



SMALL PERFORMANCE PLAN

WEEK ONE

NAME: _____

First delivery: Days 1, 2, & 3

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	380	21	47	12
LUNCH	No Guilt Mac & Cheese	390	20	55	11
DINNER	Tatonka Chili	460	31	18	30
SNACK 1	Dark Chocolate Energy Balls	390	9	37	26
SNACK 2	Berry Parfait	240	15	22	8
		1860	96	179	87

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Alberta Breakfast	420	32	17	25
LUNCH	Healthy Spag & Balls	440	27	60	9
DINNER	Buddha Bowl	590	41	57	24
SNACK 1	Trail Mix Energy Balls	250	19	28	7
SNACK 2	Veg & Hummus	120	4	22	2
		1820	123	184	67

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Best Breakfast	290	18	26	13
LUNCH	No Butter Chicken	390	27	24	21
DINNER	Chimichurri Beef	390	21	27	24
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Rise & Shine Plate	340	13	23	21
		1730	105	121	94

Second delivery: Days 4, 5, & 6

AM PM P/U

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Super Foods Hash	360	24	21	21
LUNCH	Ninja Chicken Stirfry	400	34	37	15
DINNER	Yam Shepherd's Pie	390	17	31	22
SNACK 1	Chocolate Coconut Cups *Eat together or as two snacks	410	4	12	42
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		1710	81	126	106

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	PB&J French Toast	420	27	28	21
LUNCH	Gladiator's Lasagna	740	51	57	35
DINNER	Tasty Thai Beef	390	29	31	18
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Veg & Hummus	120	4	22	2
		1910	126	160	84

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Get Shredded Hash	460	24	25	31
LUNCH	Killer Turkey Enchiladas	340	17	34	14
DINNER	No Guilt Mac & Cheese	390	20	55	11
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Pumpkin Bar	310	13	26	18
		1840	87	163	95

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	No Guilt Mac & Cheese	390	20	55	11
DINNER	Tatonka Chili	460	31	18	30
SNACK 1	Dark Chocolate Energy Balls	390	9	37	26
SNACK 2	Berry Parfait	240	15	22	8
		1800	94	160	89

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Get Shredded Hash	460	24	25	31
LUNCH	Healthy Spag & Balls	440	27	60	9
DINNER	Buddha Bowl	590	41	57	24
SNACK 1	Trail Mix Energy Balls	250	19	28	7
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		1890	113	195	77

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Super Foods Hash	360	24	21	21
LUNCH	No Butter Chicken	390	27	24	21
DINNER	Chimichurri Beef	390	21	27	24
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Afternoon Delight	290	10	42	11
		1750	108	135	92

Second delivery: Days 4, 5, & 6

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Best Breakfast	290	18	26	13
LUNCH	Ninja Chicken Stirfry	400	34	37	15
DINNER	Get Gainz Gnocchi	400	29	38	15
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Dark Chocolate Energy Balls	390	9	37	26
		1790	103	164	87

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	PB&J French Toast	420	27	28	21
LUNCH	Gladiator's Lasagna	740	51	57	35
DINNER	Tasty Thai Beef	390	29	31	18
SNACK 1	Cococado Dip & Fruit	150	2	25	6
SNACK 2	Chia Pudding	180	5	31	7
		1880	114	172	87

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	380	21	47	12
LUNCH	Garden Bowl	480	39	58	11
DINNER	Muscle Up Meatloaf	390	25	28	19
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Berry Parfait	240	15	22	8
		1830	113	178	71

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

FITKITCHEN

SMALL PERFORMANCE PLAN

WEEK THREE

NAME: _____

First delivery: Days 1, 2, & 3

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Healthy Sanchez	320	19	28	14
LUNCH	No Butter Chicken	390	27	24	21
DINNER	Chimichurri Beef	390	21	27	24
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Pumpkin Bar	310	13	26	18
		1730	106	126	92

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	380	21	47	12
LUNCH	Muscle Up Meatloaf	390	25	28	19
DINNER	Buddha Bowl	590	41	57	24
SNACK 1	Trail Mix Energy Balls	250	19	28	7
SNACK 2	Afternoon Delight	290	10	42	11
		1900	116	202	73

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Alberta Breakfast	420	32	17	25
LUNCH	Healthy Spag & Balls	440	27	60	9
DINNER	Chimichurri Beef	390	21	27	24
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Berry Parfait	240	15	22	8
		1830	108	149	87

Second delivery: Days 4, 5, & 6

AM PM P/U

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	SuperFoods Hash	360	24	21	21
LUNCH	Gladiator's Lasagna	740	51	57	35
DINNER	Tasty Thai Beef	390	29	31	18
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Chia Pudding	180	5	31	7
		1980	122	166	99

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Get Shredded Hash	460	24	25	31
LUNCH	Killer Turkey Enchiladas	340	17	34	14
DINNER	Get Gainz Gnocchi	400	29	38	15
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Trail Mix Energy Balls	250	19	28	7
		1790	102	148	88

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	PB&J French Toast	420	27	28	21
LUNCH	Ninja Chicken Stirfry	400	34	37	15
DINNER	Yam Shepherd's Pie	390	17	31	22
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Dark Chocolate Energy Balls	390	9	37	26
		1920	113	154	99

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.
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 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