

5-DAY CONTEST PREP CHALLENGE

1400 Calorie Meal Plan - Approx Height 5'0" - 5'4" | 120-140lbs

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Meal 1						
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
0.33	cup	Oatmeal - quick, measure uncooked	4.36	18.41	1.98	98.01
Totals:			25.60	31.64	9.52	308.19
Meal 2						
0.50	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
1.00	cup	Almond Milk Vanilla	1.00	1.00	2.50	30.00
1.00	scoop	Ultimate Muscle Protein	21.00	3.00	3.00	130.00
Totals:			23.00	5.50	10.00	210.50
Meal 3						
5.00	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian	0.34	2.48	4.46	52.70
1.00	1 cup, cubes	Squash, winter, butternut, cooked, baked, with salt	1.84	21.50	0.18	82.00
Totals:			37.29	42.98	7.45	387.70
Meal 4						
1.00	each	Apple	0.30	21.00	0.50	81.00
2.00	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
Totals:			1.90	35.40	1.10	151.00
Meal 5						
1.00	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.59	0.25	19.88
4.00	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
1.00	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
0.75	cup	Riced cauliflower	2.00	3.00	0.00	25.00
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:			31.52	17.99	3.15	233.88
Meal 6						
1.00	scoop	Ultimate Muscle Protein	21.00	3.00	3.00	130.00
Totals:			21.00	3.00	3.00	130.00
Actual Totals			140.31	136.51	34.22	1421.27
Actual % of Total Calories:			39.65	38.58	21.76	