

Meal		Food	Calories	Protein	Carbs	Fat
1	Breakfast (Omelet)	4 egg whites (large - 33 grams each)	69	14.4	1	0.2
		2 slices (13 grams) Oscar Mayer Center Cut Bacon OR 1 ounce chorizo	60	5	0	4.5
		2 ounces spinach OR 2 ounces tomato	13	1.6	2	0.2
		2 ounces mushrooms OR 2 ounces bell pepper	12	1.2	2.2	0.2
		Hot sauce, dry seasonings (if desired)	4	0	1	0
		½ medium banana (2 ounces) OR 1 small orange (3½ ounces) OR 6 ounces watermelon	56	0.7	14.4	0.2
		Tea with Splenda	0	0	0	0
	Total	Meal 1	214	22.9	20.6	5.3
2	Pre Weights Snack	1 serving Banana Protein Fluff from Eat Green Get Lean OR 1 serving Protein Parfait from Eat Green Get Lean	245	24	32	2
	Total	Meal 2	245	24	32	2



Weights

3	Post Weights Lunch	5 ounces chicken thighs (boneless and skinless), trimmed of ALL fat OR 4½ ounces sirloin, trimmed of ALL fat OR 4½ ounces wild-caught chum, pink or sockeye salmon (<u>not</u> farm-raised)	171	27.8	0	5.9
		7 ounces potato OR 6 ounces sweet potato	156	4.2	35.8	0.2
		4 ounces mushrooms OR 4 ounces bell peppers	25	2.4	4.3	0.4
		2 ounces Brussels sprouts OR 2 ounces onions	25	1.9	5.1	0.2
		1 tablespoon BBQ sauce (17 grams) OR 1½ tablespoons ketchup (25 grams) OR 1½ tablespoons Sriracha (30 grams), dry seasonings (if desired)	29	0.1	6.9	0.1
	Total	Meal 3	406	36.4	52.1	6.8
4	Pre Cardio Shake	1½ scoops whey protein (recommend Legion Whey+) mixed with water	180	33	6	3
		1 medium banana (4 ounces) OR 1 medium apple (7½ ounces) OR 7 ounces mixed berries (strawberries, raspberries, blueberries, blackberries)	112	1.4	28.8	0.4
	Total	Meal 4	292	34.4	34.8	3.4



Cardio

5	Post Cardio Dinner (Tacos)	5 ounces chicken breast, trimmed of fat OR 5 ounces shrimp OR 4½ ounces 95% lean ground beef (<u>leave out avocado/sour cream if having beef</u>)	153	28.8	0	4.3
		2 medium taco shells (about 5 inches in diameter, ½ ounce each)	127	1.7	16.9	5.8
		1 ounce (measured dry) pinto beans OR black beans OR white rice	101	5.6	15.2	2.3
		½ ounce low fat cheddar cheese OR mozzarella cheese	44	3.8	0.4	2.9
		3 ounces tomato, romaine lettuce	15	0.7	3.3	0.2
		4 ounces mushrooms OR 4 ounces bell peppers OR 2 ounces onions (<u>eaten on the side</u>)	25	2.4	4.3	0.4
		½ ounce avocado OR 10 grams sour cream (<u>leave out if having beef</u>)	23	0.3	1.2	2.1
		3 tablespoons salsa (45 grams), hot sauce, lemon juice, dry seasonings (if desired)	18	0.4	3.7	0.2
		2 ounces ice cream, vanilla OR 2 Oreo cookies (23 grams)	116	2	13.2	6.2
	Total	Meal 5	622	45.7	58.2	24.4

			Calories	Protein	Carbs	Fat
Target			1776	163 g	189 g	41 g
Totals			1779	163.4	197.7	41.9