



TUES, THURS, SAT

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

In collaboration with the registered dietitians of **WEIGHT TRAINING** better goals = better workouts™



FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
Meal 1					
6 oz. non-fat, plain Greek yogurt	100	7	0	18	Mix in a bowl and make sure the banana is all mashed. Then spray your pan with some PAM, EVO, or coconut oil on low to medium heat. Scoop some of the batter on there, give it about 20-30 sec, flip, and done! Serve and eat! See more pics at: http://www.blogilates.com/recipe-index/100-natural-pancakes-recipe-gluten-free-flourless-low-calorie
1/2 cup berries	42	10.7	0.2	0.5	
Banana pancakes					
1 ripe banana	105	27	0.4	1.3	
2 whole eggs	143	0.7	9.5	12.6	
	390	45.4	10.1	32.4	
Meal 2					
1 medium apple	93	24.7	0.3	0.5	Can sub peanut butter for almond butter
2 TB almond butter	200	6.8	18.8	4.8	
	293	31.5	19.1	5.3	
Meal 3					
Ultra Clean Meatballs (2 servings)*	121.9	10.4	1.36	18.26	Mix all of the ingredients together in a big bowl. Spray a muffin tin (or regular pan) with PAM. Mush into balls. Cook at 375F for about 35 min.
medium baked sweet potato	100	24	0	2	
1 cup roasted cauliflower	30	5	0.6	2.3	See more pics at: http://www.blogilates.com/recipe-index/super-healthy-ultra-clean-meatball-recipe
	251.9	39.4	1.96	22.56	
<i>*Ultra Clean Meatballs Recipe (Makes 20):</i>					
2.5 lbs ground chicken breast	648	0	4.1	153.9	
3 egg whites	51	0.7	0.2	10.8	
1 cup dried quick oats	300	54	6	10	
2 medium green bell peppers	65	15.1	0.6	2.8	
1 purple onion	64	15.5	0.1	1.4	
2 TBS paprika	40	7.7	1.8	2	
1 TBS chopped garlic	13	2.8	0	0.5	
1 TBS dried basil	11	2.7	0.2	0.6	
1 TBS oregano	17	3.5	0.6	0.6	
1-2TBS of fish sauce or you can add flavor with a pinch or two of salt	10	2	0	0	
<i>(You can basically season it however you want spice wise)</i>					
Total for recipe:	1219	104	13.6	182.6	
Total per servings:	60.95	5.2	0.68	9.13	
Total for two servings:	121.9	10.4	1.36	18.26	
Meal 4					
1 serving vanilla whey protein powder	150	7	2.5	26	
Meal 5					
Chicken & Veggie over Spaghetti Squash					Cook chicken and veggies in olive oil. Mix with marinara sauce and eat over spaghetti squash. Blend ingredients to make sauce. Use less basil, if desired.
3 oz. sliced chicken breast	140	0	3	26	
1 cup baked spaghetti squash	42	10	0.4	1	
1 cup zucchini, chopped	29	7.1	0	1.2	
1/2 tbs of extra-virgin olive oil	60	0	7	0	
1/2 of raw marina sauce recipe*	102	23.9	0.95	3.6	
	373	41	11.35	31.8	
<i>*Raw marina sauce recipe:</i>					
3 roma tomatoes	49	10.7	0.5	2.4	
12pieces sun dried tomatoes	62	13.4	0.7	3.4	
1 clove of garlic	4	1	0	0.2	
5 fresh basil leaves	1	0.1	0	0	
1/2 TBS of oregano	22	4.6	0.7	0.8	
1 dates (medjool)	66	18	0	0.4	
	204	47.8	1.9	7.2	
TOTAL	1457.9	164.3	45.01	118.06	
		45%	28%	32%	