

| Fat Loss    | Level 6                         | Macronutrients |            |           | Kcal        |
|-------------|---------------------------------|----------------|------------|-----------|-------------|
|             |                                 | Protein        | Carbs      | Fat       |             |
| Meal        |                                 |                |            |           |             |
| Meal 1      |                                 |                |            |           |             |
|             | 1 egg                           | 6              | 0          | 5         | 69          |
|             | 138 g egg whites                | 15             | 0          | 0         | 60          |
|             | 2 slices Ezekiel bread          | 8              | 30         | 1         | 161         |
|             | 2 TBSP peanut butter            | 7              | 6          | 16        | 196         |
|             | 125 g strawberries              | 1              | 10         | 0         | 44          |
|             | <b>Meal Totals</b>              | <b>37</b>      | <b>46</b>  | <b>22</b> | <b>530</b>  |
| Meal 2      |                                 |                |            |           |             |
|             | 4 oz grilled/baked chicken      | 35             | 0          | 4         | 176         |
|             | 1 cup veggies                   | 3              | 5          | 0         | 32          |
|             | 4 oz sweet potato               | 2              | 24         | 0         | 104         |
|             | 0.75 oz almonds                 | 5              | 4          | 11        | 135         |
|             |                                 |                |            |           | 0           |
|             | <b>Meal Totals</b>              | <b>45</b>      | <b>33</b>  | <b>15</b> | <b>447</b>  |
| Preworkout  |                                 |                |            |           |             |
|             | 1 scoop protein                 | 25             | 3          | 1         | 121         |
|             | 1 banana                        | 1              | 20         | 0         | 84          |
|             | Nature Valley granola bar       | 4              | 29         | 6         | 186         |
|             |                                 |                |            |           | 0           |
|             |                                 |                |            |           | 0           |
|             | <b>Meal Totals</b>              | <b>30</b>      | <b>52</b>  | <b>7</b>  | <b>391</b>  |
| Postworkout |                                 |                |            |           |             |
|             | 5 oz white fish or shrimp       | 29             | 0          | 2         | 134         |
|             | 2 cup veggies                   | 6              | 10         | 0         | 64          |
|             | 1.25 cup brown rice             | 6              | 56         | 2         | 266         |
|             |                                 |                |            |           | 0           |
|             |                                 |                |            |           | 0           |
|             | <b>Meal Totals</b>              | <b>41</b>      | <b>66</b>  | <b>4</b>  | <b>464</b>  |
| 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           |
|             | <b>Meal Totals</b>              | <b>27</b>      | <b>37</b>  | <b>18</b> | <b>418</b>  |
|             | <b>TOTALS</b>                   | <b>180</b>     | <b>234</b> | <b>66</b> | <b>2250</b> |
|             |                                 | 720            | 936        | 594       | 2250        |

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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!

