

Nutritional Guidelines Sample

Total Calories a Day: 1700 calories
Total Portions of Protein: 8 portions
Total Portions of Carbohydrates: 6 portions
Total Portions of Fat: 8 portions
Total Portions of Fiber: 7 portions

3 Meal Day Plan

Meal 1-

2.6 protein
2.0 carbs
2.5 fats
2.5 fibers

Meal 2-

2.6 protein
2.0 carbs
2.5 fat
2.5 fibers

Meal 3-

2.6 protein
2.0 carbs
2.5 fats
2.5 fiber

Day 1

Bfast- Shake a frozen fruit

**8 oz ice cold water
2 scoop protein powder
1 cup spinach
1 cup frozen fruit
1 tsp coconut oil
1 tb flax seed
1tb hemp seed**

Lunch-Salad with oil/vinegar salad dressing (cook in olive oil or coconut oil)

**3 hard boiled eggs
1.5 Chicken breast dry rub seasoning
1 cups of raw spinach
handful of mixed colored veggies**

Dinner-Steak with Mixed greens olive oil dressing

**1 (10oz) piece of steak
1 large mixed green salad**

Day 2

Bfast- scrambled eggs with spinach and mixed fruit

Cook eggs in olive oil or coconut oil (1tsp)

**7 eggs
1 cup raw spinach
1 cup fruit**

Lunch- tuna salad with mixed greens

**8 oz of tuna
2 hard boiled eggs
2 cups mixed green salad
handful of mixed colored veggies
1 tps of oil/vinegar dressing**

Dinner- Grilled Chicken and Sautéed veggies(sauté in olive oil)

8 oz of chicken breast or 8 oz chicken thigh

1.5 cup sautéed spinach

1/4 cup squash

1/4 mushrooms

Day 3

Bfast- scrambled eggs with spinach veggies and mixed fruit

Cook eggs in olive oil or coconut oil (1tsp)

7 eggs

1 cup raw spinach

1/4 cup mushroom

1/4 cup onion

1 cup fruit

Lunch- Salad with steak

8 oz of steak

2 cups mixed greens

1tsp oil/vinegar dressing

Dinner-Grilled Salmon with mixed green salad and eggplant

8 oz of salmon

2 cup mixed greens

3 pieces of baked eggplant

Day 4

Bfast- Greek yogurt fresh fruit

2 cup greek yogurt

1 cup fresh fruit

1tsp coconut oil

Lunch- Mixed veggies and Chicken breast
Cook chicken in 1 tps olive oil

8 oz baked chicken breast
Hand full of raw bell peppers
Hand full of raw cucumbers
Hand full of raw broccoli

Dinner- baked white fish and sautéed veggies(sautee in olive oil)

8 oz baked Orange Ruffy
1 cup sautéed spinach
1/4 cup sautéed mushrooms
1/4 cup sautéed yellow and green squash
1/4 cup sautéed sweet onion

Day 5

Bfast- protein shake with greens an frozen fruit

8 oz of ice cold water
2 scoop of protein powder
1/4 cup of Chard
1/2 cup spinach
1 cup mixed berried
1 tsp of coconut oil

Lunch- Salad with oil/vinegar salad dressing

3 hard boiled eggs
1 Chicken breast
1 cups of raw spinach
handful of mixed colored veggies

Dinner- Bunless Burgers with mixed green salad

8 oz lean ground beef
1 slice cheese
1/8 avocado
2 cups mixed green salad
hand full of mixed veggies

Day 6

Bfast- Greek yogurt fresh fruit

**2 cup greek yogurt
1 cup fresh fruit
1 tsp coconut oil**

Lunch- tuna salad with mixed greens

**1 (6oz) can of tuna
2 hard boiled eggs
2 cups mixed green salad
handful of mixed colored veggies
1 tps of oil/vinegar dressing**

Dinner-Grilled Salmon with mixed green salad and eggplant

**8.5oz of salmon
2 cup mixed greens
4 pieces of baked eggplant**

Day 7

Bfast- scrambled eggs with spinach and mixed fruit Cook eggs in olive oil or coconut oil (1tsp)

**7 eggs
1 cup raw spinach
1/4 cup onion
1/4 cup mushroom
1 cup fruit**

Lunch-Mixed veggies and Chicken breast Cook chicken in 1tps olive oil

**10oz baked chicken breast
Hand full of raw bell peppers
Hand full of raw cucumbers
Hand full of raw broccoli**

Dinner-White fish with Mixed green salad

10oz White fish grilled

**2 cup Mixed dark greens with
1/2 thinly sliced apple
hand full dried cranberries and walnuts small amount crumbled blue cheese and
balsamic vinaigrette**

**Repeat Meals again for week 2
Use Dry Rubs Only on Meats
Can use Salsa as needed**