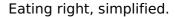


# 1200 - 1 Day Meal Plan

DAY 1			
Post-	whey protein powder	1 Scoop	113 cal
workout			
7:30 AM			
MEAL TOTAL: Calor	ries 113 cal / <b>Carbs</b> 1 g (4%) / <b>Protein</b> 26 g (92	%) / Fat 0 g (4%) / Fluid 1 g	
NOTES:			
Snack	apple	1 large	110 cal
10:00 AM			
MEAL TOTAL: Calor	ries 110 cal / <b>Carbs</b> 29 g (95%) / <b>Protein</b> 1 g (2	%)	
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: Calor	ries 385 cal / Carbs 20 g (20%) / Protein 30 g (	29%)	
NOTES:			
Snack	whey protein powder	1 Scoop	113 cal
3:00 PM			
MEAL TOTAL: Calor	ries 113 cal / Carbs 1 g (4%) / Protein 26 g (92	%)	
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: Calor	ries 279 cal / Carbs 18 g (27%) / Protein 40 g (	57%)	
NOTES:			

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Snack

egg (hard boiled)

2 large

155 cal

8:00 PM

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~(46%)~/~Fat~40~g~(30%)~/~Fluid~741~g~(46%)~/~Fat~40~g~(46%)~/~Fat~40~g~(46%)~/~Fluid~741~g~(46%)~/~Fat~40~g~(46%)~/~Fat~40~g~(46%)~/~Fluid~741~g~(46%)~/~Fat~40~g~(46%)~/~Fat~40~g~(46%)~/~Fluid~741~g~(46%)~/~Fat~40~g~(46%)~/~Fat~40~g~(46%)~/~Fluid~741~g~(46%)~/~Fat~40~g~(46%)~/~Fat~40~g~(46%)~/~Fluid~741~g~(46%)~/~Fat~40~g~(46%)~/~Fat~40~g~(46%)~/~Fluid~741~g~(46%)~/~Fat~40~g~(46%)~/~Fat~40~g~(46%)~/~Fluid~741~g~(46%)~/~Fat~40~g~(46%)~/~Fat~40~g~(46%)~/~Fluid~741~g~(46%)~/~Fat~40~



## **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 Nutritionals**

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**











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** 

**Matchbox** 

**Deck of Cards** 3 oz muffin or biscuit 1 oz serving of meat 3 oz of chicken, meat, or fish

This Paperback **Book** 8 oz serving of meat

**Thumb** 1 tsp





**Shot Glass** 1 oz / 2 tbsp



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 baseball1/2 cup cooked rice = computer mouse 1/2 cup cooked pasta = computer mouse

1 slice of bread = CD

3 cups of popcorn = 3 baseballs

#### **Dairy & Cheese**

1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse 1 tbsp oil or mayonnaise = poker



#### 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 cards2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24 pistachios



#### **Sweets & Treats**

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

#### Fats & Oils

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