

<b>Protein</b>	<b>Carbs. / Healthy Fats</b>	<b>Veggie</b>	<b>Fruit</b>
6 oz. steak	12 oz. Yogurt	1 cup of Kale	1 Banana
4 oz. Peanut Butter	½ Ham Sandwich	1 cup Peas	1 Orange
2 Eggs	½ Turkey Sandwich	1 cup Carrots	1 Apple
Cliff Bar or Power Bar	Colby Jack Cheese	1 cup Broccoli	1 pomegranate
6 oz. ground beef	Provolone Cheese	1 cup of Cauliflower	1 Kiwi
6 oz. Chicken Breast	1 cup of pasta	1 cup of Cabbage	1 Plum
Protein Shake	4 oz. Peanut Butter	1 cup of Cucumbers	1 Peach
8 oz. Greek Yogurt	8 oz. Ice Cream	1 cup of Beans	1 Apricot
½ cup of Cottage Cheese	½ cup of Cottage Cheese	1 cup of Squash	1 Pear
1 cup of 2 % Milk	6 oz. of Canadian Bacon	1 cup of Mushrooms	1 piece of Grapefruit
1 cup of Soy Milk	1 baked potato	1 cup of Spinach	1 slice of Avocado
6 oz. pork chop	1 cup of milk	1 cup of Pumpkin	1 cup of Blueberries
6 oz. of turkey breast	1 cup of oatmeal	½ potato	1 cup of raspberries
6 oz. of yellow fin tuna	1 cup of cereal	3 slices of Celery	1 clementine
6 oz. of halibut	Power Bar or Cliff Bar	1 cup of Tomato's	1 cup of strawberries
6 oz. of tilapia	8 oz. of Beef Jerky	½ Turnip	1 cup of Melon
1 cup of Navy Beans	4 oz. of Hash browns	1 cup of Radish	1 cup of Pineapple
1 cup of Dried Lentils	8 oz. fried chicken breast	1 cup of Peppers	1 cup of Cherries
6 oz. of Canadian Bacon	1 cup of apple sauce	½ Apple Guard	1 cup of Grapes
6 oz. of Turkey Breast	2 pancakes	½ Onion	2 slice of watermelon

## 1500 Calorie Meal Plan

	<b>Sunday/Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	4-5 days out from competition	3 days out from competition	2 days out from competition	1 day before competition	<b>Competition Day</b>	<b>Competition Day</b>
<b>Breakfast</b>	1 Protein 1 Carbohydrate	1 Protein 1 Carbohydrate	1 Protein 1 Carbohydrate	1 Protein	1 Protein 2 Carbohydrate	1 Protein 2 Carbohydrate
<b>Lunch</b>	1 Protein 1 Carbohydrate 2 Veggie 1 Healthy Fat	1 Protein 1 Carbohydrate 2 Veggie 1 Healthy Fat	1 Protein ½ Carbohydrate 2 Veggie 1 Healthy Fat	1 Veggie	1 Protein 2 Carbohydrate 2 Veggie 1 Healthy Fat	1 Protein 2 Carbohydrate 2 Veggie 1 Healthy Fat
<b>Dinner</b>	1 Protein 1 Carbohydrate 2 Veggie 1 Healthy Fat	1 Protein 1 Carbohydrate 2 Veggie 1 Healthy Fat	1 Protein 2 Veggie 1 Healthy Fat	1 Protein	1 Protein 1 Carbohydrate 1 Veggie	1 Protein 1 Carbohydrate 1 Veggie
Water	18 oz.	16 oz.	12 oz.	8 oz.	20 oz.	20 oz.

## 2000 Calorie Meal Plan

	<b>Sunday/Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	4-5 days out from competition	3 days out from competition	2 days out from competition	1 day before competition	<b>Competition Day</b>	<b>Competition Day</b>
<b>Breakfast</b>	1 Protein 1 Carbohydrate	1 Protein 1 Carbohydrate	1 Protein 1 Carbohydrate	1 Protein	1 Protein 2 Carbohydrate	1 Protein 2 Carbohydrate
<b>Lunch</b>	1 Protein 2 Carbohydrate 2 Veggie 1 Healthy Fat	1 Protein 2 Carbohydrate 2 Veggie 1 Healthy Fat	1 Protein ½ Carbohydrate 2 Veggie 1 Healthy Fat	1 Veggie	1 Protein 2 Carbohydrate 2 Veggie 1 Healthy Fat	1 Protein 2 Carbohydrate 2 Veggie 1 Healthy Fat
<b>Dinner</b>	2 Protein 1 Carbohydrate 2 Veggie 1 Healthy Fat	2 Protein 1 Carbohydrate 2 Veggie 1 Healthy Fat	1 Protein 2 Veggie 1 Healthy Fat	1 Protein	1 Protein 1 Carbohydrate 1 Veggie	1 Protein 1 Carbohydrate 1 Veggie
Water	24 oz.	20 oz.	16 oz.	12 oz.	20 oz.	20 oz.

## 2500 Calorie Meal Plan

	<b>Sunday/Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	4-5 days out from competition	3 days out from competition	2 days out from competition	1 day before competition	<b>Competition Day</b>	<b>Competition Day</b>
<b>Breakfast</b>	1 Protein 2 Carbohydrate	1 Protein 2 Carbohydrate	1 Protein 2 Carbohydrate	2 Protein	2 Protein 2 Carbohydrate	2 Protein 2 Carbohydrate
<b>Lunch</b>	1 Protein 2 Carbohydrate 2 Veggie 1 Healthy Fat	1 Protein 2 Carbohydrate 2 Veggie 1 Healthy Fat	1 Protein ½ Carbohydrate 2 Veggie 1 Healthy Fat	2 Veggie 2 Fruits	1 Protein 2 Carbohydrate 1 Veggie 2 Healthy Fat	1 Protein 2 Carbohydrate 1 Veggie 2 Healthy Fat
<b>Dinner</b>	2 Protein 1 Carbohydrate 2 Veggie 1 Healthy Fat	2 Protein 1 Carbohydrate 2 Veggie 1 Healthy Fat	1 Protein 2 Veggie 1 Healthy Fat	2 Protein	1 Protein 2 Carbohydrate 1 Veggie	1 Protein 2 Carbohydrate 1 Veggie
Water	32 oz.	24 oz.	20 oz.	18 oz.	32 oz.	32 oz.

## 3000 Calorie Meal Plan

	<b>Sunday/Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	4-5 days out from competition	3 days out from competition	2 days out from competition	1 day before competition	<b>Competition Day</b>	<b>Competition Day</b>
<b>Breakfast</b>	2 Protein 2 Carbohydrate	2 Protein 2 Carbohydrate	2 Protein 2 Carbohydrate	2 Protein 1 Veggie	3 Protein 2 Carbohydrate	3 Protein 2 Carbohydrate
<b>Lunch</b>	2 Protein 2 Carbohydrate 2 Veggie 2 Healthy Fat	2 Protein 2 Carbohydrate 2 Veggie 2 Healthy Fat	2 Protein ½ Carbohydrate 2 Veggie 2 Healthy Fat	1 Veggie 1 Protein	2 Protein 1 Carbohydrate 2 Veggie 2 Healthy Fat	2 Protein 1 Carbohydrate 2 Veggie 2 Healthy Fat
<b>Dinner</b>	2 Protein 2 Carbohydrate 2 Veggie 1 Healthy Fat	2 Protein 2 Carbohydrate 2 Veggie 1 Healthy Fat	1 Protein 2 Veggie 1 Healthy Fat	1 Protein 1 Veggie	1 Protein 2 Carbohydrate 1 Veggie	1 Protein 1 Carbohydrate 1 Veggie
Water	40 oz.	32 oz.	24 oz.	16 oz.	24 oz.	24 oz.

### 3500 Calorie Diet Meals

Meal 1	Calories	Protein	Carbs	Fat
3 Whole Eggs	240	21	0	15
5 Egg Whites	100	17	0	0
Bagel	210	8	42	2
Cream Cheese	50	1	0	5
<b>Totals</b>	<b>600</b>	<b>47</b>	<b>42</b>	<b>22</b>

Meal 2	Calories	Protein	Carbs	Fat
Protein Powder – 2 scoops	240	44	8	4
Skim Milk – 12 ounces	120	12	16	0
Banana	121	1	31	0
Natural Peanut Butter – 1 tablespoon	97	4	3	9
Oatmeal	100	4	19	2
<b>Totals</b>	<b>678</b>	<b>65</b>	<b>77</b>	<b>15</b>

<b>Meal 3</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Top Sirloin Steak – 6 ounces	390	65	0	12
Brown Rice – 1 serving	220	6	40	4
Sweet Potato	103	2	24	0
<b>Totals</b>	<b>713</b>	<b>73</b>	<b>64</b>	<b>16</b>

<b>Meal 4</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Protein Powder – 2 scoops	240	44	8	4
Skim Milk – 12 ounces	120	12	16	0
Banana	121	1	31	0
Peanut Butter – 1 teaspoon	97	4	3	9
<b>Totals</b>	<b>578</b>	<b>61</b>	<b>58</b>	<b>13</b>

<b>Meal 5</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Grilled Salmon – 6 ounces	348	36	0	18
Sweet Potato	103	2	24	0

Veggies/Small Salad	50	1	10	1
<b>Totals</b>	<b>501</b>	<b>39</b>	<b>34</b>	<b>19</b>

<b>Meal 6</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Protein Powder – 2 scoops	240	44	8	4
Skim Milk – 12 ounces	120	12	16	0
Natural Peanut Butter – 1 tablespoon	97	4	3	9
<b>Totals</b>	<b>457</b>	<b>60</b>	<b>27</b>	<b>13</b>
	Calories	Protein	Carbs	Fat
<b>Totals</b>	<b>3527</b>	<b>345</b>	<b>302</b>	<b>98</b>

## 4000 Calorie Diet Meals

Meal 1	Calories	Protein	Carbs	Fat
4 Whole Eggs	320	28	0	20
4 Egg Whites	80	15	0	0
Bagel	210	8	42	2
Cream Cheese	50	1	0	5
Totals	660	52	42	27

Meal 2	Calories	Protein	Carbs	Fat
Protein Powder – 2 scoops	240	44	8	4
Skim Milk – 12 ounces	120	12	16	0
Banana	121	1	31	0
Natural Peanut Butter – 1 tablespoon	97	4	3	9
Oatmeal	100	4	19	2
Totals	678	65	77	15

Meal 3	Calories	Protein	Carbs	Fat
Top Sirloin Steak – 10 ounces	650	108	0	20
Brown Rice – 1 serving	220	6	40	4
Sweet Potato	103	2	24	0
Totals	973	116	64	24

Meal 4	Calories	Protein	Carbs	Fat
Protein Powder – 2 scoops	240	44	8	4
Skim Milk – 12 ounces	120	12	16	0
Banana	121	1	31	0
Peanut Butter – 1 teaspoon	97	4	3	9
Totals	578	61	58	13

Meal 5	Calories	Protein	Carbs	Fat
Grilled Salmon – 8 ounces	464	48	0	24
Brown Rice – 1 serving	220	6	40	4



Veggies/Small Salad	50	1	10	1
Totals	734	55	50	29

Meal 6	Calories	Protein	Carbs	Fat
Protein Powder – 2 scoops	240	44	8	4
Skim Milk – 12 ounces	120	12	16	0
Natural Peanut Butter – 1 tablespoon	97	4	3	9
Totals	457	60	27	13
	Calories	Protein	Carbs	Fat
Totals	4080	409	318	121