

4000 - Single Day Meal Plan

DAY 1

Breakfast 6:00 AM	100% natural whole grain old fashioned oatmeal by	100 gram	375 cal
	ground flaxseed	2 Tbsp	140 cal
	whey protein powder	1 Scoop	113 cal
	original almond milk(unsweetened)	250 mL	32 cal

MEAL TOTAL: **Calories** 660 cal / **Carbs** 78 g (48%) / **Protein** 33 g (20%) / **Fat** 23 g (32%) / **Fluid** 1 g

NOTES:

Post-workout 8:00 AM	whey protein powder	2 Scoop	225 cal
--------------------------------	---------------------	---------	---------

MEAL TOTAL: **Calories** 225 cal / **Carbs** 2 g (4%) / **Protein** 52 g (92%) / **Fat** 1 g (4%) / **Fluid** 2 g

NOTES:

Snack 9:00 AM	banana	1 extra large	135 cal
-------------------------	--------	---------------	---------


MEAL TOTAL: **Calories** 135 cal / **Carbs** 35 g (93%) / **Protein** 2 g (4%) / **Fat** 1 g (3%) / **Fluid** 114 g

NOTES:

Snack 10:00 AM	egg (hard boiled)	3 large	233 cal
	canned tuna in water	1 can	271 cal

MEAL TOTAL: **Calories** 503 cal / **Carbs** 2 g (1%) / **Protein** 80 g (65%) / **Fat** 19 g (34%) / **Fluid** 358 g

NOTES:

Lunch 12:00 PM	 chicken, orange & avocado salad	1 serving	493 cal
	nut and raisin granola bar	2 bar	254 cal
	apple	1 large	110 cal

MEAL TOTAL: **Calories** 857 cal / **Carbs** 93 g (42%) / **Protein** 38 g (17%) / **Fat** 41 g (41%) / **Fluid** 510 g

NOTES:

Snack
3:00 PM

apple	1 large	110 cal
whey protein powder	2 Scoop	225 cal

MEAL TOTAL: **Calories** 336 cal / **Carbs** 31 g (36%) / **Protein** 53 g (60%) / **Fat** 1 g (4%) / **Fluid** 184 g

NOTES:

Snack
4:00 PM

rice cake, unsalted	3 cake	105 cal
peanut butter	2 Tbsp	200 cal
egg (hard boiled)	1 large	78 cal

MEAL TOTAL: **Calories** 383 cal / **Carbs** 30 g (33%) / **Protein** 13 g (15%) / **Fat** 21 g (52%) / **Fluid** 37 g

NOTES:

Dinner
6:00 PM

spinach (boiled)	1 Cup(s) (240 ml)	41 cal
 chicken, lentil stirfry	1 serving	461 cal
potato (with skin, baked)	1 large	278 cal
broccoli	100 grams	34 cal

MEAL TOTAL: **Calories** 814 cal / **Carbs** 103 g (51%) / **Protein** 57 g (28%) / **Fat** 19 g (21%) / **Fluid** 623 g

NOTES:

Snack
8:00 PM

egg (hard boiled)	2 large	155 cal
-------------------	---------	---------

MEAL TOTAL: **Calories** 155 cal / **Carbs** 1 g (3%) / **Protein** 13 g (33%) / **Fat** 11 g (64%) / **Fluid** 75 g

NOTES:

DAY 1 TOTAL: Calories 4,068 cal / **Carbs** 374 g (37%) / **Protein** 340 g (33%) / **Fat** 137 g (30%) / **Fluid** 1904 g



1 Servings

chicken, orange & avocado salad

Ingredients

orange	1 fruit
extra virgin olive oil	1/2 Tbsp
spinach	2 Cup(s) (480 ml)
avocado	1/2 avocado
boneless chicken (cooked)	4 oz (112 grams)

Nutrition Totals

Calories 493 / **Carbs** 28 g / **Protein** 33 g / **Fat** 30 g / **Fluid** 325 g

Instructions

1. Prepare orange by cutting off the rind and outer membrane and slicing out the wedges of fruit between the segments. Do this over a bowl and set the remaining juice aside.
2. To the remaining juice, add a drizzle of olive oil and season to taste with salt and pepper.
3. Toss fresh spinach with dressing in a medium bowl.
4. Slice avocado and add to spinach.
5. Top salad with orange pieces and cooked chicken.

Nutrition Label

Chicken, Orange & Avocado Salad		
Amount Per Serving		
Calories		493
	% Daily Value*	
Total Fat 29.6g		46%
Saturated Fat 5.2g		26%
Trans Fat 0g		
Cholesterol 85mg		28%
Sodium 140.8mg		6%
Total Carbohydrates 28.3g		9%
Dietary Fiber 11.1g		45%
Total Sugar 12.8g		
Protein 33.3g		
Vitamin D 0IU		0%
Calcium 145.2mg		15%
Iron 3.7mg		21%
Potassium 1314.3mg		

* 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.



1 Servings

chicken, lentil stirfry

Ingredients

organic chicken breast, cooked	1 breast
lentils	1/2 Cup(s) (120 ml)
cabbage	1 Cup(s) (240 ml)
cauliflower	1/2 head, small (4" dia)
onion	1 medium slice
garlic	1 clove
extra virgin olive oil	1 Tbsp

Nutrition Totals

Calories 461 / **Carbs** 33 g / **Protein** 44 g / **Fat** 18 g / **Fluid** 235 g

Instructions

1. Chop chicken and cook in separate pan.
2. Mix Oil, garlic and onion in a pan and then add cauliflower and cabbage. Cook on med/low for 8 minutes. Do not overcook.
3. Add optional spices to vegetables.
3. Mix chicken and vegetables together

Nutrition Label

Chicken, Lentil Stirfry		
Amount Per Serving		
Calories		461
		% Daily Value*
Total Fat	18.4g	28%
Saturated Fat	2.6g	13%
Trans Fat	0g	
Cholesterol	44.2mg	15%
Sodium	91.9mg	4%
Total Carbohydrates	32.9g	11%
Dietary Fiber	4.7g	19%
Total Sugar	5.3g	
Protein	43.7g	
Vitamin D	2.6IU	0%
Calcium	73.6mg	7%
Iron	1.5mg	8%
Potassium	680.7mg	

* 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.

Shopping List

Dairy & Egg

egg	6 large
-----	---------

Fats & Oils

extra virgin olive oil	1.5 Tbsp
------------------------	----------

Finfish & Shellfish

canned tuna in water	1 can
----------------------	-------

Fruits & Juices

apple	2 large
avocado	0.5 avocado
banana	1 extra large
orange	1 fruit

Legumes & Beans

lentils	0.5 Cup(s) (120 ml)
---------	---------------------

Nuts & Seeds

ground flaxseed	2 Tbsp
-----------------	--------

Poultry

boneless chicken	4 oz (112 grams)
organic chicken breast, cooked	1 breast

Snacks

nut and raisin granola bar	2 bar
rice cake, unsalted	3 cake

Sports & Diet Nutritional

whey protein powder

5 Scoop

Uncategorized

100% natural whole grain old fashioned oatmeal by quaker

100 gram

broccoli

100 grams

original almond milk(unsweetened)

250 mL

peanut butter

2 Tbsp

Vegetables

cabbage

1 Cup(s) (240 ml)

cauliflower

0.5 head, small (4" dia)

garlic

1 clove

onion

1 medium slice

potato

1 large

spinach

3 Cup(s) (720 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