

CONTEST PREP SECRETS



Meal Plan #3
1400 Calories P50/C30/F20

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast -						
0.333	cup	Oatmeal -Quick, measured uncooked	4.40	18.58	2.00	98.90
0.5	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
5	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
		Totals:	22.43	30.59	2.24	225.23
AM Snack						
1	1 cup	Beans, snap, green, raw	2.01	7.67	0.24	34.10
5	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
1	0.5 cup, mashed	Sweet potato, cooked, baked in skin, with salt	2.01	20.71	0.15	92.00
		Totals:	36.52	28.38	2.39	281.10
Lunch						
1	1 small	Sweet potato, cooked, baked in skin, without salt	1.21	12.43	0.09	54.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
4	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
1	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
		Totals:	26.33	32.73	8.60	313.70
PM Snack						
1	table spoon	Peanut Butter - all natural smooth style	4.00	3.00	8.00	105.00
1	cup	Almond Milk - Unsweetened Chocolate Almond Breeze	2.00	3.00	3.50	45.00
1	scoop	Protein - Whey	18.00	1.00	1.00	87.00
		Totals:	24.00	7.00	12.50	237.00
Dinner						
0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
4	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
0.5	large	Salad - lrg. garden w/tomato & onion	1.30	9.50	0.40	49.00
		Totals:	34.15	14.42	4.51	234.76
Evening Snack						
2	scoop	Protein - Whey	36.00	2.00	2.00	174.00
		Totals:	36.00	2.00	2.00	174.00
Actual Totals			179.44	115.11	32.24	1465.79
Actual % of Total Calories:			48.88	31.36	19.76	

CLICK HERE TO GET THE FULL PREP PROGRAM CONTEST PREP SECRETS THAT INCLUDES 16 MEAL PLANS FOR \$97

Regular Price ~~\$197~~