

PHASE ONE SAMPLE MEAL PLAN

	CALORIES	PROTEIN	CARBS
Meal one, 8 AM			
6 egg whites/1 yolk	160	24	2
Oatmeal, 1 cup (precooked)	300	10	55
Piece of fruit, medium	80	N/A	20
Meal two, 10 AM			
Protein shake with carbs	240	20	40
Piece of fruit, small	60	N/A	15
Meal three, 1 PM			
Chicken breast, 6 oz	280	32	N/A
Avocado, 1 oz	50	1	2
Brown rice, ½ cup (precooked)	300	6	66
Vegetables*	60	3	N/A
Meal four, preworkout, 3:30 PM			
Casein protein shake	120	30	N/A
Meal five, postworkout, 6 PM/7 PM			
<i>Immediately postworkout</i>			
Whey protein with simple carbs	240	20	40
<i>An hour later</i>			
Steak, 6 oz	350	40	N/A
Baked potato, medium	210	5	50
Spinach, 10 oz	40	4	N/A
Meal six, 10 PM			
Casein protein shake	120	30	N/A
Peanut butter, 1 tbsp	100	5	2
TOTALS (approximate)	2,700	230	300

* Although vegetables do contain carbohydrates, don't count them toward your total carb count for the day. Because of their high fiber, these calories are slowly assimilated into your body.

PHASE THREE SAMPLE MEAL PLAN

	CALORIES	PROTEIN	CARBS
Meal one, 7 AM			
8 egg whites/1 yolk	200	30	2
Oatmeal, ½ cup (precooked)	150	5	27
Piece of fruit, small	60	N/A	15
Meal two, 10 AM			
Turkey, deli sliced, 4 oz	140	30	N/A
1 slice whole-wheat bread	100	3	20
Meal three, 1 PM			
Turkey breast, 6 oz	300	45	2
Brown rice, ½ cup (precooked)	200	4	43
Vegetables	60	3	N/A
Meal four, preworkout, 3:30 PM			
Casein protein shake	120	30	N/A
Meal five, postworkout, 6 PM/7 PM			
<i>Immediately postworkout</i>			
Whey protein with simple carbs	240	20	40
<i>An hour later</i>			
Broiled tuna, 6 oz	240	40	N/A
Baked potato, medium	210	5	50
Meal six, 10 PM			
Casein protein shake	120	30	N/A
TOTALS (approximate)	2,100	250	200

PHASE TWO SAMPLE MEAL PLAN

	CALORIES	PROTEIN	CARBS
Meal one, 7 AM			
6 egg whites/1 yolk	160	24	2
Oatmeal, 1 cup (precooked)	300	10	55
Piece of fruit, small	60	N/A	15
Meal two, 10 AM			
Protein shake with carbs	240	20	40
Meal three, 1 PM			
Chicken breast, 8 oz	380	42	2
Brown rice, ½ cup (precooked)	150	3	33
Vegetables	60	3	N/A
Meal four, preworkout, 3:30 PM			
Casein protein shake	120	30	N/A
Meal five, postworkout, 6 PM/7 PM			
<i>Immediately postworkout</i>			
Whey protein with simple carbs	240	20	40
<i>An hour later</i>			
Steak, 6 oz	350	40	N/A
Baked potato, medium	210	5	50
Spinach, 10 oz	40	4	N/A
Meal six, 10 PM			
Casein protein shake	120	30	N/A
TOTALS (approximate)	2,400	230	240

TRADEOFFS

You want to stay on your diet, but you're getting tired of the same old food choices. Here are some protein and carbohydrate options to help you construct more varied meals. Just remember to keep calories in mind as you trade foods.

PROTEIN FOODS	CALORIES	PROTEIN (g)
Chicken breast, 4 oz	190	21
Steak, 4 oz	250	31
Extra-lean ground beef, 4 oz	265	21
Tuna, 4 oz	140	30
Pork loin, 4 oz	310	37
Salmon, 4 oz	200	55
Sardines, in oil, drained, 4 oz	240	30
Whitefish, 4 oz	150	21
Turkey breast, 4 oz	190	23
Eggs, 6 egg whites	100	21
Eggs, 2 whole	150	13
Low-fat cottage cheese	100	14
Dry-roasted peanuts, 4 oz	420	17
CARBOHYDRATE FOODS	CALORIES	CARBS (g)
Brown rice, ¼ cup (precooked)	150	32
White rice, ¼ cup (precooked)	150	35
Potato, 4 oz	105	25
Yams, 4 oz	80	19
Oatmeal, ½ cup (precooked)	150	27
Pinto beans, ¼ cup (precooked)	150	27
Black beans, dried, boiled, 4 oz	115	20
Whole-wheat bread, 1 slice	100	20
Whole-wheat pasta, 1 cup	175	37