

## LARGE LEAN PLAN

### WEEK ONE

NAME: \_\_\_\_\_

AM PM P/U

#### First delivery: Days 1, 2, & 3

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	PBJ French Toast	720	50	50	33
LUNCH	Tex Mex Greens	370	27	25	20
DINNER	Club Med Chicken	450	49	16	24
SNACK 1	Cococado Dip & Fruit	150	2	25	6
SNACK 2	Afternoon Delight	290	10	42	11
		<b>1980</b>	<b>138</b>	<b>158</b>	<b>94</b>

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Ain't No Yolk	320	31	17	13
LUNCH	Killer Beef Enchiladas	430	23	50	13
DINNER	Sustain Greens Salad	470	33	32	24
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Berry Parfait	240	15	22	8
		<b>1780</b>	<b>128</b>	<b>142</b>	<b>73</b>

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Smart Turkey Omelette	460	38	15	27
LUNCH	Very Veggie Spaghetti	380	18	63	7
DINNER	Fired Up Tandoori Chicken	500	29	48	19
SNACK 1	Chia Seed Pudding	180	5	31	7
SNACK 2	Trail Mix Energy Balls	250	19	28	7
		<b>1770</b>	<b>109</b>	<b>185</b>	<b>67</b>

#### Second delivery: Days 4, 5, & 6

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Killer Turkey Enchiladas	450	21	50	16
LUNCH	Guinness Beef Stew	400	27	26	20
DINNER	Chef's Vietnamese Chicken	340	47	22	8
SNACK 1	Cococado Dip & Fruit	150	2	25	6
SNACK 2	Afternoon Delight	290	10	42	11
		<b>1630</b>	<b>107</b>	<b>165</b>	<b>61</b>

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Champion's Scramble	450	44	9	27
LUNCH	Killer Turkey Enchiladas	450	21	50	16
DINNER	Body Builder Chicken	400	52	39	6
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Pumpkin Bar	310	13	26	18
		<b>1950</b>	<b>143</b>	<b>147</b>	<b>88</b>

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	580	34	66	20
LUNCH	Power Prawn Curry	360	21	25	22
DINNER	Tex Mex Greens	370	27	25	20
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Chicken Salad Snacker	320	26	21	15
		<b>1870</b>	<b>123</b>	<b>159</b>	<b>85</b>

To compliment your Fit Kitchen meal plan and help with overall dietary balance you may also want to supplement your daily diet with incremental portions of fruit, vegetables and dairy/calcium.

See serving size below for additional insight:

Fruit: 3 servings

A serving is approximately a half cup of fresh/frozen/canned fruit, 1 medium piece of fresh fruit, 2 small pieces of fruit such as plums/apricots, 2 tbsp dried fruit, or a half cup of unsweetened juice

Vegetables: 2 servings

A serving is approximately 1 cup leafy greens, half cup vegetables, 1 cup tomato or vegetable juice

Calcium Rich Choices: 2 servings

A serving is approximately 1 cup milk or calcium fortified beverage such as almond or soy milk, 175g of yogurt, 1.5oz hard cheese