

## SMALL PERFORMANCE PLAN WEEK ONE

### First delivery: Days 1, 2, & 3

| DAY 1     |                             | CALS        | PROT       | CARBS      | FATS       |
|-----------|-----------------------------|-------------|------------|------------|------------|
| BREAKFAST | Get Shredded Hash           | 460         | 24         | 25         | 31         |
| LUNCH     | Get Gainz Gnocchi           | 450         | 28         | 43         | 19         |
| DINNER    | Rancher's Chili             | 480         | 29         | 32         | 26         |
| SNACK 1   | Dark Chocolate Energy Balls | 390         | 9          | 37         | 26         |
| SNACK 2   | Berry Parfait               | 240         | 15         | 22         | 8          |
|           |                             | <b>2020</b> | <b>105</b> | <b>159</b> | <b>110</b> |

| DAY 2     |                               | CALS        | PROT       | CARBS      | FATS      |
|-----------|-------------------------------|-------------|------------|------------|-----------|
| BREAKFAST | Champion's Scramble           | 320         | 25         | 9          | 21        |
| 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   | Food Glow Currently Too Legit | 290         | 9          | 10         | 25        |
|           |                               | <b>1890</b> | <b>121</b> | <b>164</b> | <b>86</b> |

| DAY 3     |                       | CALS        | PROT       | CARBS      | FATS      |
|-----------|-----------------------|-------------|------------|------------|-----------|
| BREAKFAST | PB&J French Toast     | 420         | 27         | 28         | 21        |
| LUNCH     | No Butter Chicken     | 390         | 27         | 24         | 21        |
| DINNER    | Chimichurri Beef      | 390         | 21         | 27         | 24        |
| SNACK 1   | Chicken Salad Snacker | 360         | 28         | 27         | 16        |
| SNACK 2   | Maple Donut ONE Bar   | 220         | 20         | 23         | 8         |
|           |                       | <b>1780</b> | <b>123</b> | <b>129</b> | <b>90</b> |

### Second delivery: Days 4, 5, & 6

| DAY 4     |                        | CALS        | PROT       | CARBS      | FATS      |
|-----------|------------------------|-------------|------------|------------|-----------|
| BREAKFAST | Super Foods Hash       | 360         | 24         | 21         | 21        |
| LUNCH     | Ninja Chicken Stirfry  | 400         | 34         | 37         | 15        |
| DINNER    | BBQ Beef Mac & Cheese  | 570         | 41         | 55         | 20        |
| SNACK 1   | Birthday Cake ONE Bar  | 220         | 20         | 23         | 8         |
| SNACK 2   | Food Glow Just Brew It | 260         | 8          | 5          | 25        |
|           |                        | <b>1810</b> | <b>127</b> | <b>141</b> | <b>89</b> |

| DAY 5     |                     | CALS        | PROT       | CARBS      | FATS      |
|-----------|---------------------|-------------|------------|------------|-----------|
| BREAKFAST | Balanced Breakfast  | 290         | 18         | 26         | 13        |
| 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   | Pumpkin Bar         | 310         | 13         | 26         | 18        |
|           |                     | <b>1970</b> | <b>126</b> | <b>162</b> | <b>92</b> |

| DAY 6     |                            | CALS        | PROT       | CARBS      | FATS      |
|-----------|----------------------------|-------------|------------|------------|-----------|
| BREAKFAST | The Breakwich              | 400         | 21         | 37         | 20        |
| LUNCH     | Muscle Up Meatloaf         | 390         | 25         | 28         | 19        |
| DINNER    | Garden Bowl                | 480         | 39         | 58         | 11        |
| SNACK 1   | Dwarf Stars Dark Choc Cups | 260         | 6          | 10         | 24        |
| SNACK 2   | Chicken Apple Patties (2)  | 240         | 22         | 10         | 12        |
|           |                            | <b>1770</b> | <b>113</b> | <b>143</b> | <b>86</b> |

AM PM P/U

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