

Fat Loss	Level 8	Macronutrients			Kcal
		Protein	Carbs	Fat	
<b>Meal</b>					
<b>Meal 1</b>					
	1 egg	6	0	5	69
	184 g egg whites	20	0	0	80
	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>42</b>	<b>46</b>	<b>22</b>	<b>550</b>
<b>Meal 2</b>					
	5 oz grilled/baked chicken	40	0	5	205
	1 cup veggies	3	5	0	32
	6oz sweet potato	3	36	0	156
	1 oz almonds	7	6	15	187
					0
	<b>Meal Totals</b>	<b>53</b>	<b>47</b>	<b>20</b>	<b>580</b>
<b>Preworkout</b>					
	1.5 scoops protein	38	5	2	190
	1 banana	1	20	0	84
	Nature Valley granola bar	4	29	6	186
					0
					0
	<b>Meal Totals</b>	<b>43</b>	<b>54</b>	<b>8</b>	<b>460</b>
<b>Postworkout</b>					
	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>
<b>Meal 5</b>					
	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
	.5 scoops Protein	13	2	1	69
	70g Blueberries	1	9	0	40
	<b>Meal Totals</b>	<b>41</b>	<b>48</b>	<b>19</b>	<b>527</b>
	<b>TOTALS</b>	<b>220</b>	<b>261</b>	<b>73</b>	<b>2581</b>
		880	1044	657	2581

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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!

