



Dynamic Meal Ideas

Breakfast

Simply take the foods off the food sources list on your nutrition program and use these meal ideas. Be sure to use the recommended portion sizes we recommended in the nutrition cheat sheet template.

1. Oatmeal with berries & nuts & a scoop of protein powder
2. Eggs with oatmeal & a piece of fruit
3. Whole wheat bread with almond or all natural peanut butter & a scoop of protein powder
4. Whole wheat bagel with fat free cream cheese & eggs
5. Protein shake made with fresh fruit, oatmeal & all natural peanut butter
6. Hard boiled eggs with whole wheat bread, fat free jam & fruit
7. Scrambled eggs, spinach, onion & bell pepper with slice of low-fat cheese in a whole wheat tortilla
8. All bran cereal with eggs or protein powder
9. Whole wheat pancakes with eggs or a protein shake or add protein powder to pancake mix
10. Omelet with fat-free or low-fat cheese, spinach, onions served with oatmeal or whole bread or all bran cereal
11. Low Fat Cottage Cheese with Fresh Berries and oatmeal
12. Greek Yogurt with Almond Butter and Oatmeal
13. Eggs or Egg whites with Whole Wheat English Muffins with Laughing Cow Cream Cheese or Almond Butter
14. Dynamic French Toast (see recipe on blog)
15. Dynamic Pumpkin Pancakes (see recipe on blog)
16. Eggs or egg whites with grilled red potatoes mixed with fresh kale
17. Eggs or egg whites with a side of turkey bacon or Canadian bacon and a baked sweet potato or yam
18. Dynamic Chilaquiles (see recipe on blog)
19. Turkey bacon, low fat cheese, grilled onions and bell peppers with eggs or egg whites
20. Eggs or egg whites with whole wheat toast and a spread of reduced sugar jelly or reduced cream cheese



Dynamic Meal Ideas

Lunch & Dinner

1. Salad greens tossed with olive oil & lemon juice, served with grilled chicken or fish and a small serving of brown rice
2. Grilled or roasted salmon (or choice of fish) brushed with olive oil, mixed veggies & balsamic vinaigrette
3. Sliced grilled chicken breast, red onion, bell pepper all on a serving of brown rice & veggies
4. Chicken or fish tacos wrapped in whole wheat tortilla, low-fat cheese and a serving of black beans
5. Albacore tuna sandwich on whole wheat bread with avocado and veggies
6. Sliced roast turkey or chicken breast with avocado on whole wheat bread or wrap
7. Grilled chicken or fish with grilled or baked sliced sweet potatoes and veggies
8. Chicken & vegetable stir fry with brown rice
9. Turkey or chicken burger, lettuce, tomato & red onion on whole wheat bun
10. Lean ground beef or lean steak with brown rice or sweet potatoes served with veggies
11. Sliced grilled or roasted pork tenderloin with brown rice or whole wheat pasta with veggies or a salad
12. Whole wheat spaghetti with marinara sauce, lean ground turkey meatballs or lean ground beef and a side salad
13. Chopped Flank steak cubes, sliced golden potatoes, mixed veggies and a dash of olive oil
14. Lean ground Bison burger on whole wheat sandwich thin bread, low fat cheese, and a side of veggies (could also add baked sweet potato fries or red potato fries)
15. Shredded chicken breast or grilled tilapia fish tacos wrapped in whole wheat tortillas, low-fat cheese and a serving of black beans
16. Lean ground turkey burgers, romaine lettuce, fresh tomatoes & red onions on a whole wheat bun
17. Lean top sirloin ground beef or lean top sirloin steak cubes with brown rice or roasted sweet potatoes served with veggies
18. Chicken thighs with steamed brown/white rice with a side of grilled veggies or a salad
19. Ahi tuna, lettuce, chopped tomatoes, chopped avocado with a spread of hummus
20. Dynamic Quesadillas- (see recipe on blog)



Dynamic Meal Ideas

Pre & Post Workout meals

1. Grilled chicken or Tilapia or ground turkey with whole wheat pasta
2. Grilled chicken or Tilapia or ground turkey with black beans
3. Grilled chicken or Tilapia or ground turkey with brown rice
4. Turkey breast sandwich on whole wheat bread
5. Albacore tuna sandwich on whole wheat bread
6. Grilled chicken or Tilapia or ground turkey on whole wheat tortilla
7. Grilled chicken or Tilapia or ground turkey or protein powder with baked lays & fruit
8. Grilled chicken or Tilapia or ground turkey with baked potato or sweet potato
9. Protein powder blended with oatmeal or all bran cereal
10. Egg whites with oatmeal or all bran cereal or whole wheat tortilla
11. Rice Bowl- Grilled chicken, Lean beef, or White fish with egg whites, white rice, and grilled onions, grilled bell peppers, or your choice of veggies
12. Whole wheat pancakes with cooked oatmeal in batter with a side of eggs or egg whites
13. Grilled tilapia or grilled chicken wrapped in Middle Eastern Flat Breads sprinkled with low fat cheese
14. Lean ground turkey burger on sourdough bread, whole wheat buns, or whole wheat sandwich thin bread with low fat cheese
15. Protein shake- whey protein, almond or fat free milk, banana, oats, and a serving of almond or peanut butter (all blended together)
16. Grilled chicken with a side of baked sweet potato or yam topped with a serving of almond butter and Walden farms syrup
17. Burrito bowl- Grilled chicken, grilled tilapia, grilled lean beef with white rice, Cuban black beans, topped with guacamole and salsa
18. Whey protein mixed with oats or cream of wheat with a splash of almond or fat free milk
19. Low carb pancakes- Coconut flour, pumpkin, egg whites, baking powder and cinnamon with a side of eggs, egg whites, low fat cottage cheese or a protein shake
20. Pre/Post workout Treat- Artic Zero ice cream, serving of almond/peanut butter, serving of Walden farms with a protein shake

[For more meal ideas visit our blog site recipe section HERE](#)

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