

# Daily Meal Plan

ALLBRICK  
PHYSIQUE

## Client

Last Name:	PR	Height:	5' 3"	Client Start Date:	
First Name:	Chantel	Weight:	120	Program Start Date:	
Gender:	Female	Body Fat %:		Meal Plan Date:	February 25, 2021
Age:		Nutritionist:	<Select Nutritionist>	Personal Trainer:	<Select Trainer>

Meal Plan Name: Summer Prep

Meal	Quantity	Measure	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Fibre (grams)	Sugar (grams)	Sodium (milligrams)	Calcium (milligrams)	Cholesterol (milligrams)
<b>Daily Total</b>			1,425.83	118.41	117.99	53.45	19.89	39.46	877.18	357.79	259.70
<b>Meal 1</b> Time: 8:00am			280.00	19.34	22.85	13.15	5.00	7.33	160.50	158.00	50.00
Protein Pancake	1	srvg	164.00	15.00	15.00	5.00	3.00	3.00	90.00	150.00	50.00
Peanut Butter, Jiff - Creamy	1	Tbsp	100.00	4.00	4.00	8.00	1.00	2.00	70.00	-	-
Strawberries	50	g	16.00	0.34	3.85	0.15	1.00	2.33	0.50	8.00	-
			-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-
<b>Meal 2</b> Time: 10:30am			270.00	10.00	22.00	16.00	2.00	4.00	140.00	-	-
Rice Cakes, Plain – Quaker	2	item	70.00	2.00	14.00	-	-	-	-	-	-
Peanut Butter, Jiff - Creamy	2	Tbsp	200.00	8.00	8.00	16.00	2.00	4.00	140.00	-	-
			-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-
<b>Meal 3</b> Time: 1:00pm			292.11	30.21	30.93	4.58	4.74	2.41	95.90	59.75	72.25
Chicken Breast, Skinless	85	g	140.25	23.82	-	2.78	-	-	62.90	12.75	72.25
Rice, Brown Basmati (cooked)	100	g	117.86	3.57	24.29	1.43	2.14	0.71	-	-	-
Broccoli	100	g	34.00	2.82	6.64	0.37	2.60	1.70	33.00	47.00	-
			-	-	-	-	-	-	-	-	-
<b>Meal 4</b> Time: 4:00pm			191.03	26.16	7.88	6.13	3.20	1.55	58.66	50.78	52.45
Beef, Strip Loin Steak, Lean	85	g	156.03	24.27	-	5.85	-	-	57.66	6.78	52.45
Green Beans	100	g	35.00	1.89	7.88	0.28	3.20	1.55	1.00	44.00	-
			-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-
<b>Meal 5</b> Time: 7:00pm			266.28	30.46	12.96	8.80	3.75	8.19	418.51	74.76	85.00
Chicken Breast, Skinless	100	g	165.00	28.02	-	3.27	-	-	74.00	15.00	85.00
Spring Mix - Leafy greens	100	g	17.00	1.23	3.28	0.30	2.10	1.19	8.00	33.00	-
Celery	40	g	6.38	0.30	1.46	0.06	0.60	0.48	34.71	15.96	-
Pepper, Red	40	g	10.40	0.39	2.41	0.12	0.80	1.68	0.80	2.80	-
Cucumber	50	g	7.50	0.32	1.82	0.06	0.25	0.84	1.00	8.00	-
Balsamic Vinaigrette (Kraft olive oil)	2	Tbsp	60.00	0.20	4.00	5.00	-	4.00	300.00	-	-
<b>Meal 6</b> Snack (throughout day)			126.40	2.25	21.37	4.80	1.20	15.98	3.60	14.50	-
Nuts, Cashews	10	g	57.40	1.53	3.27	4.64	0.30	0.50	1.60	4.50	-
Grapes Red or Green	100	g	69.00	0.72	18.10	0.16	0.90	15.48	2.00	10.00	-
			-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-

## Notes:

EAT! Do not under eat. Too few calories is just as detrimental as too many!  
 The calories indicated must be consumed daily  
 Drink a minimum of 2 litres of water daily - not including water consumed during exercise  
 Times are to be used as a guide; eat meal 1 within a half hour of waking up, following meals every 2.5 - 3 hours  
 Cook/Season food for personal preference - Shouldn't have to worry about salt or condiments  
 Feel free to make substitutions, but try to keep macros (Protein,Carbohydrates,Fats) consistent

Monitor weight/bodyfat - check numbers bi-weekly

Percentage of Calories from Type

