

Daily Meal Plan

ALLBRICK
PHYSIQUE

Client

Last Name: **Allbrick**
First Name: **Gregory**
Gender: **Male**
Age:

Height: **5' 8"**
Weight: **205**
Body Fat %:
Nutritionist: **<Select Nutritionist>**

Client Start Date:
Program Start Date:
Meal Plan Date: **February 25, 2021**
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)
Daily Total			2,242.54	203.38	192.09	71.90	32.52	48.37	1,871.31	566.08	872.67
Meal 1 Time: 8:00am			588.40	36.37	47.22	28.44	7.50	4.64	774.75	134.20	660.90
Egg (Whole)	3	item	220.50	18.87	1.14	14.91	-	1.14	210.00	79.50	634.50
Bacon, Traditional, Sliced	3	Slice	123.90	9.00	0.30	9.30	-	-	564.00	2.70	26.40
Oats, Quaker, Gluten-Free	60	g	220.00	8.00	40.00	4.00	6.00	-	-	40.00	-
Strawberries	75	g	24.00	0.50	5.78	0.23	1.50	3.50	0.75	12.00	-
Meal 2 Time: 10:30am			272.14	28.21	16.14	11.00	6.79	8.14	93.50	151.43	5.00
Whey Protein Isolate	1	srvg	115.00	25.00	1.50	1.00	-	1.00	56.00	150.00	5.00
Avocado, Frozen	75	g	100.00	2.50	2.50	10.00	2.50	-	37.50	-	-
GV 4 Berry Blend, Frozen	100	g	57.14	0.71	12.14	-	4.29	7.14	-	1.43	-
Meal 3 Time: 1:00pm			426.24	41.04	48.16	6.00	7.34	5.52	85.87	37.20	96.05
Chicken Breast, Skinless	113	g	186.45	31.66	-	3.70	-	-	83.62	16.95	96.05
Rice, Brown Basmati (cooked)	150	g	176.79	5.36	36.43	2.14	3.21	1.07	-	-	-
Green Peas	75	g	63.00	4.02	11.73	0.17	4.13	4.45	2.25	20.25	-
Meal 4 Time: 4:00pm			178.96	25.31	18.47	1.21	2.95	13.78	57.23	157.38	5.00
Whey Protein Isolate	1	srvg	115.00	25.00	1.50	1.00	-	1.00	56.00	150.00	5.00
Apple	123	g	63.96	0.31	16.97	0.21	2.95	12.78	1.23	7.38	-
Meal 5 Time: 7:00pm			419.22	39.51	44.31	10.20	6.41	2.62	77.66	53.02	69.72
Beef, Strip Loin Steak, Lean	113	g	207.43	32.26	-	7.77	-	-	76.66	9.02	69.72
Rice, Brown Basmati (cooked)	150	g	176.79	5.36	36.43	2.14	3.21	1.07	-	-	-
Green Beans	100	g	35.00	1.89	7.88	0.28	3.20	1.55	1.00	44.00	-
Meal 6 Time: 10:00pm			357.58	32.94	17.79	15.06	1.53	13.68	782.30	32.85	36.00
Tuna, Light, Canned in Water	120	g	139.20	30.61	-	0.98	-	-	405.60	13.20	36.00
Spring Mix - Leafy greens	10	g	1.70	0.12	0.33	0.03	0.21	0.12	0.80	3.30	-
Nuts, Walnuts (crushed)	15	g	94.18	2.21	3.21	8.04	0.57	0.31	0.90	16.35	-
Craisins, Ocean Spray	10	g	32.50	-	8.25	-	0.75	7.25	-	-	-
Raspberry Vinaigrette, Kraft	3	Tbsp	90.00	-	6.00	6.00	-	6.00	375.00	-	-

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 3 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

