



WEEK 1: MON, WED, FRI



Please tweet @Blogilates and @WeightTraining if you have any questions about your meal plan! Good luck!

In collaboration with the registered dietitians of **WEIGHTTRAINING.COM**
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FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES	
Meal 1						
Oatmeal topped w/ Bananas & Raisins					Mix mashed banana in with oatmeal to add sweetness. Boil the eggs and eat separately.	
1 cup Oatmeal, cooked	147	25	2	6		
1/2 cup 1% milk	50	6	1.5	4		
1/2 medium Banana, mashed	53	13.5	0.2	0.6		
3 boiled egg whites	50	0.5	0.5	11		
	300	45	4.2	21.6		
Meal 2						
20 almonds	130	4.7	12.2	5.1		
1 medium apple	93	24.7	0.3	0.5		
	223	29.4	12.5	5.6		
Meal 3						
Turkey, Spinach, & Red Pepper Wrap					1 oz. of turkey per wrap. Use one cheese wedge for each tortilla. Divide veggies between wraps. The pear should be eaten on the side.	
2 La Tortilla Whole Wheat Low Carb Tortillas	100	20	4	10		
2 oz. deli turkey breast	60	4.8	1.9	19.4		
2 Laughing Cow Light Mozzarella, Sun-Dried Tomato & Basil Cheese Wedges	70	2	3	4		
1/2 cup Red peppers, strips	38	9	0.3	1.2		
1/2 cup Spinach	3	0.5	0	0.4		
1 medium pear	103	27.5	0.2	0.7		
	374	63.8	9.4	35.7		
Meal 4						
1 serving vanilla whey protein powder	150	7	2.5	26		Make a shake! Add 8-16 oz of water depending on how thick and/or sweet you like it.
Meal 5						
Quinoa Edamame Salad					1. Cook quinoa in a pot with about 1 cup water until it becomes like rice! 2. In a heated pan, pour the veggie broth, let simmer, now add onions, tomatoes and all your fave veggies! 3. Then transfer quinoa to the heated pan and stir fry! 4. Add sauce on top! 5. Done!	
1/4 cup dry quinoa	156	27.3	2.6	6		
1 cup shelled edamame	200	18	0	16		
8-10 grape tomatoes sliced in half	31	6.7	0.3	1.5		
1/3 cup of chopped onion	22	5.3	0	0.5		
2-3 TBS of vegetable broth	3	0.6	0	0		
	412	57.9	2.9	24		
Dressing						
2 lemons squeezed	24	8.3	0	0.4		
2 tsp Dijon mustard	10	0	0	0		
1 tsp agave nectar	20	5.3	0	0		
sprinkle of cumin and or black pepper	0	0	0	0		
	54	13.6	0	0.4		
TOTAL	1513	216.7	31.5	113.3		
		57%	19%	30%		