

# SAMPLE MEAL PLAN

Women Goals: 1200-1400 calories • 33-39 g fat • 100 cal. Whole Grain per day (optional)  
Men Goals: 1300-1700 calories • 42-47 g fat • 100 cal. Whole Grain per day (optional)

BREAKFAST		CALORIES	FAT
	<ul style="list-style-type: none"> <li>• 1 packet Meal Replacement shake</li> <li>• ½ cup berries or fruit (no syrup added)</li> <li>• 1 tablespoon peanut butter</li> </ul>	180 / 90	0 / 0
	<ul style="list-style-type: none"> <li>• ¾ cup egg whites</li> <li>• 2 servings of fruit</li> <li>• 1 teaspoon oil</li> <li>• 6 almonds</li> </ul>	40-60 / 120	0 / 0
<hr/> <ul style="list-style-type: none"> <li>• 2 - 20/20 Multiple Vitamins (take supplements with food to avoid stomach upset)</li> <li>• 2 - 20/20 Omega 3 Capsules (store Omega 3 capsules in freezer to prevent fish burps)</li> <li>• 1 - 20/20 Calcium</li> </ul>		100 / 45	8 / 5
		/ 50	/ 5
<b>SUBTOTAL</b>		320	8
LUNCH		CALORIES	FAT
	<ul style="list-style-type: none"> <li>• 3-4 ounces* (cooked weight) very lean or lean protein</li> <li>• 1 fat serving** (add to very lean protein only)</li> <li>• 3 servings non-starchy vegetables</li> <li>• 1 oz cheese (optional)</li> </ul>	140-220	3-12
	CHOICE OF:	45	5
	• ½ cup beans	45	0
	• 1 cup of fruit	100	5
	• 5-6 oz non fat or low fat yogurt	100	0-2
	• 1 serving of whole grain	80-120	0
*MEN: 6 ounces (cooked weight) very lean or lean protein		110-140	0
		100	0-2
<b>SUBTOTAL WOMEN</b>		210-330	6-18
<b>SUBTOTAL MEN</b>		275-405	10-15
		350-605	11-23
SNACK		CALORIES	FAT
	CHOICE OF:	140	0-3
	• 1 serving whole grain + 2 oz very lean protein	120	0-2
	• ½ cup beans + ½ cup non-starchy veggies	170-200	0-6
	• 5-6 oz non fat or low fat yogurt + 1 string cheese	190-220	0-4
	• ½ cup non fat cottage cheese + 6-8 oz non fat or low fat yogurt	150-180	0
	• 1 serving non fat Greek yogurt (vanilla or fruit flavor)	210-220	7-8
• 20/20 Bar			
*MEN: 1-2 snacks per day if calories allow			
<b>SUBTOTAL</b>		170-220	0-8
DINNER		CALORIES	FAT
	<ul style="list-style-type: none"> <li>• 4 ounces* very lean protein</li> <li>• 1 fat serving** (add to very lean protein only)</li> <li>• 3 servings non-starchy vegetables</li> <li>• 1 oz cheese (optional)</li> </ul>	140-220	4-12
	CHOICE OF:	45	5
	• ½ cup beans	45	0
	• 20/20 shake + ½ cup berries	100	5
	• 5-6 oz non fat or low fat yogurt (or 8 oz milk)	220	0
	• 1 cup fruit	90-140	0-5
• 1 serving of whole grain	80-120	0	
*MEN: 6 ounces (cooked weight) very lean or lean protein		100	0-2
		210-330	6-18
<b>SUBTOTAL WOMEN</b>		310-485	9-20
<b>SUBTOTAL MEN</b>		380-605	11-23
<b>GRAND TOTAL WOMEN</b>		1075-1450	25-50
<b>GRAND TOTAL MEN</b>		1420-1700	35-50

\*\* 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 |