





SAMPLE MEAL PLAN

Women Goals: 1200-1400 calories • 33-39 g fat
Men Goals: 1300-1700 calories • 42-47 g fat

BREAKFAST		CALORIES	FAT
 <ul style="list-style-type: none"> • 1 packet Meal Replacement shake • ½ cup berries (no syrup added) • 1 tablespoon peanut butter 		180	0
	<ul style="list-style-type: none"> • 2 - 20/20 Multiple Vitamins (take supplements with food to avoid stomach upset) • 2 - 20/20 Omega 3 Capsules (store Omega 3 capsules in freezer to prevent fish burps) • 1 - 20/20 Calcium 	40	0
SUBTOTAL		100	8
		320	8

LUNCH		CALORIES	FAT
 <ul style="list-style-type: none"> • 4-5 ounces* (cooked weight) very lean or lean protein • 1 fat serving** (add to very lean protein only) • 3 servings non-starchy vegetables • ½ cup berries *MEN: 6 ounces (cooked weight) very lean or lean protein 		140-275	4-15
		45	5
		45	0
		40	0
		210-330	6-18
SUBTOTAL WOMEN		270-360	9-15
SUBTOTAL MEN		340-460	11-23

SNACK		CALORIES	FAT
 <p>CHOICE OF:</p> <ul style="list-style-type: none"> • 1 packet Meal Replacement shake + ½ cup berries • Ready to Drink Shake + 1 cup berries • 20/20 Bar • 3 ounces very lean protein + 1 cup berries 		220	0
		180	6
		210-220	7-8
		165	0-3
SUBTOTAL		180-220	0-8

DINNER		CALORIES	FAT
 <ul style="list-style-type: none"> • 4 ounces* (cooked weight) very lean or lean protein • 1 fat serving** (add to very lean protein only) • 3 servings non-starchy vegetables • 1 packet Meal Replacement shake + ½ cup berries *MEN: 6 ounces (cooked weight) very lean or lean protein 		140-220	4-12
		45	5
		45	0
		220	0
		210-330	6-15
SUBTOTAL WOMEN		340-460	9-12
SUBTOTAL MEN		450-530	11-23

GRAND TOTAL WOMEN	1220-1430	26-43
GRAND TOTAL MEN	1490-1730	38-50

** ONE FAT SERVING = 45 calories, 5 grams fat

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|-----------------------------|---------------------------------|---------------------------------|
| • 1 tsp oil | • 10 peanuts | • 6 almonds |
| • 1 Tbsp sesame seeds | • 1 Tbsp sunflower seeds | • 1 Tbsp pumpkin seeds |
| • 2 tsp peanut butter | • ½ avocado | • 1 tsp regular mayonnaise |
| • 1 Tbsp low-fat mayonnaise | • 1 Tbsp regular salad dressing | • 2 Tbsp low-fat salad dressing |