

Fat Loss	Level 4	Macronutrients			Kcal
		Protein	Carbs	Fat	
Meal					
Meal 1					
	1 egg	6	0	5	69
	92 g egg whites	10	0	0	40
	2 slices Ezekiel bread	8	30	1	161
	2 TBSP peanut butter	7	6	16	196
	60 g strawberries	0	5	0	20
	Meal Totals	31	41	22	486
Meal 2					
	3 oz grilled/baked chicken	26	0	3	131
	1 cup veggies	3	5	0	32
	4 oz sweet potato	2	24	0	104
	0.75 oz almonds	5	4	11	135
					0
	Meal Totals	36	33	14	402
Preworkout					
	1 scoop protein	25	3	1	121
	1 banana	1	20	0	84
	1 FiberOne brownie bar	1	20	2	102
					0
					0
	Meal Totals	27	43	3	307
Postworkout					
	5 oz white fish or shrimp	29	0	2	134
	1 cup veggies	3	5	0	32
	1 cup brown rice	5	45	2	218
					0
					0
	Meal Totals	37	50	4	384
Meal 5					
	1 cup plain nonfat greek yogurt	18	7	0	100
	2 TBSP peanut butter	7	6	16	196
	2 chocolate rice cakes	2	24	2	122
					0
					0
	Meal Totals	27	37	18	418
	TOTALS	158	204	61	1997
		632	816	549	1997

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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!

