

7:30 (wake up)

5 minute warm-up

8:00am (breakfast)

1 cup oatmeal (measured dry)	300 calories
3 large eggs	240 calories
1 cup green tea	

11:00am

Spinach Salad	~410 calories
veggies (your choice)	
5oz grilled chicken breast	
2 tbsp vinaigrette dressing	

1:30pm

1 medium banana	100 calories
1oz almonds (23 almonds)	160 calories
protein powder (30 grams)	~150 calories

5:00pm (pre-workout meal)

1 cup beans	240 calories
½ cup brown rice	110 calories
3oz grilled pork loin	120 calories
onions, peppers, salsa	~20 calories

5:45pm

1 cup green tea

6:30pm

workout

7:30pm (post-workout meal)

Gatorade Shake	~600 calories
9 servings Gatorade (120 grams carbs)	
whey protein powder (30 grams)	
mixed in 5-6 cups water	

OR

Fruit Smoothie	~620 calories
1.5 cup orange juice	
1 cup low-fat yogurt	
1 medium banana	
1 cup berries	
whey protein powder (20 grams)	

OR

4oz grilled chicken breast	190 calories
2.25 cups white rice	460 calories
1.5 cup mixed veggies	30 calories

9:30pm

5 oz grilled salmon	290 calories
1 cup broccoli	55 calories
Quinoa Salad	350 calories
1 cup quinoa	
1 cup mixed veggies	
½ tbsp olive oil	

11:30pm (bedtime)

1 cup low fat cottage cheese	200 calories
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TOTAL CALORIES = 3345-3425 calories