

2000 - GymWolfPT Example Meal Plan

DAY 1

Breakfast 7:00 AM	porridge oats	75 grams	272 cal
	original almond milk(unsweetened)	250 mL	32 cal
	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 87 g (76%) / **Protein** 10 g (8%) / **Fat** 8 g (16%) / **Fluid** 8 g

NOTES:

Snack 10:00 AM	apple	1 large	110 cal
	almond butter	3 Tbsp	300 cal

MEAL TOTAL: **Calories** 410 cal / **Carbs** 38 g (37%) / **Protein** 10 g (9%) / **Fat** 24 g (54%) / **Fluid** 181 g

NOTES:

Lunch 12:00 PM	tomatoes	2 large	66 cal
	chicken breast (cooked)	2 breast	189 cal
	baby spinach	50 gm	12 cal
	avocado	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 427 cal / **Carbs** 24 g (22%) / **Protein** 42 g (38%) / **Fat** 20 g (40%) / **Fluid** 492 g

NOTES:

Snack 3:00 PM	whey protein powder	2 Scoop	225 cal
	original almond milk(unsweetened)	300 mL	39 cal

MEAL TOTAL: **Calories** 264 cal / **Carbs** 3 g (5%) / **Protein** 53 g (81%) / **Fat** 4 g (14%) / **Fluid** 2 g

NOTES:

Dinner 6:00 PM	sweet potato	150 gm	129 cal
	green beans	1 Cup(s) (240 ml)	35 cal
	sweet corn kernels	50 gm	44 cal
	british minced turkey breast	1 serving	101 cal

MEAL TOTAL: **Calories** 309 cal / **Carbs** 48 g (60%) / **Protein** 28 g (35%) / **Fat** 2 g (5%) / **Fluid** 153 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 1,982 cal / **Carbs** 202 g (40%) / **Protein** 168 g (34%) / **Fat** 58 g (26%) / **Fluid** 839 g

DAY 2

Breakfast 7:00 AM	porridge oats	75 grams	272 cal
	original almond milk(unsweetened)	250 mL	32 cal
	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 87 g (76%) / **Protein** 10 g (8%) / **Fat** 8 g (16%) / **Fluid** 8 g

NOTES:

Snack 10:00 AM	egg (hard boiled)	2 large	155 cal
	almonds	20 almond	139 cal

MEAL TOTAL: **Calories** 294 cal / **Carbs** 6 g (8%) / **Protein** 18 g (24%) / **Fat** 23 g (68%) / **Fluid** 76 g

NOTES:

Lunch 12:00 PM	mushrooms	100 gm	22 cal
	chicken breast (cooked)	2 breast	189 cal
	asparagus	5 spear, medium	16 cal
	egg (hard boiled)	1 large	78 cal

MEAL TOTAL: **Calories** 305 cal / **Carbs** 7 g (9%) / **Protein** 47 g (62%) / **Fat** 10 g (29%) / **Fluid** 279 g

NOTES:

Snack 3:00 PM	apple	1 large	110 cal
	whey protein powder	2 Scoop	225 cal
	original almond milk(unsweetened)	250 mL	32 cal

MEAL TOTAL: **Calories** 368 cal / **Carbs** 32 g (34%) / **Protein** 54 g (57%) / **Fat** 4 g (9%) / **Fluid** 184 g

NOTES:

Dinner 6:00 PM	potato (boiled)	100 gm	87 cal
	green beans	1 Cup(s) (240 ml)	35 cal
	onion	1 medium	44 cal
	fresh food tuna steaks by tesco	1 steak	153 cal

MEAL TOTAL: **Calories** 319 cal / **Carbs** 37 g (46%) / **Protein** 40 g (50%) / **Fat** 2 g (4%) / **Fluid** 175 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 2 TOTAL: Calories 1,856 cal / **Carbs** 171 g (37%) / **Protein** 194 g (41%) / **Fat** 46 g (22%) / **Fluid** 723 g

DAY 3

Breakfast 7:00 AM	porridge oats	50 grams	182 cal
	original almond milk(unsweetened)	250 mL	32 cal
	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal

MEAL TOTAL: **Calories** 367 cal / **Carbs** 72 g (77%) / **Protein** 7 g (8%) / **Fat** 6 g (15%) / **Fluid** 8 g

NOTES:

Snack 10:00 AM	apple	1 small	55 cal
	rice cake, unsalted	2 cake	70 cal
	hummus	2 Tbsp	55 cal

MEAL TOTAL: **Calories** 180 cal / **Carbs** 35 g (78%) / **Protein** 4 g (8%) / **Fat** 3 g (14%) / **Fluid** 111 g

NOTES:

Lunch 12:00 PM	whitefish (cooked)	150 gm	258 cal
	cashews	30 gm	166 cal
	fresh food tesco organic raw bunched beetroot by t	100 gram	37 cal
	green, red or yellow bell peppers	1 medium	25 cal

MEAL TOTAL: **Calories** 486 cal / **Carbs** 25 g (20%) / **Protein** 43 g (35%) / **Fat** 25 g (45%) / **Fluid** 99 g

NOTES:

Snack 3:00 PM	whey protein powder	2 Scoop	225 cal
	original almond milk(unsweetened)	250 mL	32 cal
	almonds	20 almond	139 cal

MEAL TOTAL: **Calories** 397 cal / **Carbs** 8 g (8%) / **Protein** 58 g (57%) / **Fat** 16 g (35%) / **Fluid** 3 g

NOTES:

Dinner 6:00 PM	sweet potato	150 gm	129 cal
	green beans	1 Cup(s) (240 ml)	35 cal
	sweet corn kernels	100 gm	88 cal
	salmon (cooked)	2 fillet	253 cal

MEAL TOTAL: **Calories** 505 cal / **Carbs** 58 g (45%) / **Protein** 48 g (38%) / **Fat** 10 g (17%) / **Fluid** 308 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 3 TOTAL: Calories 2,047 cal / **Carbs** 199 g (38%) / **Protein** 186 g (36%) / **Fat** 59 g (26%) / **Fluid** 530 g

DAY 4

Breakfast 7:00 AM	porridge oats	50 grams	182 cal
	original almond milk(unsweetened)	250 mL	32 cal
	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal

MEAL TOTAL: Calories 367 cal / **Carbs** 72 g (77%) / **Protein** 7 g (8%) / **Fat** 6 g (15%) / **Fluid** 8 g

NOTES:

Snack 10:00 AM	apple	1 small	55 cal
	almond butter	2 Tbsp	200 cal

MEAL TOTAL: Calories 255 cal / **Carbs** 21 g (33%) / **Protein** 6 g (10%) / **Fat** 16 g (57%) / **Fluid** 91 g

NOTES:

Lunch 12:00 PM	cauliflower	150 gm	38 cal
	baby spinach	50 gm	12 cal
	chicken breast (cooked)	2 breast	189 cal
	avocado	1/2 avocado	161 cal

MEAL TOTAL: Calories 399 cal / **Carbs** 18 g (17%) / **Protein** 42 g (41%) / **Fat** 19 g (42%) / **Fluid** 287 g

NOTES:

Snack 3:00 PM	whey protein powder	1 Scoop	113 cal
	original almond milk(unsweetened)	250 mL	32 cal
	cashews	20 gm	111 cal

MEAL TOTAL: Calories 256 cal / **Carbs** 8 g (12%) / **Protein** 31 g (47%) / **Fat** 12 g (41%) / **Fluid** 2 g

NOTES:

Dinner 6:00 PM	green beans	1 Cup(s) (240 ml)	35 cal
	tomatoes	2 large	66 cal
	potato (with skin, baked)	1 large	278 cal
	chicken breast (cooked)	2 breast	189 cal

MEAL TOTAL: Calories 568 cal / **Carbs** 84 g (59%) / **Protein** 48 g (33%) / **Fat** 5 g (8%) / **Fluid** 643 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 4 TOTAL: Calories 1,958 cal / **Carbs** 204 g (41%) / **Protein** 160 g (32%) / **Fat** 59 g (27%) / **Fluid** 1031 g

DAY 5

Breakfast 7:00 AM	porridge oats	75 grams	272 cal
	original almond milk(unsweetened)	250 mL	32 cal
	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal

MEAL TOTAL: Calories 458 cal / **Carbs** 87 g (76%) / **Protein** 10 g (8%) / **Fat** 8 g (16%) / **Fluid** 8 g

NOTES:

Snack 10:00 AM	almond butter	2 Tbsp	200 cal
	hard boiled eggs	2 serving	142 cal

MEAL TOTAL: Calories 342 cal / **Carbs** 7 g (9%) / **Protein** 18 g (22%) / **Fat** 26 g (69%) / **Fluid** 0 g

NOTES:

Lunch 12:00 PM	tomatoes	2 large	66 cal
	baby spinach	50 gm	12 cal
	avocado	1/2 avocado	161 cal
	british minced turkey breast	150 gm	152 cal

MEAL TOTAL: Calories 390 cal / **Carbs** 24 g (24%) / **Protein** 39 g (38%) / **Fat** 17 g (38%) / **Fluid** 418 g

NOTES:

Snack 3:00 PM	whey protein powder	2 Scoop	225 cal
	original almond milk(unsweetened)	250 mL	32 cal
	almonds	20 almond	139 cal

MEAL TOTAL: Calories 397 cal / **Carbs** 8 g (8%) / **Protein** 58 g (57%) / **Fat** 16 g (35%) / **Fluid** 3 g

NOTES:

Dinner 6:00 PM	green beans	1 Cup(s) (240 ml)	35 cal
	chicken breast (cooked)	2 breast	189 cal
	onions sweet raw	1 serving	47 cal
	black beans (boiled)	75 gm	99 cal

MEAL TOTAL: Calories 371 cal / **Carbs** 36 g (39%) / **Protein** 45 g (50%) / **Fat** 5 g (11%) / **Fluid** 259 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 5 TOTAL: Calories 2,070 cal / **Carbs** 164 g (31%) / **Protein** 196 g (38%) / **Fat** 72 g (31%) / **Fluid** 689 g

DAY 6

Breakfast 7:00 AM	porridge oats	50 grams	182 cal
	original almond milk(unsweetened)	250 mL	32 cal
	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal

MEAL TOTAL: Calories 367 cal / **Carbs** 72 g (77%) / **Protein** 7 g (8%) / **Fat** 6 g (15%) / **Fluid** 8 g

NOTES:

Snack 10:00 AM	almond butter	2 Tbsp	200 cal
	egg (hard boiled)	2 large	155 cal

MEAL TOTAL: Calories 355 cal / **Carbs** 7 g (8%) / **Protein** 19 g (22%) / **Fat** 27 g (70%) / **Fluid** 75 g

NOTES:

Lunch 12:00 PM	tomatoes	2 1/4 large	74 cal
	baby spinach	50 gm	12 cal
	chicken breast (cooked)	2 breast	189 cal
	avocado	1/2 avocado	161 cal

MEAL TOTAL: Calories 435 cal / **Carbs** 26 g (23%) / **Protein** 42 g (38%) / **Fat** 20 g (39%) / **Fluid** 535 g

NOTES:

Snack 3:00 PM	whey protein powder	2 Scoop	225 cal
	original almond milk(unsweetened)	250 mL	32 cal

MEAL TOTAL: Calories 258 cal / **Carbs** 3 g (5%) / **Protein** 53 g (82%) / **Fat** 4 g (13%) / **Fluid** 2 g

NOTES:

Dinner 6:00 PM	green beans	1 Cup(s) (240 ml)	35 cal
	sweet corn kernels	100 gm	88 cal
	potato (with skin, baked)	1 large	278 cal
	 italian chicken	1 serving	263 cal

MEAL TOTAL: Calories 664 cal / **Carbs** 93 g (55%) / **Protein** 38 g (22%) / **Fat** 18 g (23%) / **Fluid** 399 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 6 TOTAL: Calories 2,193 cal / **Carbs** 203 g (37%) / **Protein** 185 g (33%) / **Fat** 74 g (30%) / **Fluid** 1020 g

DAY 7

Breakfast 7:00 AM	porridge oats	75 grams	272 cal
	original almond milk(unsweetened)	250 mL	32 cal
	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal

MEAL TOTAL: Calories 458 cal / **Carbs** 87 g (76%) / **Protein** 10 g (8%) / **Fat** 8 g (16%) / **Fluid** 8 g

NOTES:

Snack 10:00 AM	cashews	30 gm	166 cal
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MEAL TOTAL: Calories 166 cal / **Carbs** 9 g (21%) / **Protein** 5 g (12%) / **Fat** 13 g (67%) / **Fluid** 2 g

NOTES:

Lunch 12:00 PM	tomatoes	2 1/4 large	74 cal
	chicken breast (cooked)	2 breast	189 cal
	baby spinach	50 gm	12 cal
	hard boiled eggs	2 serving	142 cal

MEAL TOTAL: Calories 417 cal / **Carbs** 19 g (18%) / **Protein** 52 g (50%) / **Fat** 15 g (32%) / **Fluid** 462 g

NOTES:

Snack 3:00 PM	whey protein powder	2 Scoop	225 cal
	original almond milk(unsweetened)	250 mL	32 cal
	almonds	20 almond	139 cal

MEAL TOTAL: Calories 397 cal / **Carbs** 8 g (8%) / **Protein** 58 g (57%) / **Fat** 16 g (35%) / **Fluid** 3 g

NOTES:

Dinner 6:00 PM	sweet potato	150 gm	129 cal
	sweet corn kernels	100 gm	88 cal
	 salmon baked in foil	1 serving	204 cal
	asparagus	5 spear, medium	16 cal

MEAL TOTAL: Calories 437 cal / **Carbs** 61 g (53%) / **Protein** 32 g (28%) / **Fat** 10 g (19%) / **Fluid** 455 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 7 TOTAL: Calories 1,987 cal / **Carbs** 186 g (37%) / **Protein** 183 g (36%) / **Fat** 62 g (27%) / **Fluid** 931 g



1 Servings

italian chicken

Ingredients

garlic	1 clove
lemon juice	1 Tbsp
olive oil	1 Tbsp
skinless chicken breast (uncooked)	4 oz (112 grams)

Nutrition Totals

Calories 263 / **Carbs** 2 g / **Protein** 26 g / **Fat** 17 g / **Fluid** 100 g

Instructions

1. Crush garlic clove.
2. Combine crushed garlic and remaining ingredients in a small bowl. Make sure chicken is well coated with marinade. Marinate in the refrigerator for at least 30 minutes.
3. One hour before serving, preheat oven to 450 degrees F.
4. Line a baking sheet with foil or parchment paper, and place chicken on pan.
5. Bake for 18-25 minutes (depending on size/thickness of chicken breast), or until chicken is cooked through and the juices run clear (internal temp of 165 degrees F).

Nutrition Label

Italian Chicken		
Amount Per Serving		
Calories		263
		% Daily Value*
Total Fat	16.5g	25%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	82.7mg	28%
Sodium	51.9mg	2%
Total Carbohydrates	2g	1%
Dietary Fiber	0.1g	0%
Total Sugar	0.4g	
Protein	25.7g	
Vitamin D	1.1IU	0%
Calcium	12.1mg	1%
Iron	0.5mg	3%
Potassium	406.7mg	

* 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.



4 Servings

salmon baked in foil

Ingredients

tomatoes	2 Cup(s) (480 ml)
shallots	2 oz (56 grams)
extra virgin olive oil	1 Tbsp
lemon juice	2 Tbsp
oregano, dried	1 tsp
thyme, dried	1 tsp
black pepper	1/8 tsp
fish salmon pink raw	16 oz (448 grams)

Nutrition Totals

Calories 817 / **Carbs** 28 g / **Protein** 98 g / **Fat** 35 g / **Fluid** 757 g

Instructions

1. Preheat oven to 400 degrees F.
2. Dice tomatoes, mince shallots and place in a small bowl.
3. Stir in ½ tablespoon of olive oil, lemon juice, oregano, thyme, and a dash of black pepper. Set aside.
4. Brush salmon with remaining olive oil and season with pepper.
5. Cut 4 sheets of aluminum foil (large enough to wrap each fillet).
6. Place each fillet, oil side down, on each cut piece of foil.
7. Evenly divide tomato mixture over the salmon fillets.
8. Fold and seal the foil to make packets around the salmon. Place packets on baking sheet.
9. Bake for 20-25 minutes, or until cooked through.

Nutrition Label

Salmon Baked In Foil		
Amount Per Serving		
Calories		204
	% Daily Value*	
Total Fat 8.7g		13%
Saturated Fat 1.4g		7%
Trans Fat 0g		
Cholesterol 52.1mg		17%
Sodium 91.5mg		4%
Total Carbohydrates 6.9g		2%
Dietary Fiber 1.8g		7%
Total Sugar 3.6g		
Protein 24.4g		
Vitamin D 493.2IU		82%
Calcium 34.8mg		3%
Iron 1.3mg		7%
Potassium 692.1mg		

* 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

Accompaniments

honey	7 Tbsp
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Cereal & Grain Products

porridge oats	450 grams
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Dairy & Egg

egg	5 large
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Fats & Oils

extra virgin olive oil	0.25 Tbsp
olive oil	1 Tbsp

Finfish & Shellfish

salmon	2 fillet
whitefish	150 gm

Fruits & Juices

apple	2 large 2 small
avocado	2 avocado
lemon juice	1.5 Tbsp
raisins	210 gm

Legumes & Beans

black beans	75 gm
hummus	2 Tbsp

Nuts & Seeds

almond butter	9 Tbsp
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almonds	80 almond
cashews	80 gm

Poultry

british minced turkey breast	1 serving 150 gm
chicken breast	14 breast
skinless chicken breast	4 oz (112 grams)

Snacks

rice cake, unsalted	2 cake
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Spices & Herbs

black pepper	0.03 tsp
oregano, dried	0.25 tsp
thyme, dried	0.25 tsp

Sports & Diet Nutritional

whey protein powder	20 Scoop
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Uncategorized

fish salmon pink raw	4 oz (112 grams)
fresh food tesco organic raw bunched beetroot by tesco	100 gram
fresh food tuna steaks by tesco	1 steak
green beans	6 Cup(s) (1440 ml)
hard boiled eggs	4 serving
onions sweet raw	1 serving
original almond milk(unsweetened)	3550 mL

Vegetables

asparagus	10 spear, medium
baby spinach	250 gm
cauliflower	150 gm
garlic	1 clove
green, red or yellow bell peppers	1 medium
mushrooms	100 gm

onion	1 medium
potato	100 gm
	2 large
shallots	0.5 oz (14 grams)
sweet corn kernels	350 gm
sweet potato	450 gm
tomatoes	10.5 large
	0.5 Cup(s) (120 ml)

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