

## SMALL PERFORMANCE PLAN

WEEK ONE

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

AM PM

### 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
		<b>1860</b>	<b>96</b>	<b>179</b>	<b>87</b>

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Alberta Breakfast	420	32	17	25
LUNCH	Healthy Spag & Balls	440	27	60	9
DINNER	Bueno Quesadilla	400	28	36	16
SNACK 1	Trail Mix Energy Balls	250	19	28	7
SNACK 2	Veg & Hummus	120	4	22	2
		<b>1630</b>	<b>110</b>	<b>163</b>	<b>59</b>

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Gold Medal Wrap	360	16	33	19
LUNCH	No Butter Chicken	390	27	24	21
DINNER	Be-Fit & Potatoes	380	21	27	21
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Rise & Shine Plate	340	13	23	21
		<b>1790</b>	<b>103</b>	<b>128</b>	<b>97</b>

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

DAY 4		CALS	PROT	CARBS
BREAKFAST	Oats of Steel	610	28	68
LUNCH	Ninja Chicken Stirfry	400	34	37
DINNER	Yam Shepherd's Pie	390	17	31
SNACK 1	Pumpkin Bar	310	13	26
SNACK 2	Afternoon Delight	290	10	42
		<b>2000</b>	<b>102</b>	<b>204</b>

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

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

P/U

<b>FATS</b>
31
15
22
18
11
<b>97</b>

<b>FATS</b>
21
35
18
8
2
<b>84</b>

<b>FATS</b>
31
24
11
21
6
<b>93</b>