



# LARGE LEAN PLAN

## WEEK ONE

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

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

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Get Shredded Hash	690	34	72	30
LUNCH	Canadian Salmon	350	33	31	12
DINNER	Club Med Chicken	450	49	16	24
SNACK 1	Cococado Dip & Fruit	150	2	25	6
SNACK 2	Afternoon Delight	290	10	42	11
		<b>1930</b>	<b>128</b>	<b>186</b>	<b>83</b>

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Ain't No Yolk	320	31	17	13
LUNCH	Killer Beef Enchiladas	430	23	50	13
DINNER	Sustain Greens Salad	470	33	32	24
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Berry Parfait	240	15	22	8
		<b>1780</b>	<b>128</b>	<b>142</b>	<b>73</b>

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Champion's Scramble	450	44	9	27
LUNCH	Very Veggie Spaghetti	380	18	63	7
DINNER	Fired Up Tandoori Chicken	500	29	48	19
SNACK 1	Chia Seed Pudding	180	5	31	7
SNACK 2	Trail Mix Energy Balls	250	19	28	7
		<b>1760</b>	<b>115</b>	<b>179</b>	<b>67</b>

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

AM PM P/U

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Healthy Sanchez	500	29	48	19
LUNCH	Guinness Beef Stew	400	27	26	20
DINNER	Chef's Vietnamese Chicken	340	47	22	8
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Veg & Hummus	120	4	22	2
		<b>1670</b>	<b>120</b>	<b>144</b>	<b>67</b>

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Balanced Breakfast	420	24	36	20
LUNCH	Killer Turkey Enchiladas	450	21	50	16
DINNER	Body Builder Chicken	400	52	39	6
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>1760</b>	<b>112</b>	<b>173</b>	<b>69</b>

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	580	34	66	20
LUNCH	Cajun Fit Chicken	420	50	43	7
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>1930</b>	<b>152</b>	<b>177</b>	<b>70</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: \_\_\_\_\_

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

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Healthy Sanchez	500	29	48	19
LUNCH	Guinness Beef Stew	400	27	26	20
DINNER	Chef's Vietnamese Chicken	340	47	22	8
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>1700</b>	<b>118</b>	<b>147</b>	<b>71</b>

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Ain't No Yolk	320	31	17	13
LUNCH	So Legit Chicken Fingers	460	26	56	8
DINNER	Club Med Chicken	450	49	16	24
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Berry Parfait	240	15	22	8
		<b>1790</b>	<b>147</b>	<b>132</b>	<b>68</b>

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Champion's Scramble	450	44	9	27
LUNCH	Killer Turkey Enchiladas	450	21	50	16
DINNER	Body Builder Chicken	400	52	39	6
SNACK 1	Chia Seed Pudding	180	5	31	7
SNACK 2	Trail Mix Energy Balls	250	19	28	7
		<b>1730</b>	<b>141</b>	<b>157</b>	<b>63</b>

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

AM PM P/U

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	580	34	66	20
LUNCH	Canadian Salmon	350	33	31	12
DINNER	Sustain Greens	470	33	32	24
SNACK 1	Cococado Dip & Fruit	150	2	25	6
SNACK 2	Afternoon Delight	290	10	42	11
		<b>1840</b>	<b>112</b>	<b>196</b>	<b>73</b>

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Balanced Breakfast	420	24	36	20
LUNCH	Very Veggie Spaghetti	380	18	63	7
DINNER	Fired Up Tandoori Chicken	500	29	48	19
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Chia Seed Pudding	180	5	31	7
		<b>1820</b>	<b>89</b>	<b>201</b>	<b>74</b>

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Get Shredded Hash	690	34	72	30
LUNCH	Cajun Fit Chicken	420	50	43	7
DINNER	Killer Beef Enchiladas	430	23	50	13
SNACK 1	Veg & Hummus	120	4	22	2
SNACK 2	Afternoon Delight	290	10	42	11
		<b>1950</b>	<b>121</b>	<b>229</b>	<b>63</b>

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See serving size below for additional insight:

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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

# FITKITCHEN!

## LARGE LEAN PLAN

### WEEK THREE

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

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

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Champion's Scramble	450	44	9	27
LUNCH	Killer Turkey Enchiladas	450	21	50	16
DINNER	Body Builder Chicken	400	52	39	6
SNACK 1	Trail Mix Energy Balls	250	19	28	7
SNACK 2	Afternoon Delight	290	10	42	11
		<b>1840</b>	<b>146</b>	<b>168</b>	<b>67</b>

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Balanced Breakfast	420	24	36	20
LUNCH	Be-Fit & Rice	390	38	43	9
DINNER	Sustain Greens Salad	470	33	32	24
SNACK 1	Chia Seed Pudding	180	5	31	7
SNACK 2	Berry Parfait	240	15	22	8
		<b>1700</b>	<b>115</b>	<b>164</b>	<b>68</b>

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Healthy Sanchez	500	29	48	19
LUNCH	Guinness Beef Stew	400	27	26	20
DINNER	Chef's Vietnamese Chicken	340	47	22	8
SNACK 1	Dark Chocolate Energy Balls	390	9	37	26
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>1780</b>	<b>114</b>	<b>158</b>	<b>79</b>

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

AM PM P/U

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	580	34	66	20
LUNCH	Cajun Fit Chicken	420	50	43	7
DINNER	Club Med Chicken	450	49	16	24
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Trail Mix Energy Balls	250	19	28	7
		<b>1940</b>	<b>167</b>	<b>175</b>	<b>66</b>

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Champion's Scramble	450	44	9	27
LUNCH	Killer Beef Enchiladas	430	23	50	13
DINNER	Fired Up Tandoori Chicken	500	29	48	19
SNACK 1	Chia Seed Pudding	180	5	31	7
SNACK 2	Veg & Hummus	120	4	22	2
		<b>1680</b>	<b>105</b>	<b>160</b>	<b>68</b>

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Ain't No Yolk	320	31	17	13
LUNCH	So Legit Chicken Fingers	460	26	56	8
DINNER	Garden Bowl	480	39	58	11
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Chicken Salad Snacker	320	26	21	15
		<b>1890</b>	<b>135</b>	<b>178</b>	<b>65</b>

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Vegetables: 2 servings

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Calcium Rich Choices: 2 servings

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