YOUR IDEAL MEAL PLAN

A balanced meal or snack includes nourishing carbohydrates, lean proteins, and healthy fats. Use the lists below (based on an 1800-2000 calorie diet) and calendar on the back to create a weekly meal plan to fuel every aspect of your life. For a more personalized approach, complete your meal plan with your coach.

VEGETABLES (½ c. or 1 c. cooked)

+ Arugula
+ Asparagus
+ Broccoli
+ Brussels sprouts
+ Celery
+ Collards
+ Cucumber
+ Green beans
+ Kale
+ Lettuce
+ Spinach
+ Cabbage
+ Cauliflower
+ Onions
+ Beets
+ Tomato
+ Salsa
+ Tomato sauce
+ Carrots
+ Peppers
+ Zucchini

PROTEINS

Fish/Seafood

+ 3 oz. shellfish
+ 3 oz. fish

Poultry/beef/pork

+ 3 oz. skinless chicken
+ 3 oz. skinless turkey
+ 3 oz. ground turkey
+ 3 oz. ground beef (96% lean)
+ 3 oz. beef loin
+ 3 oz. London broil
+ 3 oz. pork loin
+ 3 oz. lean deli meat
+ 1.5 oz. beef jerky

Vegetarian Protein

+ ¼ c. egg substitute
+ 4 egg whites
+ 2 eggs
+ ½ c. beans (black, kidney, pinto)
+ ½ c. lentils
+ ½ c. soy milk
+ ½ c. edamame
+ ½ c. LF cottage cheese
+ 8 oz. 1% milk
+ 8 oz. fortified light soymilk
+ 1 c. NF yogurt
+ ½ c. NF frozen yogurt
+ 8 oz. 1% chocolate milk
+ 1 2% string cheese

FRUIT

+ 1 S apple
+ ½ c. applesauce (unsweetened)
+ 12 cherries
+ 1 c. raspberries
+ 1 ¼ c. s strawberries
+ 1 ¼ c. s watermelon (cubed)
+ ½ M grapefruit
+ 1 c. cantaloupe (cubed)
+ 1 M nectarine or peach
+ 1 M orange
+ 1 L tangerine
+ ½ L banana
+ ¾ c. pineapple
+ 1 c. blueberries
+ 14 grapes
+ 2 S plums
+ 3 prunes
+ 1 c. honeydew (cubed)
+ 1 S kiwi fruit
+ 1 S pear
+ 2 T dried fruit
+ ½ c. fresh fruit salad
+ 4 oz. fruit juice (100% juice)
+ 1 c. mixed berries (fresh/frozen)

CARBOHYDRATES

+ ¼ c. risotto, quinoa
+ ⅓ c. brown rice
+ ½ WW couscous or pasta
+ 1 sl. WW bread
+ ½ pita bread (6 in.)
+ ¼ WW bagel
+ ½ WW hamburger/hotdog bun or English muffin
+ 1 WW/corn tortilla (6 in.)
+ 2 corn tortillas (4 in.)
+ ½ c. legumes (black, kidney, pinto, lima), lentils, or peas
+ 1 c. squash (winter, acorn, butternut)
+ ½ c. corn or 1 M ear of corn
+ ½ c. potato (sweet, white)
+ 1 Kashi granola bar
+ 5 WW crackers (baked)
+ 3 c. s light popcorn (popped)
+ ¾ c. pretzels
+ 2 rice cakes (4 in.)
+ 1 WW Fig Newton
+ 15 baked chips

Cereals

+ ½ c. All Bran cereal
+ ½ c. Kashi GOLEAN cereal
+ ½ c. Cream of Wheat
+ 1 pk. instant grits
+ ½ pk. Quaker instant oatmeal
+ ½ c. cooked oatmeal

KEY

S - Small	**oz.** - Ounces	**T** - Tablespoon	**pk.** - Packet	**LF** - Low-Fat
M - Medium	**c.** - Cup	**t** - teaspoon	**WW** - Whole Wheat	**NF** - Non-Fat
L - Large	**sl.** - Slice			**RF** - Reduced-Fat

WEEKLY MEAL PLANNER GUIDE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

BREAKFAST
+ unlimited vegetables
+ 1 protein
+ 2 carbs
+ 1-2 fuits
+ 1 fat

SNACK 1
+ unlimited vegetables
+ 0.5-1 protein
+ 1 fruit
+ 0-1 fat

LUNCH
+ unlimited vegetables
+ 1 protein
+ 2 carbs
+ 1 fruit
+ 1 fat

SNACK 2
+ unlimited vegetables
+ 1 protein
+ 1 fruit
+ 0-1 fat

DINNER
+ unlimited vegetables
+ 2 proteins
+ 2 carbs
+ 1 fat

SNACK 3
+ unlimited vegetables
+ 1 protein
+ 1 fat

NOTES:

SHAWN DASSIE
TACTICAL HUMAN PERFORMANCE