



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
		1280	81	135	52

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
		1420	93	127	56

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
		1360	101	153	44

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
		1540	87	148	71

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
		1420	71	133	68

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Ain't No yolk	260	33	7	10
LUNCH	Cajun Fit Chicken	290	31	34	5
DINNER	Sustain Greens	470	33	32	24
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Veg & Hummus	120	4	22	2
		1380	116	117	49

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	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
		1460	91	137	63

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
		1380	116	117	49

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Champion's Scramble	320	25	9	21
LUNCH	Killer Turkey 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
		1400	89	117	66

Second delivery: Days 4, 5, & 6

AM PM P/U

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
		1340	72	156	48

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Best Breakfast	290	18	26	13
LUNCH	Garden Bowl	480	39	58	11
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
		1500	105	164	52

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Aint no yolk	260	33	7	10
LUNCH	Club Med Chicken	290	30	13	14
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
		1380	118	105	53

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
		1450	103	139	57

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	Chia Seed Pudding	180	5	31	7
		1450	97	149	57

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
		1350	83	117	61

Second delivery: Days 4, 5, & 6

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Ain't No Yolk	260	33	7	10
LUNCH	Sustain Greens	470	33	32	24
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
		1560	125	122	66

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
		1490	74	149	72

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
		1450	91	161	45

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