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**Meal Planner For:** Free, Jump Start Meal Plan  
**For the Date Range:** 11/04/2013 to 11/04/2013

**DAY # 1**  
 (11/04/2013)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Banana and nuts</b>						
1	each	Banana - med 8"	1.20	26.70	0.60	105.00
8	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
0.33	ounce(s)	Walnuts, dried	1.38	2.00	5.02	58.74
Totals:			2.58	28.70	5.62	163.74
<b>AM Snack - Almond butter with rice cakes</b>						
0.5	table spoon	Almond Butter	1.00	1.50	4.50	50.50
1	each	Rice cake - plain, unsalted, Quaker	0.80	7.20	0.30	35.00
Totals:			1.80	8.70	4.80	85.50
<b>Lunch - Chicken breast with veges and fruit</b>						
15	each	Grapes - American	0.30	6.15	0.00	30.00
0.5	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
4	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
1	table spoon	Onion - chopped	0.10	0.90	0.00	4.00
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
2	spear	Broccoli	10.00	8.00	2.00	80.00
1	table spoon	Garlic powder	1.40	6.10	0.10	28.00
Totals:			42.96	48.32	4.86	386.10
<b>PM Snack - Blueberries with nuts</b>						
0.33	1 cup	Blueberries, raw	0.35	6.93	0.16	27.27
15	1 almond	Nuts, almonds	3.18	3.25	7.41	86.25
Totals:			3.54	10.18	7.57	113.52
<b>Dinner - Chicken breast with veges and pineapple</b>						
2	spear	Broccoli	10.00	8.00	2.00	80.00
1	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
4	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
8	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
1	slice	Pineapple - fresh, slice approx 3.5"	0.30	10.40	0.40	41.00
0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
1	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
Totals:			46.62	35.34	19.43	472.20
<b>Actual Totals for 11/04/2013:</b>			<b>97.50</b>	<b>131.25</b>	<b>42.28</b>	<b>1221.06</b>
<b>Actual % of Total Calories:</b>			<b>30.10</b>	<b>40.53</b>	<b>29.37</b>	

**Important Notes**

- \* If you have a medical condition, please consult with your doctor before following this meal plan.
- \* According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.
- \* Any suggested nutritional supplements are not intended to replace the nutritional equivalence of real food items and are not necessarily recommended by any designing Registered Dietitian, software publisher and/or any related parties.



**Grocery List For:**  
**For the Date Range:**

**Free, Jump Start Meal Plan**  
**11/04/2013 to 11/04/2013**

**Individual Foods**

Food	Quantity	Measure
Fibrous Carbohydrates (Healthy) Broccoli	4	spear
Jams/ Spreads/Sauces/ Syrups Almond Butter	.5	table spoon
Fruits & Fruit Juices Pineapple - fresh, slice approx 3.5"	1	slice
Banana - med 8"	1	each
Grapes - American	15	each
Blueberries, raw	.33	1 cup
Fats & Oils Olive oil - pure	1	table spoon
Vegetables Pepper - sweet bell, all colors, chopped,	.5	cup
Onion - chopped	1	table spoon
Spinach, raw	1.5	1 bunch
Carb. Snack Foods (Healthy) Rice cake - plain, unsalted, Quaker	1	each
Performance Carbohydrates Apple - medium with peel	1	each
Beverages water, arrowhead	16	fluid ounce(s)
Nuts & Seeds Nuts, almonds	15	1 almond
Beans, Lentils Walnuts, dried	.33	ounce(s)
Seasonings Garlic powder	1	table spoon
Poultry Chicken breast, organic	8	ounce(s)