

1200 - 1 Day Meal Plan

DAY 1

Post-workout 7:30 AM	whey protein powder	1 Scoop	113 cal
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MEAL TOTAL: **Calories** 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

Snack 10:00 AM	apple	1 large	110 cal
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MEAL TOTAL: **Calories** 110 cal / **Carbs** 29 g (95%) / **Protein** 1 g (2%) / **Fat** 0 g (3%) / **Fluid** 181 g

NOTES:

Lunch 12:00 PM	chicken breast (cooked)	1 breast	95 cal
	broccoli (boiled)	150 gm	53 cal
	egg (hard boiled)	1 large	78 cal
	avocado	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 385 cal / **Carbs** 20 g (20%) / **Protein** 30 g (29%) / **Fat** 23 g (51%) / **Fluid** 282 g

NOTES:

Snack 3:00 PM	whey protein powder	1 Scoop	113 cal
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MEAL TOTAL: **Calories** 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

Dinner 6:00 PM	brown rice (cooked)	50 gm	56 cal
	chicken breast (cooked)	2 breast	189 cal
	broccoli	100 gm	34 cal

MEAL TOTAL: **Calories** 279 cal / **Carbs** 18 g (27%) / **Protein** 40 g (57%) / **Fat** 5 g (16%) / **Fluid** 201 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 1,155 cal / **Carbs** 71 g (24%) / **Protein** 134 g (46%) / **Fat** 40 g (30%) / **Fluid** 741 g

Shopping List

Cereal & Grain Products

brown rice 50 gm

Dairy & Egg

egg 3 large

Fruits & Juices

apple 1 large

avocado 0.5 avocado

Poultry

chicken breast 3 breast

Sports & Diet Nutritional

whey protein powder 2 Scoop

Vegetables

broccoli 250 gm

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