



SAMPLE LARGE PERFORMANCE MEAL PLAN

LARGE PERFORMANCE PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Fitcakes	Alberta Breakfast	Gold Medal Wrap	Oats of Steel	PB&J French Toast	Get Shredded Hash	<p>Everyone needs flexibility!</p> <p>Use this day to enjoy your own homemade meals or to make up meals you missed from going out</p>
LUNCH	No Guilt Mac & Cheese	Healthy Spag & Balls	No Butter Chicken	Ninja Chicken Stirfry	Broccoli Pesto Pasta	Southwest Salmon	
DINNER	Tatonka Chili	Bueno Quesadilla	Be-Fit & Potatoes	Yam Shepherds Pie	Tasty Thai Beef	No Guilt Mac & Cheese	
SNACKS Enjoy through the day as you see fit	Dark Chocolate Energy Balls Berry Parfait	Veg & Hummus Trail Mix Balls	Picnic Protein Plate Fruit & Cottage Cheese	Pumpkin Pie Bar Tropical Parfait	Berry Parfait Veg & Hummus	Power Up Protein Plate Fruit & Cottage Cheese	
Total Daily Macros	Cals: 2340 Pro: 125g Carbs: 226g Fat: 106g	Cals: 2300 Pro: 162g Carbs: 223g Fat: 84g	Cals: 2550 Pro: 124g Carbs: 245g Fat: 125g	Cals: 2320 Pro: 132g Carbs: 207g Fat: 118g	Cals: 2370 Pro: 136g Carbs: 218g Fat: 104g	Cals: 2410 Pro: 134g Carbs: 204g Fat: 121g	

Each day also add the following foods to compliment your meal plan and ensure overall balance

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 unsweeted 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



SAMPLE SMALL PERFORMANCE MEAL PLAN

SMALL PERFORMANCE PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Fitcakes	Alberta Breakfast	Bomb.com Burrito	Oats of Steel	PB&J French Toast	Get Shredded Hash	<p>Everyone needs flexibility!</p> <p>Use this day to enjoy your own homemade meals or to make up meals you missed from going out</p>
LUNCH	No Guilt Mac & Cheese	Healthy Spag & Balls	No Butter Chicken	Ninja Chicken Stirfry	Broccoli Pesto Pasta	Southwest Salmon	
DINNER	Tatonka Chili	Bueno Quesadilla	Be-Fit & Potatoes	Yam Shepherds Pie	Tasty Thai Beef	No Guilt Mac & Cheese	
SNACKS Enjoy through the day as you see fit	Dark Chocolate Energy Balls	Berry Parfait	Picnic Protein Plate	Pumpkin Pie Bar	Berry Parfait	Power Up Protein Plate	
	Fruit & Cottage Cheese	Trail Mix Balls	Tropical Parfait	Tropical Parfait	Trail Mix Balls	Fruit & Cottage Cheese	
Total Daily Macros	Cals: 1665 Pro: 87g Carbs: 155g Fat: 82g	Cals: 1750 Pro: 121g Carbs: 163g Fat: 71g	Cals: 1780 Pro: 98g Carbs: 144g Fat: 95g	Cals: 1980 Pro: 107g Carbs: 183g Fat: 100g	Cals: 1800 Pro: 101g Carbs: 169g Fat: 84g	Cals: 1920 Pro: 98g Carbs: 172g Fat: 98g	

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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 tbs dried fruit, or a half cup of unsweeted 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