

Personal Training

Evolved Personal Training LLC

Breakfast

Option 1)

1 egg whites + 1 whole egg

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

Option 2)

1 egg whites + 1 whole egg

1/3 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)

20 almonds

Option 3)

1.5 tablespoons peanut butter

Lunch

Option 1)

4 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)

4-6 slices deli meat (90% lean or greater)

1 wrap(less than 150 cal)

1 avocado or 4 oz sweet potato

Snack 2

Option 1)

1 protein shake (Less than 150 cal)

Option 2)

1 chocolate rice cake with 1.5 tbsp natural peanut butter

Dinner

Option1)

4 oz lean Meat

2 Cups leafy green Salad

2 tablespoons low calorie dressing

Option2)

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

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

