

LARGE EVERYDAY PLAN

WEEK ONE

NAME: _____

First delivery: Days 1, 2, & 3

Second delivery: Days 4, 5, & 6

AM PM P/U

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	580	34	66	20
LUNCH	Canadian Salmon	350	33	31	12
DINNER	Rancher's Chili	610	36	43	32
SNACK 1	Dark Chocolate Energy Balls	390	9	37	26
SNACK 2	Berry Parfait	240	15	22	8
		2170	127	199	98

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	PB&J French Toast	720	50	50	33
LUNCH	Guinness Beef Stew	400	27	26	20
DINNER	Chef's Vietnamese Chicken	380	40	35	11
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Thrive Wagyu Beef Bar - Maple Apple	130	13	7	5
		1940	143	144	87

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Ain't No Yolk	320	31	17	13
LUNCH	Healthy Spag & Balls	680	44	89	14
DINNER	Buddha Bowl	590	41	57	24
SNACK 1	Veg & Hummus	120	4	22	2
SNACK 2	Handfuel Salted Caramel Cashews	200	4	22	12
		1910	124	207	65

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Superfoods Hash	600	40	25	39
LUNCH	Killer Beef Enchiladas	430	23	50	13
DINNER	Tasty Thai Beef	590	46	37	29
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Chia Seed Pudding	180	5	31	7
		2040	129	165	96

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Champion's Scramble	450	44	9	27
LUNCH	No Butter Chicken	620	45	41	31
DINNER	Chimichurri Beef	590	39	36	34
SNACK 1	Chicken Salad Snacker	360	28	27	16
SNACK 2	Fruit & Honey Vanilla Dip	120	5	22	2
		2140	161	135	110

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Get Shredded Hash	630	39	30	41
LUNCH	Cajun Fit Chicken	420	50	43	7
DINNER	Get Gainz Gnocchi	690	48	66	26
SNACK 1	Chocolate Coconut Cups	205	2	6	21
SNACK 2	Fruit & Honey Vanilla Dip	120	5	22	2
		2065	144	167	97