

Fat Loss	Level 3	Macronutrients			Kcal
		Protein	Carbs	Fat	
Meal					
Meal 1					
	1 egg	6	0	5	70
	92 g egg whites	10	0	0	50
	2 slices Ezekiel bread	8	30	1	160
	2 TBSP peanut butter	7	6	16	200
	60 g strawberries	0	5	0	20
	<b>Meal Totals</b>	<b>31</b>	<b>38</b>	<b>22</b>	<b>520</b>
Meal 2					
	3 oz grilled/baked chicken	26	0	3	130
	1 cup veggies	3	5	0	30
	3 oz sweet potato	2	20	0	90
	0.5 oz almonds	6	3	7	90
	<b>Meal Totals</b>	<b>37</b>	<b>28</b>	<b>10</b>	<b>340</b>
Preworkout					
	1 scoop protein	25	3	1	120
	1 banana	1	20	0	90
	1 FiberOne brownie bar	1	20	2	90
	<b>Meal Totals</b>	<b>27</b>	<b>43</b>	<b>3</b>	<b>300</b>
Postworkout					
	4 oz white fish or shrimp	23	0	2	110
	1 cup veggies	3	5	0	30
	0.75 cup brown rice	4	35	1	160
	<b>Meal Totals</b>	<b>30</b>	<b>40</b>	<b>3</b>	<b>300</b>
Meal 5					
	1 cup plain nonfat greek yogurt	18	7	0	100
	2 TBSP peanut butter	7	6	16	200
	1 chocolate rice cake	1	12	1	60
	<b>Meal Totals</b>	<b>26</b>	<b>25</b>	<b>17</b>	<b>360</b>
	<b>TOTALS</b>	<b>151</b>	<b>174</b>	<b>55</b>	<b>1800</b>
		600	700	500	1800

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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!

