



LARGE LEAN PLAN

WEEK ONE

NAME: _____

First delivery: Days 1, 2, & 3

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Bomb.com Burrito	690	34	72	30
LUNCH	Canadian Salmon	350	33	31	12
DINNER	Club Med Chicken	450	49	16	24
SNACK 1	Cococado Dip & Fruit	150	2	25	6
SNACK 2	Afternoon Delight	290	10	42	11
		1930	128	186	83

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Ain't No Yolk	320	31	17	13
LUNCH	Killer Beef Enchiladas	430	23	50	13
DINNER	Sustain Greens Salad	470	33	32	24
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Berry Parfait	240	15	22	8
		1780	128	142	73

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Smart Turkey Omelette	460	38	15	27
LUNCH	Very Veggie Spaghetti	380	18	63	7
DINNER	Fired Up Tandoori Chicken	500	29	48	19
SNACK 1	Chia Seed Pudding	180	5	31	7
SNACK 2	Trail Mix Energy Balls	250	19	28	7
		1770	109	185	67

Second delivery: Days 4, 5, & 6

AM PM P/U

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Healthy Sanchez	500	29	48	19
LUNCH	Guinness Beef Stew	400	27	26	20
DINNER	Chef's Vietnamese Chicken	340	47	22	8
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Afternoon Delight	290	10	42	11
		1840	126	164	76

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Champion's Scramble	450	44	9	27
LUNCH	Killer Turkey Enchiladas	450	21	50	16
DINNER	Body Builder Chicken	400	52	39	6
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		1790	132	146	76

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	580	34	66	20
LUNCH	Cajun Fit Chicken	420	50	43	7
DINNER	Tex Mex Greens	370	27	25	20
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Chicken Salad Snacker	320	26	21	15
		1930	152	177	70

To compliment your Fit Kitchen meal plan and help with overall dietary balance you may also want to supplement your daily diet with incremental portions of fruit, vegetables and dairy/calcium.

See serving size below for additional insight:

Fruit: 3 servings

A serving is approximately a half cup of fresh/frozen/canned fruit, 1 medium piece of fresh fruit, 2 small pieces of fruit such as plums/apricots, 2 tbsp dried fruit, or a half cup of unsweetened juice

Vegetables: 2 servings

A serving is approximately 1 cup leafy greens, half cup vegetables, 1 cup tomato or vegetable juice

Calcium Rich Choices: 2 servings

A serving is approximately 1 cup milk or calcium fortified beverage such as almond or soy milk, 175g of yogurt, 1.5oz hard cheese