

# 1800-2000 CALORIES PER DAY

## DAY 1

## DAY 2

|                  |           |                       |                 |                              |
|------------------|-----------|-----------------------|-----------------|------------------------------|
| <b>BREAKFAST</b> | vegetable |                       | <b>SMOOTHIE</b> | 1 cup spinach                |
|                  | protein   | 1 turkey sausage      |                 | 1 scoop whey or 6-8oz yogurt |
|                  | grain     | 1 gluten free waffle  |                 |                              |
|                  | fruit     | 1 handful berries     |                 | 1/2 banana                   |
|                  | fat       | 2 tbsp. peanut butter |                 | 2 tbsp. nut butter           |

|                 |           |                    |                         |
|-----------------|-----------|--------------------|-------------------------|
| <b>AM SNACK</b> | vegetable |                    |                         |
|                 | protein   |                    | 4-6oz Greek yogurt      |
|                 | grain     |                    |                         |
|                 | fruit     | 1 small apple      |                         |
|                 | fat       | 1 tbsp. nut butter | 1 small handful walnuts |

|              |           |                            |                               |
|--------------|-----------|----------------------------|-------------------------------|
| <b>LUNCH</b> | vegetable | 2 handfuls salad greens    | 2 handfuls roasted vegetables |
|              | protein   | 3oz grilled chicken breast | 3oz salmon                    |
|              | grain     | 2/3 cup brown rice         | 1 cup sweet potato            |
|              | fruit     | 1 small apple              | 1 orange                      |
|              | fat       | 1/4 avocado                | 1 tbsp. olive oil             |

|               |           |                                   |                             |
|---------------|-----------|-----------------------------------|-----------------------------|
| <b>DINNER</b> | vegetable | 2 handfuls roasted vegetables     | 2 handfuls salad greens     |
|               | protein   | 3oz white fish                    | 3oz lean steak or lean beef |
|               | grain     | 1/2 cup quinoa                    | 1 cup whole grain pasta     |
|               | fruit     |                                   |                             |
|               | fat       | 1 spoon olive oil / 1 tsp. butter | 2 tbsp. olive oil           |

|                 |           |                         |                  |                                   |
|-----------------|-----------|-------------------------|------------------|-----------------------------------|
| <b>PM SNACK</b> | vegetable |                         | <b>TRAIL MIX</b> |                                   |
|                 | protein   | 1 small beef jerky      |                  | 1 handful nuts and seeds          |
|                 | grain     |                         |                  |                                   |
|                 | fruit     |                         |                  |                                   |
|                 | fat       | 1 small handful of nuts |                  | <i>Portion into ziplock bags.</i> |

|                     |           |                         |                         |
|---------------------|-----------|-------------------------|-------------------------|
| <b>POST WORKOUT</b> | vegetable |                         |                         |
|                     | protein   | 1 scoop whey protein    | 6oz yogurt              |
|                     | grain     |                         |                         |
|                     | fruit     | handful of strawberries |                         |
|                     | fat       |                         | 1 small handful walnuts |