

MASTER MEAL PLAN SAMPLE

Notes

		CAL	PRO	CARB	FAT	
Breakfast	2 Eggs any style	145	12	0	7	
Time:	4oz Lean Bkfst Meat (or even Salmon!)	120	12	0	2	
	1/2 Grapefruit (or Berries)	55	0	11	0	
	24oz of H2O (start drinking water)	0	0	0	0	
AM Snack	Nonfat Plain Greek Yogurt 6oz	100	18	7	0	
Time:	Protein Powder 1/2 scoop	70	9	3	3	
	Sweetener/Berries (frozen)	30	0	10	0	
	24 oz. of H2O	0	0	0	0	
	<i>...Or Avocado and tomatoes</i>					
Lunch	Salad (spinach, kale, etc) - 1 cup	40	0	5	0	
Time:	Turkey Breast 4oz	120	12	0	2	
	Raw veggies - 1+ cup	60	0	10	0	
	Salad dressing (sensible!)	70	0	10	0	
	24 oz. of H2O	0	0	0	0	
PM Snack	24 oz. of H2O	0	0	0	0	
Time:	Veggies Snack 1 cup	50	4	1	0	
Dinner	4 oz. seasoned grilled salmon	168	24	0	6	
Time:	1 cup any dark green veggie	40	0	5	0	
	Sweet potato 1/2	125	0	22	0	
	8 oz. of H2O	0	0	0	0	
Nite Snack	Protein Shake "Dessert"	120	20	7	2	
	Daily Total	1313	111	91	22	

My commitment is to follow this Master Meal Plan for 6 days per week and then the 7th day is a _____

Client Signature: _____

Date: _____