

SAMPLE MEAL PLAN

6:00 AM

1 bowl of oatmeal
1 ½ cups cottage cheese
1 pear
16 oz. glass of milk

9:00 AM

1 tuna sandwich on
whole grain bread
1 ½ cups almonds
1 apple

12:00 PM

2 six oz. chicken breast
1 cup broccoli
1 baked potato
16 oz. glass of milk

3:00 PM

3 hard boiled eggs
1 cup yogurt
1 granola bar

6:00 PM

2 six oz. pork tenderloin
1 ½ cups steamed green
beans
1 leaf spinach salad
1 baked potato

9:00 PM

Protein smoothy: 6 egg
whites mixed with 8 oz.
orange juice
1 ½ cups cashews

Be sure that one of these meals is consumed directly after your workout. You may want to take a protein shake with you to your workout to have right after you are done. Not shown here is the amount of water you should drink. You should be drinking water constantly throughout the day. Simply bring a 1 quart water bottle with you and drink it fully about 6 times during your waking hours.

This is just a sample of how you may eat throughout the day. Many times we don't have the opportunity of prepare these kinds of meals. For this reason, I recommend that if you can't prepare one of these meals, use a Meal Replacement Powder (MRP) or replace the protein portion of the meal with a protein shake.

You also may experiment with designing your own meal plan. I start with a protein choice (cottage cheese, chicken breast, tuna, pork tenderloin, eggs) then add a fruit or vegetable, then add a starch (oatmeal, bread, potato).