

SMALL LEAN PLAN

NAME: _____

First delivery: Days 1, 2, & 3

DAY 1		CALS	PRO	CARBS	FATS
BREAKFAST	Balanced Breakfast	290	18	26	13
LUNCH	Canadian Salmon	260	21	29	8
DINNER	Turkey Dinner	320	31	43	3
SNACK 1	Pumpkin Peanut Butter Bar	310	13	26	18
SNACK 2	Fruit & Honey Vanilla Dip	120	5	22	2
		1300	88	146	44

DAY 2		CALS	PRO	CARBS	FATS
BREAKFAST	Ain't No Yolk	260	23	17	10
LUNCH	Killer Beef Enchiladas	330	18	34	12
DINNER	Garden Bowl	480	39	58	11
SNACK 1	Veg & Hummus	120	4	22	2
SNACK 2	Berry Parfait	240	15	22	8
		1430	99	153	43

DAY 3		CALS	PRO	CARBS	FATS
BREAKFAST	Healthy Sanchez	320	19	28	14
LUNCH	Be fit and Rice	250	32	26	4
DINNER	Fired Up Tandoori Chicken	300	24	21	14
SNACK 1	Dark Chocolate Dwarf Stars	260	6	10	24
SNACK 2	Thrive Wagyu Beef Bar	130	13	7	5
		1260	94	92	61

Second delivery: Days 4, 5, & 6

DAY 4		CALS	PRO	CARBS	FATS
BREAKFAST	The Breakwich	400	21	37	20
LUNCH	Body Builder Chicken	250	32	26	4
DINNER	Chef's Vietnamese Chicken	240	29	21	5
SNACK 1	Dark Chocolate Energy Balls	390	9	37	26
SNACK 2	Fruit & Honey Vanilla Dip	120	5	22	2
		1400	96	143	57

DAY 5		CALS	PRO	CARBS	FATS
BREAKFAST	Champion's Scramble	320	25	9	21
LUNCH	Very Veggie Spaghetti	270	14	42	6
DINNER	Cajun Fit Chicken	290	30	13	14
SNACK 1	Chia Seed Pudding	180	5	31	7
SNACK 2	Chicken Apple Patties (2)	240	22	10	12
		1300	96	105	60

DAY 6		CALS	PRO	CARBS	FATS
BREAKFAST	Apple Cinnamon Oatmeal	200	4	29	9
LUNCH	Sustain Greens	470	33	32	24
DINNER	Guinness Beef Stew	300	20	20	15
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Trail Mix Energy Balls	250	19	28	7
		1460	91	131	63

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