

Personal Training

Evolved Personal Training LLC

Breakfast

Option 1)

- 2 egg whites + 3 whole egg
- 1 piece of fruit (apple or grapefruit) or 1/2 cup of blueberries

Option 2)

- 2 egg whites + 3 whole egg
- 1 cup special K Cereal(low fat, almond or skim milk) or one serving oatmeal

Snack 1

Option 1)

- 2 scoops protein shake with water

Option 2)

- 25 Mixed nuts

Option 3)

- 2 tablespoons peanut butter w/ 2 rice cakes

Lunch

Option 1)

- 6-8 oz Lean Meat(Chicken, Turkey, Fish, Lean Beef)
- 3 oz green vegetable (broccoli, asparagus, kale, spinach)
- 6oz sweet potato or 1/2 cup rice

Option2)

- 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)

- 2 scoops protein shake

Option 2)

- 1 chocolate rice cake with 2 Tbsp natural peanut butter

Dinner

Option1)

- 6-8 oz lean Meat
- 2 Cups leafy green Salad
- 2 tablespoons low calorie dressing
- 6 oz sweet potato

Option2)

- 6-8 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

