

# 5-DAY CONTEST PREP CHALLENGE

## 1600 CALORIE MEAL PLAN

APPROX. MACROS: PROTEIN 40% | CARBS 40% | FAT 20%

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Meal 1 - Oats, berries, eggs or similar protein</b>						
0.50	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
4.00	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
1.00	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
0.50	cup	Oatmeal -Quick, measured uncooked	6.60	27.90	3.00	148.50
<b>Totals:</b>			<b>27.85</b>	<b>41.12</b>	<b>10.54</b>	<b>358.68</b>
<b>Meal 2 - Protein shake w/almond or peanut butter</b>						
1.00	1 tablespoon	Nuts, cashew butter, plain, with salt added	1.94	4.85	8.48	97.44
1.00	scoop	Ultimate Muscle Protein	21.00	3.00	3.00	130.00
<b>Totals:</b>			<b>22.94</b>	<b>7.85</b>	<b>11.48</b>	<b>227.44</b>
<b>Meal 3 - Any lean protein, brown rice/or similar, green veg</b>						
0.50	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
4.00	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
8.00	ounce(s)	Green beans - string, boiled & drained	4.20	17.80	0.60	80.00
3.00	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.30	5.70	2.70	48.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<b>Totals:</b>			<b>35.55</b>	<b>67.35</b>	<b>6.30</b>	<b>466.00</b>
<b>Meal 4 - Protein shake w/TSP Flax seed or 2TBS PB2</b>						
2.00	tablespoon	PB2	1.00	6.00	1.00	45.00
0.25	cup	Strawberries	0.25	2.25	0.00	15.00
1.50	scoop	Ultimate Muscle Protein	31.50	4.50	4.50	195.00
<b>Totals:</b>			<b>32.75</b>	<b>12.75</b>	<b>5.50</b>	<b>255.00</b>
<b>Meal 5 - Any lean protein, green veg, 1 cup of similar starch</b>						
1.00	1 cup	Asparagus, frozen, cooked, boiled, drained, with salt	5.31	3.46	0.76	32.40
4.00	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
1.00	1 cup, cubes	Yam, cooked, boiled, drained, or baked, with salt	2.03	36.71	0.19	155.04
<b>Totals:</b>			<b>33.34</b>	<b>40.16</b>	<b>2.55</b>	<b>311.44</b>
<b>Actual Totals:</b>			<b>152.42</b>	<b>169.23</b>	<b>36.38</b>	<b>1618.56</b>
<b>Actual % of Total Calories:</b>			<b>37.78</b>	<b>41.94</b>	<b>20.28</b>	

### Disclaimers:

\* 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.