



2000 Calorie Straight-Up Fitness Meal Plan

Meal	Food	Calories	Fat		Total	Carbs		Protein
			Total	Saturated		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	
	1 tbsp Almond Butter	190	17	1	6	3	8	
	1 tbsp Jelly	35	0	0	9	0	0	
3	0.5 Cup Brown Rice	105	1	0.5	21	2	2	
	1 Cup Mixed Veggies	100	0	0	15	4	3	
	4 Chicken Tenderloins	220	4	1	12	0	33	
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	1 Cup Fat-Free Cottage Cheese	160	0	0	8	0	28	
	10 Almonds	120	10	1	4	2	4	
	0.5 Serving Greek Yoghurt	85	0	0	16	2	4	
TOTALS		2090	45	6	209	33	190	

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%