



WEEK 1: MON, WED, FRI



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

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

FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
Meal 1					
Overnight Oats					
1/3 cup regular oats, dry	101	18.1	1.7	3.5	Mix ingredients, except for banana. Chill overnight. In the morning, add chopped banana and enjoy.
1 tbsp chia seeds (thickens mixture overnight)	60	4	4	2	
1 1/4 cup soy milk	113	10	4.4	7.5	
1.5 tbsp carob powder	36	8.3	0	0.8	
1 medium Banana, chopped	105	27	0.4	1.3	
	415	67.4	10.5	15.1	
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					
Black Bean & TVP Wrap					
2 La Tortilla Whole Wheat Low Carb Tortillas	100	20	4	10	1 oz. of turkey per wrap. Use one tablespoon of dip for each tortilla. Divide veggies between wraps. The pear should be eaten on the side. See video: http://www.blogilates.com/recipe-index/healthy-quick-easy-school-lunch-ideas
2 tablespoons Trader Joe's Fat Free Spicy Black Bean Dip	30	6	0	2	
1/4 cup textured vegetable protein (TVP)	80	7	0	12	
1/4 cup Red peppers, chopped	10	2.4	0.1	0.4	
1/2 cup Spinach	3	0.5	0	0.4	
1 medium pear	103	27.5	0.2	0.7	
	326	63.4	4.3	25.5	
Meal 4					
1 serving vanilla soy protein powder	170	19	1.5	20	
Meal 5					
QUINOA EDAMAME SALAD*	358	52	7	20	
Sauce	29	7	0	0	
	387	59	7	20	
*QUINOA EDAMAME SALAD RECIPE:					
1/4 cup dry quinoa	156	27.3	2.6	6	Directions: 1. Cook quinoa in a pot with about 1 cup water until it becomes like rice!
1 cup shelled edamame	200	18	0	16	2. In a heated pan, pour the veggie broth, let simmer, now add onions, tomatoes and all your fave veggies!
8-10 grape tomatoes sliced in half	31	6.7	0.3	1.5	3. Then transfer quinoa to the heated pan and stir fry!
1/3 cup of chopped onion	22	5.3	0	0.5	4. Add sauce on top!
2-3 TBS of vegetable broth	3	0.6	0	0	5. Done!
Dressing:					
2 lemons squeezed	24	8.3	0	0.4	Read more at http://www.blogilates.com/recipe-index/quinoa-edamame-salad-recipe
2 tsp Dijon mustard	10	0	0	0	
1 tsp agave nectar	20	5.3	0	0	
sprinkle of cumin and or black pepper					
TOTAL	1521	213.2	43.5	83.2	
		56%	26%	22%	