

LARGE PERFORMANCE PLAN

WEEK ONE

NAME: _____

First delivery: Days 1, 2, & 3

Second delivery: Days 4, 5, & 6

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Balanced Breakfast	420	24	36	20
LUNCH	Tasty Thai Beef	590	46	37	29
DINNER	Gladiator's Lasagna	740	51	57	35
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Pumpkin Bar	310	13	26	18
		2300	149	178	110
			34%	41%	25%

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Get Shredded Hash	630	39	30	41
LUNCH	Ninja Chicken Stirfry	590	54	50	22
DINNER	Yam Shepherd's Pie	550	23	43	33
SNACK 1	Dark Chocolate Energy Balls	390	9	37	26
SNACK 2	Chicken Apple Patties (2)	240	22	10	12
		2400	147	170	134
			33%	38%	30%

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Turkey Omelette	590	37	10	39
LUNCH	Healthy Spag & Balls	680	44	89	14
DINNER	Buddha Bowl	590	41	57	24
SNACK 1	Trail Mix Energy Balls	250	19	28	7
SNACK 2	Handfuel Lemon Marcona Almonds	250	10	6	22
		2360	151	190	106
			34%	43%	24%

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Super Foods Hash	600	40	25	39
LUNCH	BBQ Beef Mac & Cheese	780	55	81	26
DINNER	Sustain Greens Salad	470	33	32	24
SNACK 1	Food Glow Just Brew It Donut	260	8	5	25
SNACK 2	Pumpkin Bar	310	13	26	18
		2420	149	169	132
			33%	38%	29%

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	580	34	66	20
LUNCH	Muscle Up Meatloaf	590	39	38	31
DINNER	Chimichurri Beef	590	39	36	34
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Currently Too Legit Protein Donut	290	9	10	25
		2370	147	171	125
			33%	39%	28%

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	PB&J French Toast	720	50	50	33
LUNCH	Get Gainz Gnocchi	630	39	59	27
DINNER	Casbah Chicken	520	51	37	19
SNACK 1	Maple Donut ONE Bar	220	20	23	8
SNACK 2	Chicken Salad Snacker	360	28	27	16
		2450	188	196	103
			39%	40%	21%