

Nutrition Plan Instructions

This nutrition plan was created to provide basic guidance for meals. This meal plan includes consistent carbohydrate intake and protein intake at each meal. The left is the example meal (from the monthly meal plan and recipes provided) including estimated total calories and macronutrients for each meal. The right side includes exchanges. The exchanges are meant to provide a way to substitute if you do not like a particular meal or want to have something other than what is listed. The meal exchange list is provided. On the right there are also macronutrient goals in which you can use as well. I recommend tracking food intake using an app such as MyFitnessPal with the goal of having foods for each meal that fit within these macronutrient goals. Remember, just because it fits your macros does not mean that it is a good choice. Try to use the food exchange list to pick foods that would be a better choice for each macronutrient category (fats, protein, carbohydrates).

Here are some tips that you can try to make the meal plan work even better:

If you do not work out until later in the day try limiting carbohydrates at breakfast and eating a meal containing 30 grams of protein and healthy fats

Aim for less carbohydrates when you are less active and more when you are more active

Consume protein at each meal (25-30 grams per meal) and have some fat at each meal from avocado, olive oil, full fat dairy, nuts/seeds, fatty fish, or even a little butter. Protein is the building block for muscle and fat is needed for absorption of fat soluble vitamins. Together they also create satiety, meaning that you will feel full more quickly and stay full longer.

Aim for at least 5 servings of non-starchy vegetables per day. This may seem like a lot, but veggies are full of vitamin and minerals and fiber. As for fruit try to eat no more than 3 servings (tennis ball size apple or orange or about 1 cup of berries) per day. Fruit has vitamins and minerals, but it is also high in sugar.

Pre-workout tips

About 1.5-3 hours before a workout have a meal with protein, healthy fats, non-starchy vegetables and some carbohydrate from either a starchy vegetable (potatoes, peas, or winter squash) or whole grain such as quinoa, brown rice, or oatmeal. If you are filling your plate about 1/4 should be protein, 1/8-1/4 fat such as avocado, 1/3 non-starchy vegetables and the remainder carbohydrate.

Try to avoid eating immediately pre-workout, especially anything with simple sugars because this can cause a rise in blood sugar and subsequent blood sugar drop related to the insulin response to the carbohydrate. If you must have something within an hour before the workout, try to have it closer to one hour prior and have a mix of carbohydrate with some protein such as a handful of nuts and crackers or an energy bar with some protein.

Post workout tips

Within 30 minutes post workout try to have a simple carb. This is the best and really only time to have a simple carb such as banana, bagel (depending on length of workout), or pretzels. This is when the cells in muscle are most sensitive to insulin and carbohydrate stores in the muscle can be maximized.

Within 2 hours after a meal try to have a snack or meal containing protein, fats, and more complex carbohydrates.

Sample Athlete Nutrition Plan (2,000-2,500 calories)



Week One Specifics

Day 1 - light active/rest day	
Breakfast: Protein Packed Overnight Oats 1/2 cup dry oats (1 cup cooked) 3/4 cup of milk 1 tablespoon of chia seeds 1 tablespoon of walnuts 1 scoop of whey protein 2 tablespoons of Greek yogurt <i>480 calories, 45 grams of carbohydrate, 28 g protein, 21 g fat</i>	Exchanges 3 carbohydrate exchanges 4 protein exchanges 4 fat exchanges Macronutrient goals: 28 g protein 45 g carbohydrate, 21 g fat
Snack (either mid-morning or afternoon) 1 hard boiled egg 1 apple <i>150 calories, 15 g carbohydrate, 6 g protein, 5 g fat</i>	Exchanges 1 carbohydrate exchange 1 protein exchange 1 fat exchange Macronutrient goals: 6 g protein 15 g carb, 5 g fat
Lunch: Greek tuna pita pocket 1 Greek tuna pita pockets (lunch recipe #3) 1 cup of baby carrots on the side 1/4 cup hummus <i>450 calories, 50 g carbohydrate, 26 g protein, 15 g fat</i>	Exchanges 3 carbohydrate exchanges 3-4 protein exchanges 3 fat exchanges Macronutrient goals: 26 g protein 50 g carbohydrate, 15 g fat
Dinner: Tacos 3 corn tortillas 4 ounce of rotisserie chicken 1 ounce of cheese Salsa 1/2 cup black beans <i>500 calories, 45 g carbohydrate, 35 g protein, 20 g fat</i>	Exchanges 3 carbohydrate exchanges 5 protein exchanges 4 fat exchanges Macronutrient goals: 35 g protein 45 g carbohydrate, 20 g fat
Snack (mid afternoon or pre bed) 1 cup of Greek yogurt (2%) 1 cup of berries <i>230 calories, 20-25 g carb, 15-20 g protein, 5 g fat</i>	Exchanges 2-3 carbohydrate exchanges 3 protein exchanges 1 fat exchange Macronutrient goals: 15-20 g protein 20 g carb, 5 g fat

Estimated Totals: 1,800 calories, 175 g carb, 80-90 g protein, 65-70 g fat

Day 2 - active day	
Breakfast 2 eggs Two lean turkey sausage Two whole wheat slices of toast 2 teaspoon of butter 1 Orange <i>600 calories, 45-50 grams of carb, 28 g protein, 30 g fat</i>	Exchanges 3 carbohydrate exchanges 4 protein exchanges 6 fat exchanges Macronutrient goals: 28 g protein 45 g carbohydrate, 30 g fat
Snack (either mid-morning or afternoon) 1/4 cup almonds 1 serving whole grain crackers <i>300 calories, 20 g carb, 10 g protein, 20 g fat</i>	Exchanges 1 carbohydrate exchange 1 protein exchange 4 fat exchange Macronutrient goals: 10 g protein 20 g carb, 20 g fat
Lunch: Chopped Greek Salad Chopped Greek Salad (lunch recipe # 2) 1 slide of whole wheat pita bread <i>600 calories, 40 g carb, 35 g protein, 25 g fat</i>	Exchanges 3 carbohydrate exchanges 5 protein exchanges 5 fat exchanges Macronutrient goals: 35 g protein 40 g carbohydrate, 25 g fat
Slow cooker beef and broccoli (dinner recipe #25) 4 oz. of sirloin steak 1 cup of broccoli 1 1/2 cup of brown rice (oil for cooking) <i>600 calories, 60 g carbohydrate, 30 g protein, 20 g fat</i>	Exchanges 3 carbohydrate exchanges 5 protein exchanges 4 fat exchanges Macronutrient goals: 30 g protein 60 g carbohydrate, 20 g fat
Snack (mid afternoon or pre bed) 1 cup of Greek yogurt (2%) 1 cup of berries <i>230 calories, 20-25 g carb, 15-20 g protein, 5 g fat</i>	Exchanges 2-3 carbohydrate exchanges 3 protein exchanges 1 fat exchange Macronutrient goals: 15-20 g protein 20 g carb, 5 g fat

Estimated Totals: 2,300-2,500 calories, 190 g carb, 118 g protein, 100 g fat



Day 3 - active day	
Breakfast	Exchanges
2 eggs muffins Two lean turkey sausage Two whole wheat slices of toast 2 teaspoon of butter 1 cup of berries <i>600 calories, 45-50 grams of carb, 28 g protein, 30 g fat</i>	3 carbohydrate exchanges 4 protein exchanges 6 fat exchanges Macronutrient goals: 28 g protein 45 g carbohydrate, 30 g fat
Snack (either mid-morning or afternoon)	Exchanges
1 cup of carrots 1 serving whole wheat/seeded crackers 1/4 cup hummus <i>300 calories, 20 g carb, 10 g protein, 20 g fat</i>	1 carbohydrate exchange 1 protein exchange 4 fat exchange Macronutrient goals: 10 g protein 20 g carb, 20 g fat
Lunch: Leftover beef and broccoli	Exchanges
4 oz. sirloin beef 1 1/2 cup of broccoli 1 cup of brown rice <i>600 calories, 60 g carb, 30 g protein, 20 g fat</i>	4 carbohydrate exchanges 5 protein exchanges 4 fat exchanges Macronutrient goals: 3 g protein 60 g carbohydrate, 20 g fat
Dinner	Exchanges
4 oz. of Grilled chicken 1 large sweet potato 1 cup of steamed vegetables 1 tablespoon of olive oil <i>600 calories, 60 g carbohydrate, 30 g protein, 20 g fat</i>	3 carbohydrate exchanges 5 protein exchanges 4 fat exchanges Macronutrient goals: 30 g protein 60 g carbohydrate, 20 g fat
Snack (mid afternoon or pre bed)	Exchanges
1/4 cup of almonds 1 apple <i>230 calories, 20-25 g carb, 7 g protein, 14 g fat</i>	1 carbohydrate exchanges 1 protein exchanges 3 fat exchanges Macronutrient goals: 7 g protein 20 g carb, 14 g fat

Workout fueling note:

Add a post workout shake with protein powder and 1 banana for 200 calories, 20 grams protein, 30 grams of carbohydrates

Estimated Totals: 2,300-2,500 calories, 210-220 g carb, 125 g protein, 100-105 g fat



Day 4 - active day	
Breakfast	Exchanges
2 eggs muffins Two lean turkey sausage Two whole wheat slices of toast 2 teaspoon of butter 1 cup of berries <i>600 calories, 45-50 grams of carb, 28 g protein, 30 g fat</i>	3 carbohydrate exchanges 4 protein exchanges 6 fat exchanges
Snack (either mid-morning or afternoon)	Exchanges
1/4 cup almonds 1 serving whole grain crackers <i>300 calories, 20 g carb, 10 g protein, 20 g fat</i>	1 carbohydrate exchange 1 protein exchange 4 fat exchange
Lunch: Chicken burrito bowl	Exchanges
2-3 oz. of rotisserie chicken 1 cup of brown rice 1/2 cup black beans 1 oz. cheese Salsa and veggies (lettuce, tomatoes, bell pepper, onion) <i>600 calories, 60-70 g carb, 30 g protein, 15-20 g fat</i>	4-5 carbohydrate exchanges 5 protein exchanges 4 fat exchanges
Dinner: Stir fry	Exchanges
3 oz. grilled shrimp 2 cups of stir fry vegetables (non-starchy) 1 1/2 cups of quinoa 1 tablespoon olive oil or coconut oil for cooking <i>650 calories, 60 g carbohydrate, 25 g protein, 20 g fat</i>	4 carbohydrate exchanges 3-4 protein exchanges 4 fat exchanges
Snack (mid afternoon or pre bed)	Exchanges
1 cup of Greek yogurt 1 cup of berries <i>230 calories, 20-25 g carb, 15-20 g protein, 5 g fat</i>	2-3 carbohydrate exchanges 3 protein exchanges 1 fat exchange
	Macronutrient goals: 20-25 g protein 20-25 g carb, 5 g fat

Estimated Totals: 2,200-2,400 calories, 210-220 g carb, 110-120 g protein, 95 g fat



Day 5 - light activity day	
Breakfast	Exchanges
2 eggs muffins Two lean turkey sausage 1 orange	3 carbohydrate exchanges 4 protein exchanges 6 fat exchanges
<i>450 calories, 15 grams of carb, 28 g protein, 15 g fat</i>	Macronutrient goals: 28 g protein 15 g carbohydrate, 15 g fat
Snack (either mid-morning or afternoon)	Exchanges
1 apple string cheese	1 carbohydrate exchange 1 protein exchange 4 fat exchange
<i>180 calories, 20 grams of carbs, 8 g protein, 3 g fat</i>	Macronutrient goals: 10 g protein 20 g carb, 20 g fat
Lunch: Chopped Greek Salad	Exchanges
Chopped Greek Salad (lunch recipe # 2) 1 slide of whole wheat pita bread	3 carbohydrate exchanges 5 protein exchanges 5 fat exchanges
<i>600 calories, 40 g carb, 35 g protein, 25 g fat</i>	Macronutrient goals: 35 g protein 40 g carbohydrate, 25 g fat
Dinner: Balsamic Salmon	Exchanges
5 oz. of balsamic salmon 1 large sweet potato 1 cup of steamed broccoli (or other vegetable) 2 teaspoons of olive oil	3 carbohydrate exchanges 5 protein exchanges 4 fat exchanges
<i>500 calories, 45 g carbohydrate, 30-35 g protein, 25 g fat</i>	Macronutrient goals: 30-35 g protein 45 g carbohydrate, 25 g fat
Snack (mid afternoon or pre bed)	Exchanges
1 cup of Greek yogurt 1 cup of berries	2-3 carbohydrate exchanges 3 protein exchanges 1 fat exchange
<i>230 calories, 20 g carbohydrate, 15-20 g protein, 5 g fat</i>	Macronutrient goals: 15-20 g protein 15-20 g carb, 5 g fat

Estimated Totals: 2,000 calories, 150 g carb, 100 g protein, 75 g fat



Day 6 -vey active day	
Breakfast: smoked salmon, avocado toast	Exchanges
2 slices of whole grain toast or Ezekiel bread 1 avocado 3 oz. of smoked salmon	3 carbohydrate exchanges 4 protein exchanges 6 fat exchanges
<i>600-650 calories, 40 grams of carb, 30 g protein, 30 g fat</i>	Macronutrient goals: 30 g protein 40 g carbohydrate, 30 g fat
Snack (either mid-morning or afternoon)	Exchanges
1 cup of carrots 1 serving whole wheat/seeded crackers 1/4 cup hummus	1 carbohydrate exchange 1 protein exchange 4 fat exchange
<i>300 calories, 20 g carb, 10 g protein, 20 g fat</i>	Macronutrient goals: 10 g protein 20 g carb, 20 g fat
Lunch: Greek tuna pita pocket	Exchanges
2 Greek tuna pita pockets (lunch recipe #3) 1 cup of baby carrots on the side	5 carbohydrate exchanges 6 protein exchanges 3 fat exchanges
<i>620 calories, 80 g carbohydrate, 40 g protein, 16 g fat</i>	Macronutrient goals: 30-40 g protein 75 g carbohydrate, 16 g fat
Dinner: Baked chicken thighs with arugula pesto	Exchanges
4 oz. of baked chicken thighs 2 tablespoons of Arugula pesto 2 cups of spaghetti squash 1 tablespoons parmesan cheese 1 side salad with balsamic vinegar	1-2 carbohydrate exchanges 5 protein exchanges 6 fat exchanges
<i>600 calories, 30 g carbohydrate, 30 g protein, 30 g fat</i>	Macronutrient goals: 30 g protein 30 g carbohydrate, 30 g fat
Snack (mid afternoon or pre bed)	Exchanges
1/4 cup of almonds 1 apple	1 carbohydrate exchanges 1 protein exchanges 3 fat exchanges
<i>230 calories, 20-25 g carb, 7 g protein, 14 g fat</i>	Macronutrient goals: 7 g protein 20 g carb, 14 g fat

Workout fueling note:

Add a post workout shake with protein powder and 1 banana for 200 calories, 20 grams protein, 30 grams of carbohydrates

Estimated Totals: 2,300-2,500 calories, 200-250 g carb, 120-140 g protein, 110 g fat



Day 7 - active day	
Breakfast: Protein Packed Overnight Oats 1/2 cup dry oats (1 cup cooked) 3/4 cup of milk 1 tablespoon of chia seeds 1 tablespoon of walnuts 1 scoop of whey protein 2 tablespoons of Greek yogurt <i>480 calories, 45-60 grams of carbohydrate, 28 g protein, 21 g fat</i>	Exchanges 3 carbohydrate exchanges 4 protein exchanges 4 fat exchanges Macronutrient goals: 28 g protein 45 g carbohydrate, 21 g fat
Snack (mid-morning, mid-afternoon, post workout) 1 cup of Greek yogurt 1 cup of berries <i>230 calories, 20 g carbohydrate, 15-20 g protein, 5 g fat</i>	Exchanges 2-3 carbohydrate exchanges 3 protein exchanges 1 fat exchange Macronutrient goals: 15-20 g protein 15-20 g carb, 5 g fat
Lunch: smoked salmon, avocado toast 2 slices of whole grain toast or Ezekiel bread 1 avocado 3 oz. of smoked salmon <i>600-650 calories, 40 grams of carb, 30 g protein, 30 g fat</i>	Exchanges 3 carbohydrate exchanges 4 protein exchanges 6 fat exchanges Macronutrient goals: 30 g protein 40 g carbohydrate, 30 g fat
Dinner: leftover Baked chicken thighs with arugula pesto 4 oz. of baked chicken thighs 2 tablespoons of Arugula pesto 2 cups of spaghetti squash 1 tablespoons parmesan cheese 1 side salad with balsamic vinegar <i>600 calories, 30 g carbohydrate, 30 g protein, 30 g fat</i>	Exchanges 1-2 carbohydrate exchanges 5 protein exchanges 6 fat exchanges Macronutrient goals: 30 g protein 30 g carbohydrate, 30 g fat
Snack (mid afternoon or pre bed) 1/4 cup of almonds 1 apple <i>230 calories, 20-25 g carb, 7 g protein, 14 g fat</i>	Exchanges 1 carbohydrate exchanges 1 protein exchanges 3 fat exchanges Macronutrient goals: 7 g protein 20 g carb, 14 g fat

Estimated Totals: 2,000-2,200 calories, 160-200 g carb, 110 g protein, 100 g fat



Week Two Specifics

Day 1 - light active/rest day	
Breakfast: Protein Packed Overnight Oats 1/2 cup dry oats (1 cup cooked) 3/4 cup of milk 1 tablespoon of chia seeds 1 tablespoon of walnuts 1 scoop of whey protein 2 tablespoons of Greek yogurt <i>480 calories, 45 grams of carbohydrate, 28 g protein, 21 g fat</i>	Exchanges 3 carbohydrate exchanges 4 protein exchanges 4 fat exchanges Macronutrient goals: 28 g protein 45 g carbohydrate, 21 g fat
Snack (either mid-morning or afternoon) 1 hard boiled egg 1 apple <i>150 calories, 15 g carbohydrate, 6 g protein, 5 g fat</i>	Exchanges 1 carbohydrate exchange 1 protein exchange 1 fat exchange Macronutrient goals: 6 g protein 15 g carb, 5 g fat
Lunch: Greek tuna pita pocket 1 Greek tuna pita pockets (lunch recipe #3) 1 cup of baby carrots on the side 1/4 cup hummus <i>450 calories, 50 g carbohydrate, 26 g protein, 15 g fat</i>	Exchanges 3 carbohydrate exchanges 3-4 protein exchanges 3 fat exchanges Macronutrient goals: 26 g protein 50 g carbohydrate, 15 g fat
Dinner: Tacos 3 corn tortillas 4 ounce of rotisserie chicken 1 ounce of cheese Salsa 1/2 cup black beans <i>500 calories, 45 g carbohydrate, 35 g protein, 20 g fat</i>	Exchanges 3 carbohydrate exchanges 5 protein exchanges 4 fat exchanges Macronutrient goals: 35 g protein 45 g carbohydrate, 20 g fat
Snack (mid afternoon or pre bed) 1 cup of Greek yogurt (2%) 1 cup of berries <i>230 calories, 20-25 g carb, 15-20 g protein, 5 g fat</i>	Exchanges 2-3 carbohydrate exchanges 3 protein exchanges 1 fat exchange Macronutrient goals: 15-20 g protein 20 g carb, 5 g fat

Estimated Totals: 1,800 calories, 175 g carb, 80-90 g protein, 65-70 g fat



Day 2 - active day	
Breakfast	Exchanges
2 eggs Two lean turkey sausage Two whole wheat slices of toast 2 teaspoon of butter 1 Orange <i>600 calories, 45-50 grams of carb, 28 g protein, 30 g fat</i>	3 carbohydrate exchanges 4 protein exchanges 6 fat exchanges Macronutrient goals: 28 g protein 45 g carbohydrate, 30 g fat
Snack (either mid-morning or afternoon)	Exchanges
1/4 cup almonds 1 serving whole grain crackers <i>300 calories, 20 g carb, 10 g protein, 20 g fat</i>	1 carbohydrate exchange 1 protein exchange 4 fat exchange Macronutrient goals: 10 g protein 20 g carb, 20 g fat
Lunch: Chopped Greek Salad	Exchanges
Chopped Greek Salad (lunch recipe # 2) 1 slide of whole wheat pita bread <i>600 calories, 40 g carb, 35 g protein, 25 g fat</i>	3 carbohydrate exchanges 5 protein exchanges 5 fat exchanges Macronutrient goals: 35 g protein 40 g carbohydrate, 25 g fat
Slow cooker beef and broccoli (dinner recipe #25)	Exchanges
4 oz. of sirloin steak 1 cup of broccoli 1 1/2 cup of brown rice (oil for cooking) <i>600 calories, 60 g carbohydrate, 30 g protein, 20 g fat</i>	3 carbohydrate exchanges 5 protein exchanges 4 fat exchanges Macronutrient goals: 30 g protein 60 g carbohydrate, 20 g fat
Snack (mid afternoon or pre bed)	Exchanges
1 cup of Greek yogurt (2%) 1 cup of berries <i>230 calories, 20-25 g carb, 15-20 g protein, 5 g fat</i>	2-3 carbohydrate exchanges 3 protein exchanges 1 fat exchange Macronutrient goals: 15-20 g protein 20 g carb, 5 g fat

Estimated Totals: 2,300-2,500 calories, 190 g carb, 118 g protein, 100 g fat



Day 3 - active day	
Breakfast	Exchanges
2 eggs muffins Two lean turkey sausage Two whole wheat slices of toast 2 teaspoon of butter 1 cup of berries <i>600 calories, 45-50 grams of carb, 28 g protein, 30 g fat</i>	3 carbohydrate exchanges 4 protein exchanges 6 fat exchanges Macronutrient goals: 28 g protein 45 g carbohydrate, 30 g fat
Snack (either mid-morning or afternoon)	Exchanges
1 cup of carrots 1 serving whole wheat/seeded crackers 1/4 cup hummus <i>300 calories, 20 g carb, 10 g protein, 20 g fat</i>	1 carbohydrate exchange 1 protein exchange 4 fat exchange Macronutrient goals: 10 g protein 20 g carb, 20 g fat
Lunch: Leftover beef and broccoli	Exchanges
4 oz. sirloin beef 1 1/2 cup of broccoli 1 cup of brown rice <i>600 calories, 60 g carb, 30 g protein, 20 g fat</i>	4 carbohydrate exchanges 5 protein exchanges 4 fat exchanges Macronutrient goals: 3 g protein 60 g carbohydrate, 20 g fat
Dinner	Exchanges
4 oz. of Grilled chicken 1 large sweet potato 1 cup of steamed vegetables 1 tablespoon of olive oil <i>600 calories, 60 g carbohydrate, 30 g protein, 20 g fat</i>	3 carbohydrate exchanges 5 protein exchanges 4 fat exchanges Macronutrient goals: 30 g protein 60 g carbohydrate, 20 g fat
Snack (mid afternoon or pre bed)	Exchanges
1/4 cup of almonds 1 apple <i>230 calories, 20-25 g carb, 7 g protein, 14 g fat</i>	1 carbohydrate exchanges 1 protein exchanges 3 fat exchanges Macronutrient goals: 7 g protein 20 g carb, 14 g fat

Workout fueling note:

Add a post workout shake with protein powder and 1 banana for 200 calories, 20 grams protein, 30 grams of carbohydrates

Estimated Totals: 2,300-2,500 calories, 210-220 g carb, 125 g protein, 100-105 g fat



Day 4 - active day	
Breakfast	Exchanges
2 eggs muffins Two lean turkey sausage Two whole wheat slices of toast 2 teaspoon of butter 1 cup of berries <i>600 calories, 45-50 grams of carb, 28 g protein, 30 g fat</i>	3 carbohydrate exchanges 4 protein exchanges 6 fat exchanges Macronutrient goals: 28 g protein 45 g carbohydrate, 30 g fat
Snack (either mid-morning or afternoon)	Exchanges
1/4 cup almonds 1 serving whole grain crackers <i>300 calories, 20 g carb, 10 g protein, 20 g fat</i>	1 carbohydrate exchange 1 protein exchange 4 fat exchange Macronutrient goals: 10 g protein 20 g carb, 20 g fat
Lunch: Chicken burrito bowl	Exchanges
2-3 oz. of rotisserie chicken 1 cup of brown rice 1/2 cup black beans 1 oz. cheese Salsa and veggies (lettuce, tomatoes, bell pepper, onion) <i>600 calories, 60-70 g carb, 30 g protein, 15-20 g fat</i>	4-5 carbohydrate exchanges 5 protein exchanges 4 fat exchanges Macronutrient goals: 30 g protein 60-70 g carbohydrate, 20 g fat
Dinner: Stir fry	Exchanges
3 oz. grilled shrimp 2 cups of stir fry vegetables (non-starchy) 1 1/2 cups of quinoa 1 tablespoon olive oil or coconut oil for cooking <i>650 calories, 60 g carbohydrate, 25 g protein, 20 g fat</i>	4 carbohydrate exchanges 3-4 protein exchanges 4 fat exchanges Macronutrient goals: 25 g protein 60 g carbohydrate, 20 g fat
Snack (mid afternoon or pre bed)	Exchanges
1 cup of Greek yogurt 1 cup of berries <i>230 calories, 20-25 g carb, 15-20 g protein, 5 g fat</i>	2-3 carbohydrate exchanges 3 protein exchanges 1 fat exchange Macronutrient goals: 20-25 g protein 20-25 g carb, 5 g fat

Estimated Totals: 2,200-2,400 calories, 210-220 g carb, 110-120 g protein, 95 g fat



Day 5 - light activity day	
Breakfast	Exchanges

2 eggs muffins
Two lean turkey sausage
1 orange

450 calories, 15 grams of carb, 28 g protein, 15 g fat

Snack (either mid-morning or afternoon)

1 apple
string cheese

180 calories, 20 grams of carbs, 8 g protein, 3 g fat

Lunch: Chopped Greek Salad

Chopped Greek Salad (lunch recipe # 2)
1 slide of whole wheat pita bread

600 calories, 40 g carb, 35 g protein, 25 g fat

Dinner: Balsamic Salmon

5 oz. of balsamic salmon
1 large sweet potato
1 cup of steamed broccoli (or other vegetable)
2 teaspoons of olive oil

500 calories, 45 g carbohydrate, 30-35 g protein, 25 g fat

Snack (mid afternoon or pre bed)

1 cup of Greek yogurt
1 cup of berries

230 calories, 20 g carbohydrate, 15-20 g protein, 5 g fat

3 carbohydrate exchanges
4 protein exchanges
6 fat exchanges

Macronutrient goals: 28 g protein
15 g carbohydrate, 15 g fat

Exchanges

1 carbohydrate exchange
1 protein exchange
4 fat exchange

Macronutrient goals: 10 g protein
20 g carb, 20 g fat

Exchanges

3 carbohydrate exchanges
5 protein exchanges
5 fat exchanges

Macronutrient goals: 35 g protein
40 g carbohydrate, 25 g fat

Exchanges

3 carbohydrate exchanges
5 protein exchanges
4 fat exchanges

Macronutrient goals: 30-35 g protein
45 g carbohydrate, 25 g fat

Exchanges

2-3 carbohydrate exchanges
3 protein exchanges
1 fat exchange

Macronutrient goals: 15-20 g protein
15-20 g carb, 5 g fat

Estimated Totals: 2,000 calories, 150 g carb, 100 g protein, 75 g fat



Day 6 -vey active day	
Breakfast: smoked salmon, avocado toast	Exchanges
2 slices of whole grain toast or Ezekiel bread 1 avocado 3 oz. of smoked salmon	3 carbohydrate exchanges 4 protein exchanges 6 fat exchanges
<i>600-650 calories, 40 grams of carb, 30 g protein, 30 g fat</i>	Macronutrient goals: 30 g protein 40 g carbohydrate, 30 g fat
Snack (either mid-morning or afternoon)	Exchanges
1 cup of carrots 1 serving whole wheat/seeded crackers 1/4 cup hummus	1 carbohydrate exchange 1 protein exchange 4 fat exchange
<i>300 calories, 20 g carb, 10 g protein, 20 g fat</i>	Macronutrient goals: 10 g protein 20 g carb, 20 g fat
Lunch: Greek tuna pita pocket	Exchanges
2 Greek tuna pita pockets (lunch recipe #3) 1 cup of baby carrots on the side	5 carbohydrate exchanges 6 protein exchanges 3 fat exchanges
<i>620 calories, 80 g carbohydrate, 40 g protein, 16 g fat</i>	Macronutrient goals: 30-40 g protein 75 g carbohydrate, 16 g fat
Dinner: Baked chicken thighs with arugula pesto	Exchanges
4 oz. of baked chicken thighs 2 tablespoons of Arugula pesto 2 cups of spaghetti squash 1 tablespoons parmesan cheese 1 side salad with balsamic vinegar	1-2 carbohydrate exchanges 5 protein exchanges 6 fat exchanges
<i>600 calories, 30 g carbohydrate, 30 g protein, 30 g fat</i>	Macronutrient goals: 30 g protein 30 g carbohydrate, 30 g fat
Snack (mid afternoon or pre bed)	Exchanges
1/4 cup of almonds 1 apple	1 carbohydrate exchanges 1 protein exchanges 3 fat exchanges
<i>230 calories, 20-25 g carb, 7 g protein, 14 g fat</i>	Macronutrient goals: 7 g protein 20 g carb, 14 g fat

Workout fueling note:

Add a post workout shake with protein powder and 1 banana for 200 calories, 20 grams protein, 30 grams of carbohydrates

Estimated Totals: 2,300-2,500 calories, 200-250 g carb, 120-140 g protein, 110 g fat



Day 7 - active day	
Breakfast: Protein Packed Overnight Oats 1/2 cup dry oats (1 cup cooked) 3/4 cup of milk 1 tablespoon of chia seeds 1 tablespoon of walnuts 1 scoop of whey protein 2 tablespoons of Greek yogurt <i>480 calories, 45-60 grams of carbohydrate, 28 g protein, 21 g fat</i>	Exchanges 3 carbohydrate exchanges 4 protein exchanges 4 fat exchanges Macronutrient goals: 28 g protein 45 g carbohydrate, 21 g fat
Snack (mid-morning, mid-afternoon, post workout) 1 cup of Greek yogurt 1 cup of berries <i>230 calories, 20 g carbohydrate, 15-20 g protein, 5 g fat</i>	Exchanges 2-3 carbohydrate exchanges 3 protein exchanges 1 fat exchange Macronutrient goals: 15-20 g protein 15-20 g carb, 5 g fat
Lunch: smoked salmon, avocado toast 2 slices of whole grain toast or Ezekiel bread 1 avocado 3 oz. of smoked salmon <i>600-650 calories, 40 grams of carb, 30 g protein, 30 g fat</i>	Exchanges 3 carbohydrate exchanges 4 protein exchanges 6 fat exchanges Macronutrient goals: 30 g protein 40 g carbohydrate, 30 g fat
Dinner: leftover Baked chicken thighs with arugula pesto 4 oz. of baked chicken thighs 2 tablespoons of Arugula pesto 2 cups of spaghetti squash 1 tablespoons parmesan cheese 1 side salad with balsamic vinegar <i>600 calories, 30 g carbohydrate, 30 g protein, 30 g fat</i>	Exchanges 1-2 carbohydrate exchanges 5 protein exchanges 6 fat exchanges Macronutrient goals: 30 g protein 30 g carbohydrate, 30 g fat
Snack (mid afternoon or pre bed) 1/4 cup of almonds 1 apple <i>230 calories, 20-25 g carb, 7 g protein, 14 g fat</i>	Exchanges 1 carbohydrate exchanges 1 protein exchanges 3 fat exchanges Macronutrient goals: 7 g protein 20 g carb, 14 g fat

Estimated Totals: 2,000-2,200 calories, 160-200 g carb, 110 g protein, 100 g fat

