</i>		
strawberries	pineapple	coconut
cherries	cantaloupe	apricot
grapefruit	plums	oatmeal
nuts	seeds	coffee/tea

**Snack \***

<b>Nuts</b>	<b>Veggies with Hummus</b>	<b>Veggies with Nut Butter</b>
<b>Grapes or Apples and Cheese</b>	<b>Nuts and Berries</b>	<b>Greek Yogurt</b>
<i>*Stick to 1/4 Cup Servings of Nuts and Berries and small servings of cheese/hummus/nut butter</i>		

**Lunch**

<b>Salad with meat or beans</b>	<b>Soup/Chili with Beans and/or Meat</b>	<b>Meat with Veggies</b>
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**Snack \***

<b>Nuts</b>	<b>Veggies with Hummus</b>	<b>Collagen Protein Gel**</b>
<b>Hard Boiled Eggs</b>	<b>Dill Pickles</b>	<b>Jerky</b>
<i>*Stick to 1/4 Cup Servings of Nuts and Berries and small servings of cheese/hummus/nut butter</i>		

**Dinner**

<b>Meat and Vegetables</b>	<b>Soup/Chili with Beans and/or Meat</b>	<b>Tacos or Fajitas</b>
<small>or any Dinner in the Strategests section at <a href="http://www.thegoodlife4us.com">www.thegoodlife4us.com</a></small>		

*Most of these items can be found at any restaurant (even drive-thrus or convenience stores) and can be picked up inexpensively at the grocery store. The Strategests meal plan is easy, affordable, and most importantly, do-able.*

*\*\*Lifestyle Mix Smoothie and Collagen Protein Gel available at [www.thegoodlife4us.le-vel.com](http://www.thegoodlife4us.le-vel.com)*

How does this guide work?]

Easy. Choose one option in each category. Watch your portions and add in plenty of water (minimum 1 oz per day per pound of body weight). Aim for a 6/7 Day success rate.

Want more meal ideas? Click [here](#) to see some of my favorite "Strategests-approved" recipes on this site, and [here](#) to see my Strategests board on Pinterest. Or for your best option, click the button below to check out the [28-Day Strategests Dinner Game Plan](#) that comes with meal prep guides and shopping lists to ensure your success.

Strategests 28-Day Dinner Game Plan

For more information on the Lifestyle Mix Smoothie and Collagen Protein Gel, click [here](#). (Please note that I am a promoter for the company at the site this takes you to). Click [here](#) for more information on creating habits that stick.

We have made it easy to save or share this meal plan if you have found it helpful or know someone who it would help. Click on any of the share buttons on the left or hover over the photo to save to social media.

Marcy Vogler is a lifestyle makeover coach, personal trainer, and mother of three. Marcy is passionate about helping women make over their lives from the inside out. To learn more about the courses Marcy offers, check out our partner website at [www.thegoodlife4u.club](http://www.thegoodlife4u.club). For daily inspiration, join Marcy's [Facebook Group: Love Your Day, Love Your Life](#).