

2000 CAL

TRAINING DAY MEAL PLAN

MEAL 1

499 cal (39P 52C 14F)

1 large egg
225g egg whites
2 slices whole wheat bread
50g avocado
1 medium banana

MEAL 2

345 cal (34P 27C 13F)

1 Oikos triple zero yogurt
1/2 scoop whey protein
75g strawberries
25g almonds

MEAL 3

492 cal (46P 45C 14F)

5oz chicken breast (cooked)
6oz sweet potato
75g vegetable(s) of your choice
1 Tbsp Smart Balance butter

MEAL 4

334 cal (35P 24C 12F)

5 hard boiled eggs (whites only)
1 medium apple
1.5 Tbsp almond/peanut butter

MEAL 5

390 cal (48P 29C 9F)

6.5oz cod (cooked)
115g wild rice (cooked)
50g avocado

Daily Totals

201g Protein
176g Carbs
63g Fat

2,059 Calories

NOTES:

CT PLEASE

2000 CAL

TRAINING DAY MEAL PLAN

MEAL 1

420 cal (40P 45C 10F)

53g Kodiak power cakes mix
1 large egg
1/2 container Oikos triple zero yogurt
2 slices Applegate turkey bacon
50g blueberries

MEAL 2

306 cal (26P 32C 9F)

220g nonfat cottage cheese
1/2 medium banana
1 Tbsp almond/peanut butter

MEAL 3

480 cal (43P 46C 15F)

130g 99% lean ground turkey
1 whole wheat tortilla
50g black beans
75g avocado
3 Tbsp salsa (add as you like)

MEAL 4

376 cal (36P 35C 10F)

1 container Oikos triple zero yogurt
1/2 scoop whey protein
1/4 cup Nature Valley protein granola
1 Tbsp almond/peanut butter

MEAL 5

478 cal (45P 41C 14F)

5oz chicken breast (cooked)
6oz red/white potato
125g green beans
1 Tbsp Smart Balance butter

Daily Totals

191g Protein
198g Carbs
59g Fat

2,060 Calories

NOTES:

JUST PLEASE

2000 CAL

TRAINING DAY MEAL PLAN

MEAL 1

469 cal (43P 48C 11F)

1 large egg
225g egg whites
1 English muffin
1 slice reduced fat Colby Jack cheese
1/2 medium banana
50g blueberries

MEAL 2

325 cal (30P 28C 11F)

8 fl oz unsweetened almond milk
1 scoop whey protein
100g frozen strawberries
1/2 medium banana
1 Tbsp almond/peanut butter

MEAL 3

505 cal (44P 49C 14F)

4oz chicken breast (cooked)
2 slices Sara Lee wheat bread
1 slice reduced fat provolone cheese
100g Alexia sweet potato fries

MEAL 4

304 cal (27P 23C 12F)

4oz low sodium tuna
2 Tbsp light mayo
15 reduced fat Wheat Thins

MEAL 5

460 cal (42P 43C 14F)

5oz 99% lean ground turkey
1/2 cup Basmati rice (cooked)
75g black beans
80g avocado

Daily Totals

186g Protein
190g Carbs
63g Fat

2,062 Calories

NOTES:

CT PLEASE