

# Meal Plan

Welcome Fit Friend

**Day 1**

Day 1						
Time	Meal Label	Calories	Meal Items			
08:00 am	Breakfast	120	32 grams Sprouts Vegan Protein Powder			
		34	3/4 cups Fresh strawberries			
		15	1 tablespoons BAKING COCOA, UNSWEETENED			
		150	1/2 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
Notes:	Chocolate Strawberry Oats: 1. Combine all of the above ingredients into a microwave safe bowl. Cook according to package directions for oats. You may need to add a bit of extra water due to the protein powder. *Substitutions 1. Strawberries - Any berry					
Meal Totals:		Calories: 319	Carbs: 42g (48%)	Protein: 27g (31%)	Fat: 8g (21%)	Fluid: 0oz
10:00 am	Snack	70	2 tablespoons Sabra Roasted Garlic Hummus			
		70	2 serving Quaker lightly salted or no sodium rice cakes			
Notes:	Rice Cakes with Hummus: 1. Spread 1 measured tablespoon of hummus on each rice cake. 2. Season with salt-free seasonings of choice. *Substitutions 1. Roasted Garlic Hummus - Choose any flavor of your choice					
Meal Totals:		Calories: 140	Carbs: 19g (55%)	Protein: 4g (12%)	Fat: 5g (33%)	Fluid: 0oz
12:00 pm	Lunch	8	2 tablespoons Organic Salsa- Kirkland Brand from Costco			
		128	1 cups MIXED VEGETABLES, STEAMED			
		55	1/4 cups Cooked Quinoa			
		120	4 oz Extra Lean Ground Turkey (4oz)			
Notes:	Southwest Quinoa Bowl: 1. Combine all ingredients and top with salsa and any other approved condiment/topping. *Substitutions 1. Extra Lean Ground Turkey - See protein chart in the intro email 2. Quinoa - White or brown rice					
Meal Totals:		Calories: 311	Carbs: 40g (50%)	Protein: 33g (41%)	Fat: 3g (8%)	Fluid: 0oz
03:00 pm	Snack	70	1 serving Almonds - 10			
		65	1/2 cups FAGE 0% fat plain Greek yogurt			
		46	1/2 cups Blueberries Organic, raw			
Notes:	Yogurt and Berries: 1. Combine all of the above ingredients and top with cinnamon (optional). *Substitutions 1. Fage Yogurt - Dairy free yogurt 2. Blueberries - Any berry					
Meal Totals:		Calories: 181	Carbs: 19g (39%)	Protein: 16g (33%)	Fat: 6g (28%)	Fluid: 0oz
06:00 pm	Dinner	128	1 cups MIXED VEGETABLES, STEAMED			
		0	2 teaspoons Braggs Liquid Aminos (Soy)			
		87	3 oz * Chicken breast boneless (grilled or baked)			
		131	1/2 cups Brown rice (cooked).			
Notes:	Asian Protein Bowl: 1. Combine all ingredients and top with Braggs soy sauce and salt-free seasonings of your choice. *Substitutions 1. Chicken - See protein chart in the intro email 2. Braggs - Any low sodium soy sauce 3. Brown Rice - Quinoa or white rice					
Meal Totals:		Calories: 346	Carbs: 54g (62%)	Protein: 29g (33%)	Fat: 2g (5%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 1 Totals:		1297	174g (52%)	109g (32%)	24g (16%)	0oz