



1500 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
	0.5 liter Skim Milk	180	0	0	24	0	18
	1 Cup Blueberries	100	0	0	20	4	1
2	1 slice Whole Wheat Bread	90	1	0	17	3	4
	1 tbsp Almond Butter	190	17	1	6	3	8
	1 tbsp Jelly	35	0	0	9	0	0
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 Paty	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		1562.5	42	5.75	145	23	135

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 %	24%
Carb %	37%
Protein %	35%