

Personal Training

Evolved Personal Training LLC

Breakfast

Option 1)

3 egg whites + 3 whole egg

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

Option 2)

3 egg whites + 3 whole egg

1.25 cup special K Cerea low fat, almond or skim milk) or one serving oatmeal

Snack 1

Option 1)

2 scoops protein shake

Option 2)

30 Mixed nuts

Option 3)

2 tablespoons peanut butter w/ 2 rice cakes

Lunch

Option 1)

8-10 oz Lean Meat(Chicken, Turkey, Fish, Lean Beef)

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

8oz sweet potato or 1/2 cup rice

Option2)

8 slices deli meat (90% lean or greater)

2 sandwich wraps

1.5 avocado or 8 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 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 or 1/2 cup Pasta

