

1500 - Simple 1 Day Plan

DAY 1

Breakfast  berry protein smoothie **1 serving** **435 cal**
7:00 AM

MEAL TOTAL: Calories 435 cal / **Carbs** 29 g (25%) / **Protein** 42 g (37%) / **Fat** 20 g (38%) / **Fluid** 159 g

NOTES:

Snack peach **1 large** **61 cal**
10:00 AM

MEAL TOTAL: Calories 61 cal / **Carbs** 15 g (87%) / **Protein** 1 g (8%) / **Fat** 0 g (5%) / **Fluid** 140 g

NOTES:

Lunch tomatoes **1 large** **33 cal**
12:00 PM baby spinach **50 gm** **12 cal**
chicken breast (cooked) **2 breast** **189 cal**
brown rice (cooked) **100 gm** **112 cal**

MEAL TOTAL: Calories 346 cal / **Carbs** 32 g (38%) / **Protein** 41 g (48%) / **Fat** 5 g (14%) / **Fluid** 320 g

NOTES:

Snack whey protein powder **1 Scoop** **113 cal**
3:00 PM peach **1 large** **61 cal**

MEAL TOTAL: Calories 174 cal / **Carbs** 16 g (35%) / **Protein** 27 g (61%) / **Fat** 1 g (4%) / **Fluid** 141 g

NOTES:

Dinner brown rice (cooked) **100 gm** **112 cal**
6:00 PM chicken breast (cooked) **2 breast** **189 cal**
cucumber **1/2 cucumber** **23 cal**

MEAL TOTAL: Calories 324 cal / **Carbs** 29 g (37%) / **Protein** 39 g (49%) / **Fat** 5 g (14%) / **Fluid** 291 g

NOTES:

Snack
8:00 PM

whey protein powder

1 Scoop

113 cal

MEAL TOTAL: Calories 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

DAY 1 TOTAL: Calories 1,453 cal / **Carbs** 123 g (33%) / **Protein** 177 g (48%) / **Fat** 32 g (19%) / **Fluid** 1052 g



1 Servings

berry protein smoothie

Ingredients

strawberries	1/2 Cup(s) (120 ml)
blueberries	1/2 Cup(s) (120 ml)
spinach	1 Cup(s) (240 ml)
whey protein powder	1 Scoop
original almond milk, unsweetened	236 mL
smooth peanut butter, no added salt	2 Tbsp
greek yogurt plain non-fat by chobani	1/4 serving

Nutrition Totals

Calories 435 / **Carbs** 29 g / **Protein** 42 g / **Fat** 20 g / **Fluid** 159 g

Instructions

Add all ingredients together in blender with Ice. Blend and Enjoy!

Nutrition Label

Berry Protein Smoothie		
Amount Per Serving		
Calories		435
	% Daily Value*	
Total Fat 19.6g		30%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 7.6mg		3%
Sodium 283.7mg		12%
Total Carbohydrates 29.4g		10%
Dietary Fiber 7.8g		31%
Total Sugar 15.5g		
Protein 42.4g		
Vitamin D 98.3IU		16%
Calcium 715mg		72%
Iron 2.9mg		17%
Potassium 874.3mg		

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Shopping List

Cereal & Grain Products

brown rice	200 gm
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Fruits & Juices

blueberries	0.5 Cup(s) (120 ml)
peach	2 large
strawberries	0.5 Cup(s) (120 ml)

Nuts & Seeds

smooth peanut butter, no added salt	2 Tbsp
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Poultry

chicken breast	4 breast
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Sports & Diet Nutritionals

whey protein powder	3 Scoop
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Uncategorized

greek yogurt plain non-fat by chobani	0.25 serving
original almond milk, unsweetened	236 mL

Vegetables

baby spinach	50 gm
cucumber	0.5 cucumber
spinach	1 Cup(s) (240 ml)
tomatoes	1 large

Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines



Golf Ball

1/4 cup / 1 oz / 2 tbsp



Tennis Ball

1 cup



Computer Mouse

1/2 cup



Baseball

1 cup



Rounded Handful

1/2 cup
1 oz dried goods



Hockey Puck

3 oz muffin or biscuit



Matchbox

1 oz serving of meat



Deck of Cards

3 oz of chicken, meat,
or fish



This Paperback Book

8 oz serving of meat



Thumb

1 tsp



Poker Chip

1 tbsp



Shot Glass

1 oz / 2 tbsp



CD

1 slice of bread
1 oz lunch meat



3 Dice

1 1/2 oz cheese



Kids' Milk Carton

8 oz drink

Useful Examples



Bread & Grains

1 cup of cereal = 1 baseball
1/2 cup cooked rice = computer mouse
1/2 cup cooked pasta = computer mouse
1 slice of bread = CD
3 cups of popcorn = 3 baseballs



Fruits & Vegetables

1/2 cup grapes = about 16 grapes
1 cup of strawberries = about 12 berries
1 cup of salad greens = 1 baseball
1 cup cooked vegetables = 1 baseball
1 baked potato = computer mouse



Meats, Fish & Nuts

3 oz lean meat or poultry = deck of cards
3 oz tofu = deck of cards
2 tbsp peanut butter = golf ball
1/4 cup almonds = about 23 almonds
1/4 cup pistachios = about 24 pistachios



Dairy & Cheese

1 1/2 oz cheese = stacked dice
1 cup yogurt = baseball
1/2 cup ice cream = computer mouse



Fats & Oils

1 tbsp butter or spread = poker chip
1 tbsp salad dressing = poker chip
1 tbsp oil or mayonnaise = poker chip



Sweets & Treats

1 slice cake = deck of cards
1 cookie = about 2 poker chips
1 piece of chocolate = matchbox