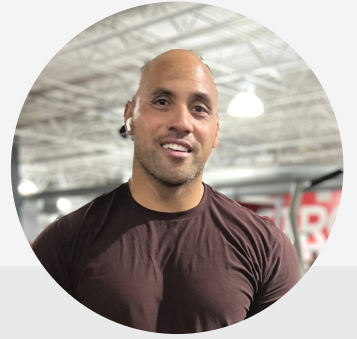




JUST RITE NUTRITION


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 JR Fonoimoana

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J.R. is a proud father of 3 boys, an ex-college athlete and a Certified Nutrition Coach. Becoming mentally fit has been his passion for the past 20 years and now is on a mission to help others reach there highest potential mentally, emotionally and physically.













High-Protein Grab & Go Snacks

CHEAT SHEET

 Deli Meat (4OZ.) 50 CALS (P:12C)	 Tuna (2OZ.) 78 CALS (P:16C)	 Cottage Cheese (1.5C) 81 CALS (P:14C)	 Greek Yogurt (1C) 120 CALS (P:12C)
 Beef Jerky (10Z.) 100 CALS (P:17C)	 Chicken & Hummus (2OZ.-2T) 120 CALS (P:15C)	 String Cheese (1) 80 CALS (P:17C)	 Shrimp Cocktail (4OZ.) 154 CALS (P:15C)
 Protein Waffle (2) 180 CALS (P:11C)	 Protein Bar (1) 220 CALS (P:20C)	 Edamame (1.5C) 100 CALS (P:10C)	 Eggs (2) 154 CALS (P:12C)

Clean Eating

CHEAT SHEET

 Chicken (4OZ.) 136 CALS (P:25 F:4 C:0)	 Salmon (4OZ.) 161 CALS (P:23 F:7 C:0)	 Steak (4OZ.) 162 CALS (P:25 F:7 C:0)	 Eggs (1) 77 CALS (P:7 F:5 C:1.5)
 Almonds (1OZ.) 170 CALS (P:6 F:14 C:6)	 Avocado (50G) 80 CALS (P:0 F:7.5 C:5)	 Edamame (1/2C) 100 CALS (P:8 F:3 C:9)	 Brown Rice (4OZ.) 170 CALS (P:3 F:9 C:26)
 Sweet Potatoes (4OZ.) 97 CALS (P:1.7 F:0 C:22)	 Spinach (2C) 20 CALS (P:2 F:2 C:2)	 Broccoli (1C) 29 CALS (P:2 F:3 C:6)	 Blueberries (1/2C) 40 CALS (P:5 F:2 C:20)

Low Carb Veggies

CHEAT SHEET

 Leafy Greens (P:1 F:0 C:5)	 Radishes (P:1 F:0 C:1.6)	 Cauliflower (P:2 F:0 C:3.5)	 Broccoli (P:2 F:0 C:4)
 Tomatoes (P:1 F:0 C:4)	 Eggplant (P:1 F:0 C:6)	 Zucchini (P:1 F:0 C:3)	 Peppers (P:1 F:0 C:9)
 Celery (P:1 F:0 C:1)	 Green Beans (P:2 F:0 C:2)	 Artichoke (P:5 F:0 C:10)	 Carrots (P:1 F:0 C:2)

Macros Per 1 Cup