



1300 Calorie Straight-Up Fitness Meal Plan

Meal	Food	Calories	Fat		Carbs		Protein
			Total	Saturated	Total	Fiber	
1	1 scoop Prograde Protein Powder	135	1	0	2	1	24
	0.5 cup Oatmeal	150	3	0.5	27	4	5
	0.25 liter Skim Milk	90	0	0	12	0	9
	1 Cup Blueberries	100	0	0	20	4	1
2	1 Granny Smith Apple & 10 Almonds	200	10	1	26	7	4
3	0.25 Cup Brown Rice	52.5	0.5	0.25	10.5	1	1
	0.5 Cup Mixed Veggies	50	0	0	7.5	2	1.5
	2 Chicken Tenderloins	110	2	0.5	6	0	16.5
4	0.5 Oz Onion Garlic Pistachios	80	6.5	1	4	2	3
5	1 Turkey Patty	200	6	2	2	0	35
	2 Cups of Broccoli	50	0	0	4	2	2
6	0.5 Cup Fat-Free Cottage Cheese	80	0	0	4	0	14
	5 Almonds	60	5	0.5	2	1	2
TOTALS		1357.5	34	5.75	127	24	118

Note: You can order Prograde Protein Powder through us - simply call (562) 239-4884
 All food can (and should) be bought at Trader Joe's
 Feel free to substitute the Turkey & Chicken for Fish (such as Tilapia, Tuna, Salmon, etc)

Fat %	23%
Carb %	37%
Protein %	35%