



# WEEK 9: 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**  
better diets = better workouts™

FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
<b>Meal 1</b>					
<b>Oatmeal topped w/ Walnuts and Cranberries</b>					
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	
	<b>380</b>	<b>58.5</b>	<b>9.3</b>	<b>18.5</b>	
<b>Meal 2</b>					
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	
	<b>206</b>	<b>10.7</b>	<b>16</b>	<b>7.6</b>	
<b>Meal 3</b>					
<b>Chicken Cranberry Apple Salad</b>					
3 oz. sliced baked chicken breast	140	0	3	26	
1 cup fresh spinach	14	2.2	0	1.7	
2 TB slivered almonds	78	3	7	3	
2 TB dried cranberries	49	12	0	0	
1 medium apple, chopped	93	24.7	0.3	0.5	
1 TB toasted sesame seeds	52	2	4	2	
1 TB chopped onion	4	1	0	0	
2 TB balsamic vinegar	28	5.4	0	0.2	
	<b>458</b>	<b>50.3</b>	<b>14.3</b>	<b>33.4</b>	
<b>Meal 4</b>					
1 serving vanilla whey protein powder	150	7	2.5	26	
<b>Meal 5</b>					
4 oz. sirloin or strip steak	210	0	7.5	34	
1 tbsp olive oil	119	0	13.5	0	
6 spears of roasted asparagus	20	3.7	0.2	2.4	
1 cup roasted cauliflower	29	5.1	0.6	2.3	
	<b>378</b>	<b>8.8</b>	<b>21.8</b>	<b>38.7</b>	
<b>TOTAL</b>	<b>1572</b>	<b>135.3</b>	<b>63.9</b>	<b>124.2</b>	
		34%	37%	32%	



# 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 **WEIGHTTRAINING.COM**  
BETTER GAINS = BETTER WORKOUTS!

FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
<b>Meal 1</b>					
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	
	<b>418</b>	<b>75.3</b>	<b>9.1</b>	<b>9.8</b>	
<b>Meal 2</b>					
1/2 cup lowfat cottage cheese	102	2	4	16	Mix together.
1 TBS sugarfree strawberry jam (optional)	10	0	2	0	
1 TBS unsalted sunflower seeds	55	5	2	2	
	<b>167</b>	<b>7</b>	<b>8</b>	<b>18</b>	
<b>Meal 3</b>					
<b>Chicken and Veggie Stir-Fry</b>					(use Pam cooking spray instead of oil)
4 oz. skinless baked chicken breast	186	0	4	35.1	
1/2 cup chicken broth	8	0.5	0	1.6	
1 cup Broccoli	60	11	0	4	
1 cup carrots	30	6	0	1	
1/2 cup sliced onion	50	11	0	2	
1/2 cup sliced green/red peppers	20	5	0	1	
1/2 cup brown rice	85	18	0.8	2	
	<b>439</b>	<b>51.5</b>	<b>4.8</b>	<b>46.7</b>	
<b>Meal 4</b>					
1 serving vanilla whey protein powder	150	7	2.5	26	
<b>Meal 5</b>					
<b>ITALIAN GROUND TURKEY</b>					
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	
3/4 cup marina sauce	97	14.9	2.9	2.8	
	<b>407</b>	<b>26.9</b>	<b>17.9</b>	<b>34.3</b>	
<b>TOTAL</b>	<b>1469</b>	<b>165.7</b>	<b>36.3</b>	<b>118.8</b>	
		45%	22%	32%	



# SUNDAY MEALS

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**  
better data = better workouts™

FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
<b>Meal 1</b>					
<b>Oatmeal topped w/ Walnuts and Cranberries</b>					
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	
	<b>380</b>	<b>58.5</b>	<b>9.3</b>	<b>18.5</b>	
<b>Meal 2</b>					
1/2 cup lowfat cottage cheese	102	2	4	16	Mix together.
1 TBS sugarfree strawberry jam (optional)	10	0	2	0	
1 TBS unsalted sunflower seeds	55	5	2	2	
	<b>167</b>	<b>7</b>	<b>8</b>	<b>18</b>	
<b>Meal 3</b>					
<b>ALMOND BUTTER &amp; BANANA SMOOTHIE:</b>					
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 vanilla whey protein powder	150	7	2.5	26	
1/2 cup non-fat greek yogurt	67	4.7	0	12	
	<b>370</b>	<b>28.6</b>	<b>12.1</b>	<b>41</b>	
<b>Meal 4</b>					
1 cup Carrots	50	12	0.5	1	
½ cup hummus	135	12	8	6.5	
	<b>185</b>	<b>24</b>	<b>8.5</b>	<b>7.5</b>	
<b>Meal 5</b>					
<b>Chicken &amp; Avocado Salad</b>					
3 oz. sliced baked chicken breast	140	0	3	26	
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 cidar 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	
	<b>443</b>	<b>16.3</b>	<b>24.6</b>	<b>41.3</b>	
<b>TOTAL</b>					
	<b>1545</b>	<b>134.4</b>	<b>62.5</b>	<b>126.3</b>	
		35%	36%	33%	