

KOA 2000 Kcal
Week 1

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Spinach and feta omelet	561	391	49	10	17
lunch						
1.00 servings	Greek Salad with Chicken	586	370	32	26	16
snack1						
1.00 servings	High Protein Banana Almond Flour Muffins	70	170	11	12	9
dinner						
2.00 servings	Beef and broccoli stir fry	554	602	54	23	33
snack2						
2.00 servings	Crunchy Chia balls	54	263	24	11	15
DAILY TOTALS		1825	1797	170	83	90

PCFA: 37-18-45-0

Monday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Protein pancakes (w Low Cal Syrup)	385	417	41	41	9
lunch						
1 large	Apple	212	110	1	29	0
1.00 servings	Turkey Wrap	270	252	32	22	10
snack1						
1.00 servings	High Protein Banana Almond Flour Muffins	70	170	11	12	9
15 medium	Baby Carrots	150	53	1	12	0
dinner						
2.00 servings	Old Fashioned Chili with Kidney Beans	727	685	60	59	26
workout						
1.00 servings	Berry Smoothie	454	313	28	32	9
DAILY TOTALS		2268	2000	174	209	63

PCFA: 33-40-27-0

Tuesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Protein pancakes (w Low Cal Syrup)	385	417	41	41	9
lunch						
1.00 servings	Old Fashioned Chili with Kidney Beans	364	342	30	30	13
snack1						
2.00 servings	Crunchy Chia balls	54	263	24	11	15
dinner						
6 oz	Salmon	170	350	38	0	21
1.00 servings	Sauteed Vegetables	416	166	6	23	8
snack2						
1.00 servings	Pina Colada Shake	433	351	27	17	21
DAILY TOTALS		1822	1890	165	122	86

PCF: 34-25-40

Wednesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Spinach and feta omelet	561	391	49	10	17
2 slice	Whole Grain Bread	54	130	8	24	3
lunch						
2.00 servings	Old Fashioned Chili with Kidney Beans	727	685	60	59	26
snack1						
1.00 servings	Crunchy Chia balls	27	132	12	5	7
1 fruit	Pear	275	116	1	29	1
dinner						
1.00 servings	Greek Salad with Chicken	586	370	32	26	16
workout						
1.00 servings	Berry Smoothie	454	313	28	32	9
DAILY TOTALS		2684	2137	191	186	79

PCF: 34-34-32

Thursday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Protein pancakes (w Low Cal Syrup)	385	417	41	41	9
lunch						
15 medium	Baby Carrots	150	53	1	12	0
1.00 servings	Turkey Wrap	270	252	32	22	10
snack1						
1.00 servings	Yogourt & Berries	315	270	24	24	10
dinner						
1.00 servings	Greek Salad with Chicken	586	370	32	26	16
snack2						
2.00 servings	Peanut Butter Protein Pudding	116	546	58	21	26
DAILY TOTALS		1821	1908	188	146	71

PCF: 38-30-32

Friday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Protein pancakes (w Low Cal Syrup)	385	417	41	41	9
1 cup	Blueberry	201	115	1	29	1
lunch						
1.00 servings	Turkey Wrap	270	252	32	22	10
1 large	Apple	212	110	1	29	0
snack1						
1.00 servings	No Bake Oat and Peanut Butter Protein Bar	74	261	26	22	8
1 medium	Banana	118	105	1	27	0
dinner						
1 piece	Blueberry Pie	147	360	4	49	17
6 oz	Grilled Sirloin	170	360	50	0	16
2 cup	Sweet Potato	400	360	8	83	1
1.00 servings	Sauteed Mushrooms	232	82	7	11	3
DAILY TOTALS		2209	2424	171	314	66

PCF: 27-50-23

Saturday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Western Omelet	645	464	57	18	17
lunch						
1.00 servings	Greek Salad with Chicken	586	370	32	26	16
snack1						
1.00 servings	Berry Smoothie	454	313	28	32	9
dinner						
1.00 servings	Grilled Salmon and Asparagus	320	303	25	13	18
snack2						
2.00 servings	High Protein Banana Almond Flour Muffins	140	340	22	24	18
DAILY TOTALS		2144	1790	164	113	79

PCFA: 36-25-39-0

Sunday

DAILY AVERAGES (7 days)

GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
2110	1992	175	168	76

PCFA: 34-33-33-0

KOA 2000 Kcal - Recipe Listing

Sauteed Mushrooms

Serves 2

INGREDIENTS

2 cup Portabella Mushroom
 4 cup White Button Mushrooms
 1 tsp Coconut Oil
 1 clove Garlic
 1 tbsp Balsamic Vinegar

DIRECTIONS

1. Heat oil in a fry pan.
2. Add chopped mushrooms.
3. Add crushed garlic.
4. Add balsamic vinegar.
5. Cook 5-7 minutes until mushrooms are soft.
6. Add salt and pepper to taste.

No Bake Oat and Peanut Butter Protein Bar

Serves 10

Prep time: 10 min.

INGREDIENTS

2 cup Oatmeal, Dry
 5 tbsp Natural Peanut Butter
 6 scoop Protein powder
 1/2 cup Cranberry
 1/2 cup Shredded Unsweetened Coconut
 1/2 cup Almond Milk
 2 tbsp Semi sweet chocolate pieces

DIRECTIONS

In a large bowl, combine oats, protein powder, coconut, cranberries. Add peanut butter and stir till peanut butter is coated. Slowly add ~1/2 cup almond milk, stirring throughout (add just enough liquid to the mix forms a batter-like consistency). Add chocolate pieces if desired. Line an 8x8 pan with wax paper, add mixture to pan. Cover mixture with another layer of wax paper and press down till the mixture is pressed flat.

Refrigerate 30-60 minutes, then cut into bars. Wrap any unused bars in plastic wrap and store in the fridge.

High Protein Banana Almond Flour Muffins

Serves 12

Prep time: 10 min.

Cook time: 25 min.

INGREDIENTS

3 medium Banana
 1/2 cup Oatmeal (dry)
 2 scoop Protein powder
 4 large Egg (raw)

1/4 cup Flax seed (ground)
1 tsp Salt
1 cup Almond meal, ground
1.5 tsp Baking Soda
2 tbsp Coconut Oil
1 tsp Vanilla Extract
1/3 cup Splenda

DIRECTIONS

Preheat oven to 350 degrees. Grease a bread loaf pan or use muffin cups (recipe makes 12 regular sized or 6 jumbo).
Combine dry ingredients in a medium bowl (you might want to grind oats in a blender to turn them more powdery).
Combine wet ingredients in a small bowl and whisk together.
Pour wet into dry ingredients and mix until fully incorporated.
Divide evenly (dough will be thick) into loaf pans and smooth the tops.
Bake for about 18-22 minutes (if using a bread pan, you may need to bake for longer), or until pick inserted into middle of recipe comes out clean.
Remove loaves from oven, let cool in pans for 5 minutes and then transfer to a wire rack to continue cooling.

Yogourt & Berries

Serves 1

INGREDIENTS

1 cup Greek yogourt
1/2 cup BLUEBERRY, RAW, as purchased, yields
1/2 oz WALNUT, ENGLISH, DRIED, RAW, 14 halves

Sauteed Vegetables

Serves 2

Prep time: 5 min. Cook time: 10 min.

INGREDIENTS

1 large Green Pepper
1 medium Zucchini
1 large Red Pepper
2 cup Mushroom
1 large Onion
1 tbsp Balsamic Vinegar
1 tbsp Coconut Oil

DIRECTIONS

1. In a saucepan, heat oil.
2. Add chopped mushrooms and onions, heat until onions are translucent.
3. Add chopped zucchini, peppers, and balsamic vinegar; continue cooking until zucchini begins to soften.
4. Season with salt and pepper as desired.

** You can also use a low fat italian salad dressing in place of the balsamic vinegar if desired **

Berry Smoothie

Serves 1

Prep time: 2 min.

INGREDIENTS

1 cup Almond Milk
1/2 cup Blueberry (frozen)
1 scoop Whey Protein
1 tbsp Chia Seeds
1/2 cup Raspberry (frozen)

DIRECTIONS

In a blender, add milk, berries (either fresh/frozen), chia seeds and protein. Blend for 30-60 seconds, adding as much additional water or ice to achieve the thickness you like.

Protein pancakes (w Low Cal Syrup)

Serves 1

INGREDIENTS

1/2 cup Oatmeal
3 tbsp Cottage Cheese
1 cup Egg White
3 tbsp Syrup no sugar added
2 tbsp Ground Flax Seed

DIRECTIONS

For best results, grind oats in blender until powderlike.
Add all ingredients into large bowl and stir until thoroughly mixed.
- alternatively, add all ingredients to a blender and mix
Cook like regular pancakes, using coconut oil or cooking spray.

Top with E.D. Smith low-carb sugar (or the like).

** You can substitute Greek Yogourt for Cottage Cheese **

Greek Salad with Chicken

Serves 2

INGREDIENTS

1 cucumber Cucumber
1 large Red Pepper
20 cherry Cherry Tomato
1 oz Feta Cheese
3 slice Onion
1 tbsp Olive Oil
8 large Kalamata Olives
1 tbsp Balsamic Vinegar
6 oz Chicken Breast

DIRECTIONS

Grill 2 chicken breasts in stove or on BBQ, cut into slices.

Chop cucumber, pepper, onion and tomato into bite-sized pieces. Add vegetable to a bowl. Crumble feta cheese (or cut into small cubes), add to bowl. Top with olive oil and balsamic vinegar.
Add a couple of kalamata olives if desired.

Grilled Salmon and Asparagus

Serves 2

Prep time: 5 min. Cook time: 15 min.

INGREDIENTS

6 oz Atlantic Salmon
2 tbsp Soy Sauce
3 tbsp Syrup no sugar added
1 tbsp Sesame Oil
1 tbsp Lemon Juice
24 spears Asparagus

DIRECTIONS

Mix soy sauce, syrup/honey, oil and lemon juice into a marinade. Cover fish and let stand for 20-30 minutes.

Pre-heat oven to 350 degrees. Bake fish for 12-15 minutes or until done.

Steam or lightly sautee asparagus spears. Serve immediately.

Old Fashioned Chili with Kidney Beans

Serves 6

Prep time: 10 min. Cook time: 60 min.

INGREDIENTS

1 cup Onion
1 medium Green Pepper
2 cloves Garlic
6 oz Tomato Paste (1 can)
3 tbsp Chili Powder
2 cup Tomato Sauce
1 cup Mushroom
1.5 cup Canned Kidney Bean
2 medium-stalk Celery
1.5 lb Lean Ground Beef

DIRECTIONS

In a skillet, brown ground beef. Drain fat, then place beef in slow cooker. Sauté onion, mushrooms and garlic in skillet, then transfer to slow cooker. Add tomato sauce, tomato paste, chili powder, and beans to slow cooker; mix well. Feel free to add oregano, basil, cumin, and black pepper as desired. Cover; slowcook on LOW 4 to 6 hours or on stove 1 to 1 1/2 hours (make sure to stir occasionally with this method). Add green peppers (chopped) and celery (chopped) 30 minutes prior to removing from heat.

N.B. Black beans may be substituted for kidney beans in this recipe.

Crunchy Chia balls

Serves 16

Prep time: 5 min.

INGREDIENTS

1/2 cup Natural Peanut Butter
4 scoop Protein powder
1 oz Unsweetened Shredded Coconut
4 oz Chia Seed

DIRECTIONS

Mix all the ingredients together (coconut flakes are optional). You may need a splash of milk or water to make it easier to mix, but add milk very slowly --> you don't need much added moisture at all!

Roll into 1" balls and put on a plate, then refrigerate for at least 30 minutes.

N.B. 4 oz chia = 1/2 cup.

Western Omelet

Serves 1

INGREDIENTS

2 large Egg
1 cup Egg White
1 cup Mushroom
1/2 cup Onion
1/2 cup Green Pepper
1/2 oz Cheddar Cheese
3 slices Ham

DIRECTIONS

1. Add some cooking spray or oil to a skillet.
2. Add chopped vegetables to pan and lightly sauté.
3. Add chopped ham.
4. Remove mixture from pan.
5. Beat together eggs and egg whites; pour eggs into hot skillet.
6. Once eggs start to cook, add vegetables/meat mixture to pan.
7. Add cheese on top (optional), then fold sides of the omelet over.

Spinach and feta omelet

Serves 1

Prep time: 5 min. Cook time: 10 min.

INGREDIENTS

1 cup Egg White
2 large Egg
4 cup Spinach
1 cup Mushroom
1 oz Feta Cheese

DIRECTIONS

1. Heat oil/cooking spray in a skillet.
2. Sauté mushrooms and spinach.
3. Remove from skillet once cooked.
4. Whisk together eggs and egg whites.
5. Add to pan and cook until done.
6. Flip and continue cooking.
7. Add spinach, mushrooms and crumbled feta in the center of the eggs.
8. Fold the sides over and continue cooking for 1 minute.
9. Remove from pan and enjoy.

Pina Colada Shake

Serves 1
Prep time: 2 min.

INGREDIENTS

1/3 cup Coconut Milk
1/2 cup Pineapple
1 cup Almond Milk
1 scoop Whey Protein

DIRECTIONS

Add all ingredients to a blender (using as much ice as desired). Blend 30-60 seconds and enjoy.

Beef and broccoli stir fry

Serves 4
Prep time: 10 min. Cook time: 10 min.

INGREDIENTS

1 lb Beef (sirloin)
4 cup Broccoli
1 medium Onion
1 medium Red Pepper
1 tbsp Sesame Oil
2 tbsp Soy Sauce
2 tsp Hot sauce
2 clove Garlic

DIRECTIONS

Heat sesame oil in a skillet. Chop onion and garlic, add to skillet; sauté until golden brown. Add thinly sliced strips of beef, cook until no longer pink. Add peppers and broccoli. Add soy sauce and hot pepper sauce to taste.

Turkey Wrap

Serves 1
Prep time: 5 min.

INGREDIENTS

4 slice Turkey Breast
1/2 tbsp Mayonnaise
2 outer-leaf Green Leaf Lettuce
2 slice Tomato
1 item Tortilla, High Fiber Wrap

DIRECTIONS

Add mayonnaise (you can swap in mustard for even fewer calories) to your wrap. Then add turkey, lettuce and tomato.

Peanut Butter Protein Pudding

Serves 1

INGREDIENTS

1 tbsp Natural Peanut Butter

1 tbsp Chia Seeds

1 scoop Whey Protein

DIRECTIONS

Add all ingredient and mix with just enough water to make a paste.
