

Meal Plan

SAMPLE CLIENT

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Sample Meal Plan

Day 1

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Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	45	1/2 small BANANA, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		225	3/4 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
		155	2 egg EGG, CHICKEN, WHOLE, HARD, BOILED			
Notes:						
Meal Totals:		Calories: 425	Carbs: 54g (48%)	Protein: 22g (20%)	Fat: 16g (32%)	Fluid: 21oz
10:00 am	Snack	203	2 tablespoons ALMOND BUTTER, NO SALT			
		55	1 small APPLE W/SKIN, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Notes:						
Meal Totals:		Calories: 258	Carbs: 22g (32%)	Protein: 5g (7%)	Fat: 19g (61%)	Fluid: 21oz
12:00 pm	Lunch	161	3 oz TURKEY BREAST, ROASTED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		8	2 oz TOMATO, RAW			
		2	1 leaf LETTUCE, COS OR ROMAINE, RAW			
		83	1 cups CARROT, BABY, RAW			
		151	2 pita BREAD, PITA, WHOLE WHEAT			
Notes:						
Meal Totals:		Calories: 405	Carbs: 32g (41%)	Protein: 30g (39%)	Fat: 7g (20%)	Fluid: 22oz
03:00 pm	Snack	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 small BANANA, RAW			
		80	1 piece STRING CHEESE			
		112	6 toasts CRACKER, MELBA TOAST, WHEAT			
Notes:						
Meal Totals:		Calories: 282	Carbs: 47g (63%)	Protein: 12g (16%)	Fat: 7g (21%)	Fluid: 20oz
06:00 pm	Dinner	151	1/2 cups BEAN, BLACK, BOILED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		73	2 oz TILAPIA, FRESH			
		108	1/2 cups BROWN RICE, LONG GRAIN, COOKED			
		83	1 cups BROCCOLI, BOILED, NO SALT			
Notes:						
Meal Totals:		Calories: 415	Carbs: 66g (60%)	Protein: 33g (30%)	Fat: 5g (10%)	Fluid: 30oz
08:00 pm	Snack	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		179	6 oz YOGURT, FRUIT, LOW FAT			
		61	1 large PEACH, RAW			

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