



SMALL PERFORMANCE PLAN

WEEK ONE

NAME: _____

First delivery: Days 1, 2, & 3

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	380	21	47	12
LUNCH	No Guilt Mac & Cheese	390	20	55	11
DINNER	Tatonka Chili	460	31	18	30
SNACK 1	Dark Chocolate Energy Balls	390	9	37	26
SNACK 2	Berry Parfait	240	15	22	8
		1860	96	179	87

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Alberta Breakfast	420	32	17	25
LUNCH	Healthy Spag & Balls	440	27	60	9
DINNER	Buddha Bowl	590	41	57	24
SNACK 1	Trail Mix Energy Balls	250	19	28	7
SNACK 2	Veg & Hummus	120	4	22	2
		1820	123	184	67

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Gold Medal Wrap	360	16	33	19
LUNCH	No Butter Chicken	390	27	24	21
DINNER	Chimichurri Beef	390	21	27	24
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Rise & Shine Plate	340	13	23	21
		1800	103	128	100

Second delivery: Days 4, 5, & 6

AM PM P/U

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	SuperFoods Hash Large	360	24	21	21
LUNCH	Ninja Chicken Stirfry	400	34	37	15
DINNER	Yam Shepherd's Pie	390	17	31	22
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Afternoon Delight	290	10	42	11
		1750	98	157	87

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	PB&J French Toast	420	27	28	21
LUNCH	Gladiator's Lasagna	740	51	57	35
DINNER	Tasty Thai Beef	390	29	31	18
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Veg & Hummus	120	4	22	2
		1910	126	160	84

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Get Shredded Hash	460	24	25	31
LUNCH	SW Salmon	460	24	38	24
DINNER	No Guilt Mac & Cheese	390	20	55	11
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		1800	83	166	93

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