

1300 - Fasting Meal Plan V1

DAY 1

Breakfast  berry protein smoothie **1 serving** **435 cal**
4:00 AM

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

NOTES:

Dinner **8:00 PM**

	green beans	1 Cup(s) (240 ml)	35 cal
	whey protein powder	1 Scoop	113 cal
	cheesy chicken & broccoli pasta	1 serving	447 cal
	banana	1 whole	105 cal
	cashews	20 gm	111 cal

MEAL TOTAL: Calories 811 cal / **Carbs** 67 g (33%) / **Protein** 69 g (33%) / **Fat** 31 g (34%) / **Fluid** 61 g

NOTES:

DAY 1 TOTAL: Calories 1,246 cal / **Carbs** 97 g (30%) / **Protein** 112 g (35%) / **Fat** 51 g (35%) / **Fluid** 221 g

DAY 2

Breakfast  spanish scrambled eggs (men) **1 serving** **329 cal**
4:00 AM

MEAL TOTAL: Calories 329 cal / **Carbs** 25 g (30%) / **Protein** 33 g (41%) / **Fat** 11 g (29%) / **Fluid** 213 g

NOTES:

Dinner **8:00 PM**

whey protein powder	2 Scoop	225 cal
apple	1 large	110 cal
walnuts	10 gm	65 cal
 chicken, orange & avocado salad	1 serving	493 cal

MEAL TOTAL: Calories 893 cal / **Carbs** 61 g (26%) / **Protein** 87 g (38%) / **Fat** 38 g (36%) / **Fluid** 509 g

NOTES:

DAY 2 TOTAL: Calories 1,222 cal / **Carbs** 86 g (27%) / **Protein** 120 g (39%) / **Fat** 48 g (34%) / **Fluid** 722 g


DAY 3

Breakfast  spinach omelette **1 serving** **223 cal**
4:00 AM

MEAL TOTAL: Calories 223 cal / **Carbs** 2 g (4%) / **Protein** 19 g (35%) / **Fat** 15 g (61%) / **Fluid** 0 g

NOTES:

Dinner **8:00 PM**

whey protein powder	2 Scoop	225 cal
cashews	20 gm	111 cal
nonfat plain greek yogurt	1 container	100 cal
 tuna rice avocado bowl	1 serving	543 cal
apple	1 large	110 cal

MEAL TOTAL: Calories 1,089 cal / **Carbs** 105 g (41%) / **Protein** 93 g (36%) / **Fat** 27 g (23%) / **Fluid** 531 g

NOTES:


DAY 3 TOTAL: Calories 1,312 cal / **Carbs** 107 g (34%) / **Protein** 112 g (36%) / **Fat** 42 g (30%) / **Fluid** 531 g

DAY 4

Breakfast  poached egg breakfast **1 serving** **251 cal**
4:00 AM

MEAL TOTAL: Calories 251 cal / **Carbs** 27 g (41%) / **Protein** 19 g (29%) / **Fat** 9 g (30%) / **Fluid** 59 g

NOTES:

Dinner  whey protein powder **2 Scoop** **225 cal**
8:00 PM banana **1 whole** **105 cal**
 whole wheat penne with chicken and asparagus **1 serving** **358 cal**
 egg (hard boiled) **1 large** **78 cal**
 peanut butter **2 Tbsp** **200 cal**

MEAL TOTAL: Calories 966 cal / **Carbs** 81 g (33%) / **Protein** 87 g (35%) / **Fat** 35 g (32%) / **Fluid** 197 g

NOTES:


Snack whey protein powder **1 Scoop** **113 cal**
8:00 PM

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 1,330 cal / **Carbs** 108 g (32%) / **Protein** 131 g (39%) / **Fat** 44 g (29%) / **Fluid** 257 g

DAY 5

Breakfast  peanut butter banana protein smoothie **1 serving** **471 cal**
4:00 AM

MEAL TOTAL: Calories 471 cal / **Carbs** 40 g (32%) / **Protein** 42 g (33%) / **Fat** 20 g (35%) / **Fluid** 119 g

NOTES:

Dinner  whey protein powder **1 Scoop** **113 cal**
8:00 PM cashews **10 gm** **55 cal**
 watermelon **2 wedge** **172 cal**
 veggie omelette **1 serving** **529 cal**

MEAL TOTAL: Calories 869 cal / **Carbs** 60 g (27%) / **Protein** 52 g (23%) / **Fat** 50 g (50%) / **Fluid** 672 g

NOTES:

Snack whey protein powder **1 Scoop** **113 cal**
8:00 PM

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 1,452 cal / **Carbs** 101 g (27%) / **Protein** 120 g (32%) / **Fat** 70 g (41%) / **Fluid** 793 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.

1 Servings



cheesy chicken & broccoli pasta

Ingredients

pasta organic 100% whole grain kamut spirals by eden by eden foods	30 gm
broccoli florets	1 Cup(s) (240 ml)
olive oil	1 tsp
garlic cloves peeled by spice world	1 serving
cheddar cheese	10 gm
essential double cream by waitrose	20 mL
chicken breast (cooked)	3 oz (84 grams)

Nutrition Totals

Calories 447 / **Carbs** 26 g / **Protein** 37 g / **Fat** 21 g / **Fluid** 59 g

Instructions

1. Bring a large pan of water to the boil and cook the pasta following the instructions. Add the broccoli to the pan for the final 4 minutes.
2. Whilst the pasta cooks make the sauce. Heat the oil in a large pan and brown the chicken on each side (5 minutes), add the onion and cook for 5 minutes until soft, stir in the garlic and cook for 1 more minute. Stir in the cream and bring to the boil. Add the pasta, broccoli and cheese coating everything in the sauce.

Nutrition Label

Cheesy Chicken & Broccoli Pasta		
Amount Per Serving		
Calories		447
	% Daily Value*	
Total Fat 21.2g		33%
Saturated Fat 9.5g		48%
Trans Fat 0g		
Cholesterol 82.7mg		28%
Sodium 153.1mg		6%
Total Carbohydrates 26.3g		9%
Dietary Fiber 5.2g		21%
Total Sugar 2.6g		
Protein 36.6g		
Vitamin D 6.6IU		1%
Calcium 115.8mg		12%
Iron 2.8mg		16%
Potassium 358.4mg		

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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	

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1 Servings



spanish scrambled eggs (men)

Ingredients

vegetables prepared inspire maris piper potatoes peeled by asda	50 gram
leeks	80 gm
garlic	1 clove
baby spinach by organic girl	1 Cup(s) (240 ml)
egg (white only, cooked)	5 large
grade a large eggs by goldhen	2 egg

Nutrition Totals

Calories 329 / **Carbs** 25 g / **Protein** 33 g / **Fat** 11 g / **Fluid** 213 g

Instructions

1. Cut the potato into small cubes and heat in a large frying pan over high heat, cook for 10 minutes. 2. Add the garlic and leek and cook for another 5 minutes, whilst the leek cooks mix the eggs in a jug and add after 5 minutes.
3. Cook until the eggs are scrambled and enjoy, serve on a bed of baby spinach (2 handfuls).

Nutrition Label

Spanish Scrambled Eggs (Men)		
Amount Per Serving		
Calories		329
% Daily Value*		
Total Fat	10.5g	16%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	370mg	123%
Sodium	331.5mg	14%
Total Carbohydrates	24.6g	8%
Dietary Fiber	3.4g	14%
Total Sugar	4.6g	
Protein	32.7g	
Vitamin D	0IU	0%
Calcium	157.5mg	16%
Iron	5.1mg	28%
Potassium	738.3mg	

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1 Servings

tuna rice avocado bowl

Ingredients

avocado	1/2 avocado
solid white tuna in water no salt added, drained	4 oz (112 grams)
white rice (cooked)	1 Cup(s) (240 ml)

Nutrition Totals

Calories 543 / **Carbs** 62 g / **Protein** 19 g / **Fat** 16 g / **Fluid** 201 g

Instructions

INGREDIENTS

1/2 ripe avocado
1 can tuna, drained
1 cup cooked rice

INSTRUCTIONS

Warm rice then add tuna, avocado, and salt and pepper to taste. Optional: add veggies, tomatoes, salsa, etc. to your liking.

Nutrition Label

Tuna Rice Avocado Bowl	
Amount Per Serving	
Calories	543
% Daily Value*	
Total Fat 16.1g	25%
Saturated Fat 2.2g	11%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 42mg	2%
Total Carbohydrates 61.7g	21%
Dietary Fiber 7.2g	29%
Total Sugar 0.6g	
Protein 19.4g	
Vitamin D 0IU	0%
Calcium 17.6mg	2%
Iron 3.3mg	18%
Potassium 541.3mg	

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1 Servings

spinach omelette

Ingredients

baby spinach by organic girl	1 Cup(s) (240 ml)
farmers organic free range eggs	3 Egg

Nutrition Totals

Calories 223 / **Carbs** 2 g / **Protein** 19 g / **Fat** 15 g / **Fluid** 0 g

Instructions

Scramble all together

Nutrition Label

Spinach Omelette		
Amount Per Serving		
Calories		223
% Daily Value*		
Total Fat	15g	23%
Saturated Fat	4.5g	23%
Trans Fat	0g	
Cholesterol	555mg	185%
Sodium	253.3mg	11%
Total Carbohydrates	1.9g	1%
Dietary Fiber	1.3g	5%
Total Sugar	0g	
Protein	19.3g	
Vitamin D	0IU	0%
Calcium	137.3mg	14%
Iron	4.8mg	27%
Potassium	313.3mg	

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4 Servings

whole wheat penne with chicken and asparagus

Ingredients

whole wheat penne pasta	8 oz (224 grams)
extra virgin olive oil	2 Tbsp
boneless skinless chicken breast (uncooked)	8 oz (224 grams)
black pepper	1/4 tsp
garlic powder	1/4 tsp
asparagus	15 spear, medium
garlic	1 clove
chicken broth soup, low-sodium	1 Cup(s) (240 ml)
grated parmesan cheese	4 Tbsp

Nutrition Totals

Calories 1432 / **Carbs** 173 g / **Protein** 92 g / **Fat** 48 g / **Fluid** 632 g

Instructions

1. Cook penne according to package directions (omit salt). Drain and set aside.
2. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.
3. Dice chicken breast and add to hot oil.
4. Season with pepper and garlic powder.
5. Cook until chicken is cooked through and browned. Place chicken in a bowl.
6. Cut asparagus into bite-sized pieces and mince garlic.
7. To the skillet, add the chicken broth, asparagus, garlic, and a pinch more pepper.
8. Cover, and steam until the asparagus is tender.
9. Add chicken and cooked penne in and warm.
10. Drizzle with remaining tablespoon of olive oil. Garnish with Parmesan cheese.

Nutrition Label

Whole Wheat Penne With Chicken And Asparagus	
Amount Per Serving	
Calories	358
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	% Daily Value*
Total Fat 12g	18%
Saturated Fat 2.4g	12%
Trans Fat 0g	
Cholesterol 40.6mg	14%
Sodium 193.9mg	8%
Total Carbohydrates 43.3g	14%
Dietary Fiber 5.4g	22%
Total Sugar 2.4g	
Protein 22.9g	
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Vitamin D 2.1IU	0%
Calcium 77.1mg	8%
Iron 1.6mg	9%
Potassium 374.1mg	

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1 Servings

poached egg breakfast

Ingredients

tomatoes	1/2 medium
sea salt fine crystals by trader joe's	2 tsp
raw apple cider vinegar by bragg	1 1/4 mL
egg (whole)	1 egg
broccolini by safeway farms	12 oz (336 grams)
extra virgin olive oil	1/4 Tbsp
garlic	1/4 clove

Nutrition Totals

Calories 251 / **Carbs** 27 g / **Protein** 19 g / **Fat** 9 g / **Fluid** 59 g

Instructions

1. Turn the oven on to high broil. Place the tomato half, sliced side up, on a pan. Roast for 5 minutes, or until toasty on top.
2. Bring a quart of water to boil. Add the salt and vinegar.
3. Crack the egg into a small bowl. Use a slotted spoon to swirl the boiling water. Slip the egg into the swirling water. Turn off the heat and leave the egg in the water for exactly 5 minutes. Remove the poached egg with the slotted spoon.
4. Arrange your plate with the tomato halve, broccolini and top with the poached egg. Sprinkle with sea salt and black pepper. Enjoy!

Easy Broccolini

1. Fill a large skillet with water and bring to a boil. Add the salt.
2. Trim the ends from the broccolini and slice into thin pieces.
3. Add the broccolini to the boiling water. Simmer for 6 minutes, until bright green and tender. Drain and return the skillet to heat.
4. Add the olive oil and garlic cloves. Cook for 4 minutes. Enjoy!

Nutrition Label

Poached Egg Breakfast	
Amount Per Serving	
Calories	251
% Daily Value*	
Total Fat 8.6g	13%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3623.2mg	151%
Total Carbohydrates 26.6g	9%
Dietary Fiber 4.7g	19%
Total Sugar 9.6g	
Protein 18.5g	
Vitamin D 0IU	0%
Calcium 247.6mg	25%
Iron 3mg	17%
Potassium 149.6mg	

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1 Servings

veggie omelette

Ingredients

organic cage-free omega-3 large brown grade a eggs by 365	3 egg
onion	2 tbsp
red pepper	2 oz (56 grams)
onion	1 oz (28 grams)
mushrooms	2 oz (56 grams)
ghee, clarified butter	2 Tbsp

Nutrition Totals

Calories 529 / **Carbs** 13 g / **Protein** 21 g / **Fat** 44 g / **Fluid** 148 g

Instructions

Nutrition Label

Veggie Omelette		
Amount Per Serving		
Calories		529
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	% Daily Value*	
Total Fat 43.9g		68%
Saturated Fat 22.5g		113%
Trans Fat 0g		
Cholesterol 705mg		235%
Sodium 202mg		8%
Total Carbohydrates 12.7g		4%
Dietary Fiber 2.5g		10%
Total Sugar 5.5g		
Protein 20.8g		
<hr/>		
Vitamin D 3.9IU		1%
Calcium 76.7mg		8%
Iron 2.7mg		15%
Potassium 550.5mg		
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<small>* 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.</small>		

1 Servings



peanut butter banana protein smoothie

Ingredients

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

Nutrition Totals

Calories 471 / **Carbs** 40 g / **Protein** 42 g / **Fat** 20 g / **Fluid** 119 g

Instructions

Blend together in the blender with ice if desired. Enjoy!

Nutrition Label

Peanut Butter Banana Protein Smoothie		
Amount Per Serving		
Calories		471
% Daily Value*		
Total Fat	19.5g	30%
Saturated Fat	3.6g	18%
Trans Fat	0g	
Cholesterol	7.6mg	3%
Sodium	260mg	11%
Total Carbohydrates	39.6g	13%
Dietary Fiber	7.5g	30%
Total Sugar	20.8g	
Protein	41.8g	
Vitamin D	98.3IU	16%
Calcium	676.9mg	68%
Iron	2mg	11%
Potassium	859.1mg	

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Shopping List

Cereal & Grain Products

white rice	1 Cup(s) (240 ml)
whole wheat penne pasta	2 oz (56 grams)

Dairy & Egg

cheddar cheese	10 gm
egg	6 large 1 egg
ghee, clarified butter	2 Tbsp
grated parmesan cheese	1 Tbsp
nonfat plain greek yogurt	1 container

Fats & Oils

extra virgin olive oil	1.25 Tbsp
olive oil	1 tsp

Fruits & Juices

apple	2 large
avocado	1 avocado
banana	2 whole 0.5 Cup(s) (120 ml)
blueberries	1 Cup(s) (240 ml)
orange	1 fruit
strawberries	0.5 Cup(s) (120 ml)
watermelon	2 wedge

Nuts & Seeds

cashews	50 gm
smooth peanut butter, no added salt	4 Tbsp
walnuts	10 gm

Poultry

boneless chicken	4 oz (112 grams)
boneless skinless chicken breast (uncooked)	2 oz (56 grams)

chicken breast

3 oz (84 grams)

Soup

chicken broth soup, low-sodium

0.25 Cup(s) (60 ml)

Spices & Herbs

black pepper

0.06 tsp

garlic powder

0.06 tsp

Sports & Diet Nutritional

whey protein powder

12 Scoop

Uncategorized

baby spinach by organic girl

2 Cup(s) (480 ml)

broccoli florets

1 Cup(s) (240 ml)

broccolini by safeway farms

12 oz (336 grams)

essential double cream by waitrose

20 mL

farmers organic free range eggs

3 Egg

garlic cloves peeled by spice world

1 serving

grade a large eggs by goldhen

2 egg

greek yogurt plain non-fat by chobani

0.5 serving

green beans

1 Cup(s) (240 ml)

organic cage-free omega-3 large brown grade a eggs by 365

3 egg

original almond milk, unsweetened

472 mL

pasta organic 100% whole grain kamut spirals by eden by eden foods

30 gm

peanut butter

2 Tbsp

raw apple cider vinegar by bragg

1.25 mL

sea salt fine crystals by trader joe's

2 tsp

solid white tuna in water no salt added, drained

4 oz (112 grams)

vegetables prepared inspire maris piper potatoes peeled by asda

50 gram

Vegetables

asparagus

3.75 spear, medium

garlic

1.5 clove

leeks

80 gm

mushrooms

2 oz (56 grams)

onion

2 tbsp



Eating right, simplified.

red pepper	1 oz (28 grams)
spinach	2 oz (56 grams)
tomatoes	3 Cup(s) (720 ml)
	0.5 medium

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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