

7:30 (wake up)

5 minute warm up

8:00am (breakfast)

Fruit Smoothie	~370 calories
2 cups mixed berries	
1 cup low-fat yogurt	
protein powder (10 grams)	

11:00am

1 medium apple	100 calories
2 tbsp peanut butter	200 calories
protein powder (10 grams)	~50 calories

2:00pm

Homemade Fried Rice	
½ cup brown rice	110 calories
½ cup mixed veggies	10 calories
2 large eggs	160 calories
½ tbsp olive oil	60 calories

5:00pm

30 minute walk  
10 minutes stretching

5:30pm

3oz pork loin	120 calories
4oz baked yam	130 calories
1 ½ cup mixed veggies	30 calories

9:00pm

Spinach Salad	~200 calories
veggies (your choice)	
3oz can tuna	
1 tbsp vinaigrette dressing	

11:30pm (bedtime)

½ cup low fat cottage cheese	100 calories
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**TOTAL CALORIES = 1640 calories**