

LARGE PERFORMANCE PLAN

WEEK ONE

NAME: _____

AM PM P/U

First delivery: Days 1, 2, & 3

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	580	34	66	20
LUNCH	No Guilt Mac & Cheese	550	28	77	15
DINNER	Tatonka Chili	580	39	24	37
SNACK 1	Dark Chocolate Energy Balls	390	9	37	26
SNACK 2	Berry Parfait	240	15	22	8
		2340	125	226	106

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Alberta Breakfast	510	41	21	29
LUNCH	Healthy Spag & Balls	680	44	89	14
DINNER	Bueno Quesadilla	740	54	63	31
SNACK 1	Trail Mix Energy Balls	250	19	28	7
SNACK 2	Chia Seed Pudding	180	5	31	7
		2360	163	232	88

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Gold Medal Wrap	720	33	65	38
LUNCH	No Butter Chicken	620	45	41	31
DINNER	Be-Fit & Potatoes	530	36	28	31
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		2340	142	180	121

Second delivery: Days 4, 5, & 6

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Oats of Steel	610	28	68	31
LUNCH	Ninja Chicken Stirfry	590	54	50	22
DINNER	Yam Shepherd's Pie	550	23	43	33
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Afternoon Delight	290	10	42	11
		2350	128	229	115

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	PB&J French Toast	720	50	50	33
LUNCH	Muscle Up Meatloaf	590	39	38	31
DINNER	Tasty Thai Beef	590	46	37	29
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Chicken Salad Snacker	320	26	21	15
		2460	176	168	116

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Get Shredded Hash	630	39	30	41
LUNCH	SW Salmon	620	37	43	33
DINNER	No Guilt Mac & Cheese	550	28	77	15
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		2290	119	198	116

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