

Nutritional Guidelines:

Name:

Start Date:

<i>Meal</i>	<i>Time</i>	<i>Description of Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fats</i>	<i>Calories</i>
CARDIO 30 – 45 mins	6.30am					
1	7.15am	1 ½ scoop PM Protein powder 8-12oz water/ice ½ banana	30 <u>0.515</u>	1.75 <u>16.5</u>	1.75 <u>0.24</u>	142.5 <u>46</u> 188.5
2	9.30am	4oz Tuna, white in water/drained, 1 med potato/Baked	26.76 2.54	0 27.38	2.25 0.14	181.33 <u>118.32</u> 299.65
3	12.00pm	4oz Chicken breast/Grilled 1 ½ cups Broccoli/green leafy vegetables	27 <u>6.96</u>	0 <u>11.85</u>	2.4 <u>0.81</u>	140 <u>65.52</u> 205.52
Snack	1.30pm	1 apple	0.19	15.25	0.36	59
4	2.45pm	4oz Tuna, white in water/drained, or white fish ½ brown rice/boiled/steamed	26.76 <u>2.125</u>	0 <u>22.25</u>	2.25 <u>0.22</u>	181.33 <u>102.7</u> 284.03
TRAIN/CARDIO 30 mins	4.30- 6.00pm					
5	6.00pm	1 ½ scoop PM Protein powder 8-12oz water/ice	<u>30</u>	<u>1.75</u>	<u>1.75</u>	<u>142.5</u> 142.5
6	8.30pm	4oz Chicken cooked breast/Grilled ½ brown rice/boiled/steamed ½ cups green beans	26.76 2.125 <u>5.98</u>	0 22.25 <u>10.5</u>	2.4 0.22 <u>0.62</u>	140 102.7 <u>62.3</u> 202.3
7 (If Hungry)	10.30- 11.00pm	1 ½ scoops PM Protein Powder 8-12oz water/ice	<u>30</u>	<u>1.75</u>	<u>1.75</u>	<u>142.5</u> 142.5
Total Intake-	Per Day		190.71g	complex 91.88g	13.95g	1465g

- Minimum 1- 1 ½ gallon of water a day
- Steak or Salmon one meal per day (meal # 2 or 3), every 3 days

Seasonings/dressings/sources: -

- Mrs. Dash
- Ketchup
- Walden Farms calorie free Italian, Ranch dressing
- Fat free Butter spray & Pam Fat free Olive oil