



1900 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 slice Whole Wheat Bread	90	1	0	17	3	4
	0.5 tbsp Almond Butter	95	8.5	0.5	3	1.5	4
	1 tbsp Jelly	35	0	0	9	0	0
3	0.5 Cup Brown Rice	105	1	1	21	2	2
	1 Cup Mixed Veggies	100	0	0	15	4	3
	4 Chicken Tenderloins	220	4	1	12	0	34
4	4 Egg-Whites	80	0	0	0	0	20
	1 Olive Oil Whole-Wheat Tortilla	180	2	0	34	6	8
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
	10 Almonds	120	10	1	4	2	4
	0.5 Serving Greek Yoghurt	85	0	0	16	2	4
TOTALS		1915	37	6	202	31.5	173

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 %	17%
Carb %	42%
Protein %	36%