

7:30 (wake up)

5 minute warm-up

8:00am (breakfast)

3/4 cup oatmeal (measured dry)	225 calories
2 eggs	160 calories
1 cup green tea	

11:00am

Spinach Salad	~230 calories
veggies (your choice)	
3oz grilled chicken breast	
1 tbsp vinaigrette dressing	

1:30pm

1oz almonds (23 almonds)	160 calories
protein powder (20 grams)	100 calories

5:00pm (pre-workout meal)

½ cup black beans	120 calories
½ cup brown rice	110 calories
3oz grilled pork loin	120 calories
onions, peppers, salsa	~10 calories

5:45pm

1 cup green tea

6:30pm

workout

7:30pm (post-workout meal)

Gatorade Shake	400 calories
6 servings Gatorade powder (80 grams carbs)	
protein powder (20 grams)	
mixed in 3-4 cups water	

OR

Fruit Smoothie	~455 calories
1 cup orange juice	
1 cup low-fat yogurt	
½ medium banana	
1 cup berries	
whey or soy protein powder (10 grams)	

OR

3oz grilled chicken breast	120 calories
1.5 cups white rice	310 calories
1 cup mixed veggies	20 calories

9:30pm

3oz grilled salmon	175 calories
1 cup broccoli	55 calories
Quinoa Salad	175 calories
½ cup quinoa	
½ cup mixed veggies	
¼ tbsp olive oil	

11:30pm (bedtime)

½ cup low fat cottage cheese	100 calories
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TOTAL CALORIES = 2140-2195 calories