

## SMALL LEAN PLAN WEEK ONE

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

AM PM P/U

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

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Bomb.com Burrito	340	17	36	15
LUNCH	Canadian Salmon	260	21	29	8
DINNER	Club Med Chicken	290	30	13	14
SNACK 1	Afternoon Delight	290	10	42	11
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>1330</b>	<b>80</b>	<b>145</b>	<b>54</b>

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Ain't No Yolk	260	23	17	10
LUNCH	Killer Beef Enchiladas	330	18	34	12
DINNER	Sustain Greens Salad	470	33	32	24
SNACK 1	Veg & Hummus	120	4	22	2
SNACK 2	Berry Parfait	240	15	22	8
		<b>1420</b>	<b>93</b>	<b>127</b>	<b>56</b>

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Smart Turkey Omelette	340	27	13	19
LUNCH	Very Veggie Spaghetti	270	14	42	6
DINNER	Fired Up Tandoori Chicken	300	24	21	14
SNACK 1	Chia Seed Pudding	180	5	31	7
SNACK 2	Trail Mix Energy Balls	250	19	28	7
		<b>1340</b>	<b>89</b>	<b>135</b>	<b>53</b>

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

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Healthy Sanchez	320	19	28	14
LUNCH	Guinness Beef Stew	300	20	20	15
DINNER	Chef's Vietnamese Chicken	240	29	21	5
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Afternoon Delight	290	10	42	11
		<b>1460</b>	<b>91</b>	<b>137</b>	<b>63</b>

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Champion's Scramble	320	25	9	21
LUNCH	Killer Turkey Enchiladas	340	17	34	14
DINNER	Body Builder Chicken	250	32	26	4
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>1400</b>	<b>89</b>	<b>117</b>	<b>66</b>

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	380	21	47	12
LUNCH	Power Prawn Curry	250	14	22	14
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>1560</b>	<b>103</b>	<b>137</b>	<b>69</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 tsp 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