



WEEK 4: 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 **WEIGHT TRAINING**
better diets = better workouts

FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
Meal 1					
Oatmeal topped w/ Walnuts and Cranberries					
1 cup Oatmeal, cooked	150	25	2	6	
1/2 cup almond milk	30	4	1.3	0.5	
¼ cup handful dried cranberries	100	28	0.5	0	
1 TB Chopped Walnuts	50	1	5	1	
3 boiled egg whites	50	0.5	0.5	11	
	380	58.5	9.3	18.5	
Meal 2					
2 stalks of celery	16	2.7	0	0.6	Can also sub almond butter instead of peanut butter
2 TB Natural Peanut Butter	190	8	16	7	
	206	10.7	16	7.6	
Meal 3					
Turkey, Bean, and Avocado Bowl					
½ cup black beans	105	23	0.5	7	
3 oz. lean ground turkey	128	0	7.1	15.9	
1 TB cilantro (optional)	0	0	0	0	
1/2 cup brown rice	109	23	0.8	2.2	
¼ avocado	80	4.5	7.5	1	
	422	50.5	15.9	26.1	
Meal 4					
1 serving vanilla whey protein powder	150	7	2.5	26	
Meal 5					
3 oz. baked chicken breast	187	0	4	35.2	
1 tbsp olive oil	119	0	13.5	0	
1 cup sautéed fresh green beans	44	9.9	0.4	2.4	
1 cup steamed red peppers	38	9	0.3	1.2	
	388	18.9	18.2	38.8	
TOTAL					
	1546	145.6	61.9	117	
		38%	36%	30%	



TUES, THURS, SAT

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FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
Meal 1					
1 cup quinoa	222	39.4	3.6	8.1	Cook quinoa, and then add toppings.
1 tsp cinnamon + more for sprinkling					
1 tsp vanilla extract	12	0.5	0	0	
1/4 cup unsweetened applesauce	26	6.9	0	0	
2 TB raisins	54	14.4	0	0.6	
1/4 cup warmed almond milk for drizzling	15	2	0.6	0.3	
1/2 gala apple, peeled and diced	42	11.2	0	0.2	
1 TB pecans, chopped	47	0.9	4.9	0.6	
	418	75.3	9.1	9.8	
Meal 2					
1 oz. Pumpkin Seeds	125	15	5.5	5.5	can sub sunflower seeds
1 medium orange	62	15.4	0.2	1.2	
	187	30.4	5.7	6.7	
Meal 3					
Chicken and Veggie Stir-Fry					(use Pam cooking spray instead of oil)
3 oz. skinless baked chicken breast, sliced	140	0	3	27	
½ cup Broccoli, chopped	30	5.5	0	2	
½ cup carrots, sliced	15	3	0	0.5	
¼ cup sliced onion	25	5.5	0	1	
¼ cup sliced green/red peppers	10	2.5	0	0.5	
1 cup brown rice	170	36	1.5	4	
	390	52.5	4.5	35	
Meal 4					
1 serving vanilla whey protein powder	150	7	2.5	26	
Meal 5					
ITALIAN GROUND TURKEY					Cook turkey, spinach, bell pepper, and mushrooms. Add marinara sauce and cheese.
4 oz. lean ground turkey	170	0	9.5	21	
1 cup spinach	10	1	0	1	
1 bell pepper	35	7.5	0.5	1.5	
1 cup mushrooms	15	2.5	0	2	
1/4 cup of lite mozzarella cheese	80	1	5	6	
½ cup marina sauce	65	10	2	2	
	375	22	17	33.5	
TOTAL	1520	187.2	38.8	111	
		49%	23%	29%	



SUNDAY MEALS



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FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
Meal 1					
Oatmeal topped w/ Walnuts and Cranberries					
1 cup Oatmeal, cooked	150	25	2	6	
1/2 cup almond milk	30	4	1.3	0.5	
¼ cup handful dried cranberries	100	28	0.5	0	
1 TB Chopped Walnuts	50	1	5	1	
3 boiled egg whites	50	0.5	0.5	11	
	380	58.5	9.3	18.5	
Meal 2					
1 oz. Pumpkin Seeds	125	15	5.5	5.5	
1 medium orange	62	15.4	0.2	1.2	
	187	30.4	5.7	6.7	
Meal 3					
ALMOND BUTTER & BANANA SMOOTHIE					
1 TB almond butter	100	3.4	9.4	2.4	Can also sub peanut butter for almond butter.
1/2 medium Banana	53	13.5	0.2	0.6	
1 serving EAS vanilla 100% whey protein powder	150	7	2.5	26	
1/2 cup almond milk	30	4	1.3	0.5	
	333	27.9	13.4	29.5	
Meal 4					
1 cup Carrots	50	12	0.5	1	
½ cup hummus	135	12	8	6.5	
	185	24	8.5	7.5	
Meal 5					
Chicken & Avocado Salad					
2 oz. sliced baked chicken breast	95	0	2	17.5	
2 cups fresh spinach leaves	15	2	0	1.5	
½ cup tomato slices	15	3.5	0	1	
¼ avocado	80	4.5	7.5	1	
2 boiled egg whites	50	1	0	11	
Dressing:					
1 TB extra virgin olive oil	120	0	14	0	
2 tablespoons apple cider vinegar	0				
2 tablespoons fresh parsley, chopped	3	0.5	0	0.2	
1 tablespoon fresh lemon juice	4	1.3	0	0	
1 teaspoon dried basil	4	0.9	0	0.1	
pinch of dried oregano	3	0.6	0.1	0.1	
2 garlic cloves minced	9	2	0	0.4	
HEALTHIEST COOKIE- eat 3 cookies*	128	27.4	1.5	3	
	526	43.7	25.1	35.8	
<i>*HEALTHIEST COOKIE RECIPE (makes 12):</i>					
1 banana	128	27.4	1.5	3	Mush everything in a bowl with your hands then scoop onto a cookie sheet. Bake at 350F for 15-20 min or until slightly golden. Read more at http://www.blogilates.com/recipe-index/healthy-desserts/easiest-healthiest-cookie-recipe-in-the-world
1 cup dry oats	105	26.9	0.4	1.3	
1/4 cup dried cranberries	307	54.8	5.3	10.7	
Total recipe:	100	28	0.5	0	
Per cookie:	512	109.7	6.2	12	
	42.7	9.1	0.5	1.0	
TOTAL	1611	184.5	62	98	
		46%	35%	24%	