

## SMALL EVERYDAY PLAN

WEEK 1

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

First delivery: Days 1, 2, & 3

Second delivery: Days 4, 5, & 6

AM PM P/U

DAY 1	CALS	PROT	CARBS	FATS
BREAKFAST Champion's Scramble	320	25	9	21
LUNCH BBQ Beef Mac & Cheese	570	41	55	20
DINNER Sustain Greens Salad	470	33	32	24
SNACK 1 Thrive Wagyu Beef Bar	130	13	7	5
SNACK 2 Berry Parfait	240	15	22	8
	<b>1730</b>	<b>127</b>	<b>125</b>	<b>78</b>

DAY 4	CALS	PROT	CARBS	FATS
BREAKFAST Balanced Breakfast	290	18	26	13
LUNCH Lem-N-Pepa Chicken	310	30	25	11
DINNER Muscle Up Meatloaf	390	25	28	19
SNACK 1 Pumpkin Bar	310	13	26	18
SNACK 2 Cookies & Cream ONE Bar	220	20	23	8
	<b>1520</b>	<b>106</b>	<b>128</b>	<b>69</b>

DAY 2	CALS	PROT	CARBS	FATS
BREAKFAST Ain't No Yolk	320	31	17	13
LUNCH Healthy Spag & Balls	440	27	60	9
DINNER So Legit Chicken Fingers	240	15	29	4
SNACK 1 Dwarf Stars Dark Choc Cups	240	4	12	20
SNACK 2 Food Glow Currently Too Legit Protein Donut	290	9	10	25
	<b>1530</b>	<b>86</b>	<b>128</b>	<b>71</b>

DAY 5	CALS	PROT	CARBS	FATS
BREAKFAST The Breakwich	400	21	37	20
LUNCH Killer Turkey Enchiladas	340	17	34	14
DINNER Tasty Thai Beef	390	29	31	18
SNACK 1 Dwarf Stars Dark Choc Cups	240	4	12	20
SNACK 2 Berry Parfait	240	15	22	8
	<b>1610</b>	<b>86</b>	<b>136</b>	<b>80</b>

DAY 3	CALS	PROT	CARBS	FATS
BREAKFAST Fitcakes	380	21	47	12
LUNCH Guinness Beef Stew	300	20	20	15
DINNER Chimichurri Beef	390	21	27	24
SNACK 1 Chicken Salad Snacker	360	28	27	16
SNACK 2 Fruit & Honey Vanilla Dip	120	5	22	2
	<b>1550</b>	<b>95</b>	<b>143</b>	<b>69</b>

DAY 6	CALS	PROT	CARBS	FATS
BREAKFAST Healthy Sanchez	320	19	28	14
LUNCH Garden Bowl	480	39	58	18
DINNER Be-Fit & Rice	270	21	36	5
SNACK 1 Trail Mix Energy Balls	250	19	28	7
SNACK 2 Lemon Berry Via Bar	210	4	32	8
	<b>1530</b>	<b>102</b>	<b>182</b>	<b>52</b>