

7:30 (wake up)

5 minute warm up

8:00am (breakfast)

Fruit Smoothie	~520 calories
2 cups mixed berries	
1 banana	
1 cup low-fat yogurt	
protein powder (20 grams)	

11:00am

1 medium apple	100 calories
2 tbsp peanut butter	200 calories
protein powder (20 grams)	~100 calories

2:00pm

Homemade Fried Rice	
½ cup brown rice	110 calories
1 cup mixed veggies	20 calories
3 eggs	240 calories
½ tbsp olive oil	60 calories

5:00pm

30 minute walk
10 minutes stretching

5:30pm

5oz pork loin	200 calories
6oz baked yam	195 calories
2 cups mixed veggies	40 calories

9:00pm

Spinach Salad	~330 calories
veggies (your choice)	
5oz can tuna	
2 tbsp vinaigrette dressing	

11:30pm (bedtime)

1 cup low fat cottage cheese	200 calories
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TOTAL CALORIES = 2315 calories