

How to Eat the Personal Trainer Food Way

With Personal Trainer Food you will be eating a delicious selection of real foods for the next 28 days. Your menu items are individually packaged so you can mix and match them for endless variety! Find your meal plan below to see how your meals are structured.

MEAL PLAN	BREAKFAST		LUNCH		DINNER		SNACKS
3 Meals per Day		1 Breakfast		1 Meat and 1 Vegetable		1 Meat and 1 Vegetable	See below
2 Meals per Day	See below			1 Meat and 1 Vegetable		1 Meat and 1 Vegetable	See below
You Choose	A selection of 140 options from our entire menu						
							
REV™		1 Breakfast		1 Meat and 1 Vegetable		2 Vegetables	See below
RECON™		1 Breakfast		1 Meat and 1 Vegetable		2 Meats and 1 Vegetable	See below

Snacks

Most people eat two snacks a day. You can snack on foods by following our Guidelines: Meats, cheeses, nuts, vegetables and an apple a day are good things to snack on. Keep your snacks on hand so you will always have the right foods with you if you get hungry.

If you ordered snacks with your program, here is what a serving looks like:

Item	Serving
1 Bag of Nuts (3oz)	2 Snacks
1 Cheese Stick	Single Snack
1 Package of 2 Sausage Sticks	Single Snack
1 Package of Sausage & Cheese Sticks	Single Snack
1 Package of Pepperoni Bites	Single Snack

Breakfast



If you did not order a plan with breakfast, you can have eggs prepared any way and/or any breakfast meat you like such as bacon, sausage, and ham. Meats and eggs are unlimited, so eat enough to feel satisfied.