



## 1400 Calorie Straight-Up Fitness Meal Plan

Meal	Food	Calories	Fat		Total	Fiber	Protein
			Total	Saturated			
<b>1</b>	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
<b>2</b>	1 Granny Smith Apple	80	0	0	22	5	0
<b>3</b>	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
<b>4</b>	0.5 Cup Dried Fruit & Nut Mix	280	16	2	28	6	10
<b>5</b>	1 Turkey Paty	200	6	2	2	0	35
	2 Cups of Broccoli	50	0	0	4	2	2
<b>6</b>	0.5 Cup Fat-Free Cottage Cheese	80	0	0	4	0	14
	5 Almonds	60	5	0.5	2	1	2
<b>TOTALS</b>		<b>1437.5</b>	<b>34</b>	<b>5.75</b>	<b>147</b>	<b>26</b>	<b>121</b>

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)

<b>Fat %</b>	<b>21%</b>
<b>Carb %</b>	<b>41%</b>
<b>Protein %</b>	<b>34%</b>