

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
Meal 1 - Oats, berries, eggs or similar protein						
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
Totals:			27.85	41.12	10.54	358.68
Meal 2 - Casien Protein shake w/almond or peanut butter						
1.00	1 tablespoon	Nuts, cashew butter, plain, with salt added	1.94	4.85	8.48	97.44
1.00	scoop	Beverly International Ultimate Muscle Protein	21.00	3.00	3.00	130.00
Totals:			22.94	7.85	11.48	227.44
Meal 3 - Any lean protein, brown rice/or similar, green veg						
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
Totals:			35.55	67.35	6.30	466.00
Meal 4 - Casien Protein shake w/TSP Flax seed or 2TBS PB2						
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	Beverly International Ultimate Muscle Protein	31.50	4.50	4.50	195.00
Totals:			32.75	12.75	5.50	255.00
Meal 5 - Any lean protein, green veg, 1 cup of similar starch						
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
Totals:			33.34	40.16	2.55	311.44
Actual Totals:			152.42	169.23	36.38	1618.56
Actual % of Total Calories:			37.78	41.94	20.28	

Important Disclaimers:

- * This meal plan is being provided as a complimentary resource. You are not required to follow this plan during or after the challenge.
- * 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.
- * You can adjust this meal plan based on your specific caloric needs, food preferences, allergies, and overall health needs.