

Fat Loss	LEVEL 1	Macronutrients			Kcal
		Protein	Carbs	Fat	
Meal					
Meal 1					
	1 egg	6	0	5	69
	92 g egg whites	10	0	0	40
	1 slices Ezekiel bread	4	15	0	76
	1 TBSP peanut butter	4	3	8	100
	60 g strawberries	0	5	0	20
	Meal Totals	24	23	13	305
Meal 2					
	3 oz grilled/baked chicken	26	0	3	131
	1 cup veggies	3	5	0	32
	2 oz sweet potato	1	12	0	52
	0.5 oz almonds	3	3	7	87
					0
	Meal Totals	33	20	10	302
Preworkout					
	0.6 scoop protein	15	2	1	77
	1 banana	1	20	0	84
	1 FiberOne brownie bar	1	20	2	102
					0
					0
	Meal Totals	17	42	3	263
Postworkout					
	3 oz white fish or shrimp	18	0	1	81
	1 cup veggies	3	5	0	32
	0.75 cup brown rice	4	40	1	185
					0
					0
	Meal Totals	25	45	2	298
Meal 5					
	1 cup plain nonfat greek yogurt	18	7	0	100
	2 TBSP peanut butter	8	6	16	200
	1 chocolate rice cake	1	12	1	61
					0
					0
	Meal Totals	27	25	17	361
	TOTALS	126	155	45	1529
		504	620	405	1529

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This plan has been reviewed by a Registered Dietitian, however it is ALWAYS recommended that you consult your Physician or Health Care Practitioner before starting a workout or nutrition plan to check that you are healthy enough to do so!

