



# SMALL LEAN PLAN

## WEEK ONE

NAME: \_\_\_\_\_

### First delivery: Days 1, 2, & 3

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Best Breakfast	290	18	26	13
LUNCH	Canadian Salmon	260	21	29	8
DINNER	Cajun Fit Chicken	290	30	13	14
SNACK 1	Afternoon Delight	290	10	42	11
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>1280</b>	<b>81</b>	<b>135</b>	<b>52</b>

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Ain't No Yolk	260	23	17	10
LUNCH	Killer Beef Enchiladas	330	18	34	12
DINNER	Tex Mex	470	33	32	24
SNACK 1	Veg & Hummus	120	4	22	2
SNACK 2	Berry Parfait	240	15	22	8
		<b>1420</b>	<b>93</b>	<b>127</b>	<b>56</b>

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	380	21	47	12
LUNCH	Be fit and Rice	250	32	26	4
DINNER	Fired Up Tandoori Chicken	300	24	21	14
SNACK 1	Chia Seed Pudding	180	5	31	7
SNACK 2	Trail Mix Energy Balls	250	19	28	7
		<b>1360</b>	<b>101</b>	<b>153</b>	<b>44</b>

### Second delivery: Days 4, 5, & 6

AM PM P/U

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Healthy Sanchez	320	19	28	14
LUNCH	Guinness Beef Stew	300	20	20	15
DINNER	Chef's Vietnamese Chicken	240	29	21	5
SNACK 1	Dark Chocolate Energy Balls	390	9	37	26
SNACK 2	Afternoon Delight	290	10	42	11
		<b>1540</b>	<b>87</b>	<b>148</b>	<b>71</b>

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Champion's Scramble	320	25	9	21
LUNCH	So Legit Chicken fingers	340	17	34	14
DINNER	Very Veggie Spaghetti	270	14	42	6
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>1420</b>	<b>71</b>	<b>133</b>	<b>68</b>

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Ain't No yolk	260	33	7	10
LUNCH	Cajun Fit Chicken	290	31	34	5
DINNER	Tex Mex Greens	370	27	25	20
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Chicken Salad Snacker	320	26	21	15
		<b>1480</b>	<b>132</b>	<b>109</b>	<b>58</b>

To compliment your Fit Kitchen meal plan and help with overall dietary balance you may also want to supplement your daily diet with incremental portions of fruit, vegetables and dairy/calcium. See serving size below for additional insight:

Fruit: 3 servings

A serving is approximately a half cup of fresh/frozen/canned fruit, 1 medium piece of fresh fruit, 2 small pieces of fruit such as plums/apricots, 2 tbsp dried fruit, or a half cup of unsweetened juice

Vegetables: 2 servings

A serving is approximately 1 cup leafy greens, half cup vegetables, 1 cup tomato or vegetable juice

Calcium Rich Choices: 2 servings

A serving is approximately 1 cup milk or calcium fortified beverage such as almond or soy milk, 175g of yogurt, 1.5oz hard cheese

NAME: \_\_\_\_\_

AM PM P/U

#### First delivery: Days 1, 2, & 3

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Healthy Sanchez	320	19	28	14
LUNCH	Guinness Beef Stew	300	20	20	15
DINNER	Chef's Vietnamese Chicken	240	29	21	5
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Afternoon Delight	290	10	42	11
		<b>1460</b>	<b>91</b>	<b>137</b>	<b>63</b>

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Ain't No Yolk	260	33	7	10
LUNCH	Cajun Fit Chicken	290	31	34	5
DINNER	Tex Mex	470	33	32	24
SNACK 1	Veg & Hummus	120	4	22	2
SNACK 2	Berry Parfait	240	15	22	8
		<b>1380</b>	<b>116</b>	<b>117</b>	<b>49</b>

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Champion's Scramble	320	25	9	21
LUNCH	Killer Beef Enchiladas	340	17	34	14
DINNER	Be fit and Rice	250	32	26	4
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>1400</b>	<b>89</b>	<b>117</b>	<b>66</b>

#### Second delivery: Days 4, 5, & 6

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	380	21	47	12
LUNCH	Canadian Salmon	260	21	29	8
DINNER	So Legit Chicken Fingers	240	15	29	4
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>1340</b>	<b>72</b>	<b>156</b>	<b>48</b>

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Best Breakfast	290	18	26	13
LUNCH	Tex Mex Greens	370	27	25	20
DINNER	Fired Up Tandoori Chicken	300	24	21	14
SNACK 1	Chia Seed Pudding	180	5	31	7
SNACK 2	Trail Mix Energy Balls	250	19	28	7
		<b>1390</b>	<b>93</b>	<b>131</b>	<b>61</b>

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Aint no yolk	260	33	7	10
LUNCH	Cajun Fit Chicken	290	31	34	5
DINNER	Very Veggie Spaghetti	270	14	42	6
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Chicken Salad Snacker	320	26	21	15
		<b>1380</b>	<b>119</b>	<b>126</b>	<b>44</b>

To compliment your Fit Kitchen meal plan and help with overall dietary balance you may also want to supplement your daily diet with incremental portions of fruit, vegetables and dairy/calcium.

See serving size below for additional insight:

Fruit: 3 servings

A serving is approximately a half cup of fresh/frozen/canned fruit, 1 medium piece of fresh fruit, 2 small pieces of fruit such as plums/apricots, 2 tbsp dried fruit, or a half cup of unsweetened juice

Vegetables: 2 servings

A serving is approximately 1 cup leafy greens, half cup vegetables, 1 cup tomato or vegetable juice

Calcium Rich Choices: 2 servings

A serving is approximately 1 cup milk or calcium fortified beverage such as almond or soy milk, 175g of yogurt, 1.5oz hard cheese

NAME: \_\_\_\_\_

AM PM P/U

#### First delivery: Days 1, 2, & 3

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Champion's Scramble	320	25	9	21
LUNCH	Killer Beef Enchilladas	340	17	34	14
DINNER	Be Fit and Rice	250	32	26	4
SNACK 1	Trail Mix Energy Balls	250	19	28	7
SNACK 2	Afternoon Delight	290	10	42	11
		<b>1450</b>	<b>103</b>	<b>139</b>	<b>57</b>

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Super Foods Hash	360	24	21	21
LUNCH	Turkey Dinner	320	31	43	3
DINNER	Tex Mex	470	33	32	24
SNACK 1	Veg & Hummus	120	4	22	2
SNACK 2	Chocolate Chip Fit Cookie Dough	300	6	9	27
		<b>1570</b>	<b>98</b>	<b>127</b>	<b>77</b>

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Healthy Sanchez	320	19	28	14
LUNCH	Guinness Beef Stew	300	20	20	15
DINNER	Chef's Vietnamese Chicken	240	29	21	5
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>1350</b>	<b>83</b>	<b>117</b>	<b>61</b>

#### Second delivery: Days 4, 5, & 6

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Ain't No Yolk	260	33	7	10
LUNCH	Chef's Vietnamese Chicken	240	29	21	5
DINNER	Cajun Fit Chicken	290	30	13	14
SNACK 1	Trail Mix Energy Balls	250	19	28	7
SNACK 2	Afternoon Delight	290	10	42	11
		<b>1330</b>	<b>121</b>	<b>111</b>	<b>47</b>

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Best Breakfast	290	18	26	13
LUNCH	Ninja Chicken Stir Fry	330	18	34	12
DINNER	Fired Up Tandoori Chicken	300	24	21	14
SNACK 1	Chia Seed Pudding	180	5	31	7
SNACK 2	Dark Chocolate Energy Balls	390	9	37	26
		<b>1490</b>	<b>74</b>	<b>149</b>	<b>72</b>

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	380	21	47	12
LUNCH	So Legit Chicken Fingers	240	15	29	4
DINNER	Very Veggie Spaghetti	270	14	42	6
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Chicken Salad Snacker	320	26	21	15
		<b>1450</b>	<b>91</b>	<b>161</b>	<b>45</b>

To compliment your Fit Kitchen meal plan and help with overall dietary balance you may also want to supplement your daily diet with incremental portions of fruit, vegetables and dairy/calcium.

See serving size below for additional insight:

Fruit: 3 servings

A serving is approximately a half cup of fresh/frozen/canned fruit, 1 medium piece of fresh fruit, 2 small pieces of fruit such as plums/apricots, 2 tbsp dried fruit, or a half cup of unsweetened juice

Vegetables: 2 servings

A serving is approximately 1 cup leafy greens, half cup vegetables, 1 cup tomato or vegetable juice

Calcium Rich Choices: 2 servings

A serving is approximately 1 cup milk or calcium fortified beverage such as almond or soy milk, 175g of yogurt, 1.5oz hard cheese