

1250 Calorie Meal Plan

BREAKFAST

Protein 17 grams	1 whole egg & 3 egg whites	Or	<u>1 scoop protein powder</u> <u>6 ounces nonfat Greek yogurt</u> <u>5 ounces low fat cottage cheese</u>
Carbohydrate 13 grams	2 ounces black beans	Or	<u>1 slice Ezekiel bread</u> <u>¼ cup oats (uncooked)</u> <u>2 plain rice cakes</u>
Fat 8 grams	1/3 avocado	Or	<u>1 TBS almond butter</u> <u>2 TBS chia seeds</u> <u>12 almonds</u>

LUNCH

Protein 21 grams	3 ounces chicken breast	Or	<u>3 ounces canned tuna in water</u> <u>4 ounces lean ground turkey (97% lean)</u> <u>3 ounces sliced turkey breast</u>
Carbohydrate 14 grams	3 ounces black beans	Or	<u>¼ cup brown rice (cooked)</u> <u>2 ounces yam</u> <u>2 rice cake</u>
Fats	1 TBS balsamic vinaigrette		
Veggies	1 large salad		At least 5 vegetables. As much as you Can eat.

PM Snack

Fat 14 grams	22 almonds	Or	<u>½ avocado</u> <u>2 TBS almond butter</u>
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Dinner

Protein 26 grams	4 ounces Chicken Breast	Or	<u>4 ounces salmon</u> <u>4 ounces lean ground turkey (97% lean)</u> <u>4 ounces Tri-Tip steak</u>
Fat	1 TBS balsamic vinaigrette		
Veggies	1 large salad		At least 5 vegetables. As much as you Can eat

1250 Calories Cont.

Post Workout Shake

Protein 1 scoop protein powder
24 -30 grams

Drink immediately after workout