

## LARGE PERFORMANCE PLAN

WEEK ONE

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

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
		<b>2340</b>	<b>125</b>	<b>226</b>	<b>106</b>

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Alberta Breakfast	510	41	21	29
LUNCH	Healthy Spag & Balls	680	44	89	14
DINNER	Buddha Bowl	590	41	57	24
SNACK 1	Trail Mix Energy Balls	250	19	28	7
SNACK 2	Chia Seed Pudding	180	5	31	7
		<b>2210</b>	<b>150</b>	<b>226</b>	<b>81</b>

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Gold Medal Wrap	720	33	65	38
LUNCH	No Butter Chicken	620	45	41	31
DINNER	Chimichurri Beef	590	39	36	34
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>2400</b>	<b>145</b>	<b>188</b>	<b>124</b>

Second delivery: Days 4, 5, & 6

AM PM P/U

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Superfoods Hash	600	40	25	39
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
		<b>2340</b>	<b>140</b>	<b>186</b>	<b>123</b>

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
		<b>2460</b>	<b>176</b>	<b>168</b>	<b>116</b>

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
		<b>2290</b>	<b>119</b>	<b>198</b>	<b>116</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