

## Personal Training

Evolved Personal Training LLC

### Breakfast

Option 1)

2 egg whites + 2 whole egg

1 piece of fruit (apple or grapefruit) or 1/2 cup of blueberries

Option 2)

2 egg whites + 2 whole egg

1/2 cup special K Cereal(low fat, almond or skim milk) or one serving oatmeal

### Snack 1

Option 1)

1 protein shake with water (less than 150cal)

Option 2)

25 Mixed nuts

Option 3)

2 tablespoons peanut butter

### Lunch

Option 1)

6 oz Lean Meat(Chicken, Turkey, Fish, Lean Beef)

3 oz green vegetable (broccoli, asparagus, kale, spinach)

4oz sweet potato or 1/2 cup rice

Option2)

6-8 slices deli meat (90% lean or greater)

1 wrap(less than 150 cal)

1 avocado or 6 oz sweet potato

### Snack 2

Option 1)

1 protein shake (Less than 150 cal)

Option 2)

1 chocolate rice cake with 2 Tbsp natural peanut butter

### Dinner

Option1)

6 oz lean Meat

2 Cups leafy green Salad

2 tablespoons low calorie dressing

Option2)

6 oz Lean meat(Fish, Turkey, 90% or leaner Beef)(no pork)

3oz green vegetable of some kind( green beans, asparagus etc.)

1/2 cup Rice

