

F.I.T. CONCEPTS NUTRITIONAL COACHING:

3000 Cal/Day Mass Building Example Diet:

(Cal: 2947 - Carbs: 335g (40.2g) - Fats: 100.2g - Protein: 199.1g)

Breakfast:

Peanut Butter and Banana Breakfast Shake:

Calories: 946 - Carbs: 141g (16.2g Fiber) - Fats: 20.2g - Protein: 59.1g

Ingredients:

2 Medium - (236g) Bananas
2 Cups - (488g) Whole Milk or Almond Milk
1 Cup - (266g) Cottage Cheese
1 Cup - (80g) Old Fashioned Oatmeal
 $\frac{2}{3}$ Tbsp - (10.6g) Peanut Butter

Directions:

Combine all ingredients into a blender. Blend until smooth. Serve, and ENJOY!

Lunch:

Big Peanut Butter and Jelly Sandwich:

Calories: 615 - Carbs: 63g (9g Fiber) - Fats: 34g - Protein: 23g

Ingredients:

2 Slices - (56g) White Bread
4 Tbsp - (64g) Peanut Butter
2 Tbsp - (40g) Jelly of your choice

Directions:

Spread Peanut Butter and Jam or Jelly on White Bread. Serve, and ENJOY!

Dinner:

Chicken Fajitas:

Calories: 740 - Carbs: 67g (6g Fiber) - Fats: 23g - Protein: 63g

Ingredients:

1 Medium - (236g) Boneless/ Skinless Chicken Breast
1 Medium - (119g) Red Bell Pepper
½ Medium - (166g) White Onion
½ Tsp - (1.5g) Fajita Seasoning Mix
¼ Cup - (59.2g) Water
2 Medium - (92g) Tortillas
¾ Tbsp - 9 (10.5g) Oil

Directions:

Slice Peppers, Onions, and Chicken Breast into long strips. Heat a drizzle of oil in a large pan. Cook Peppers and Onions on medium heat until Onions begin to turn translucent. Remove from pan and set aside. Add Chicken strips to the pan and cook for 2-3 minutes on each side or until cooked through. Return vegetables to the pan. Add seasoning mix with about ¼ cup of water. Cook until water is reduced. Serve, and ENJOY!

Snack 1:

Post-Workout Banana Protein Smoothie:

Calories: 450 - Carbs: 60g (6g Fiber) - Fats: 3g - Protein: 51g

Ingredients:

1 Cup - (244g) Whole Milk or Almond Milk
2 Medium - (236g) Banana
2 Scoops - (60g) Whey Protein Powder (Gold Standard Whey)

Directions:

Combine all ingredients in a blender and pulse until smooth. Serve, and ENJOY!

Snack 2:

Pecans:

Calories: 196 - Carbs: 4g (3g Fiber) - Fats: 20g - Protein: 3g

Ingredients:

1 Oz - (28.4g) Pecans

Directions:

Serve, and ENJOY!

Grocery List:

Take a photo of this or bring it to the store when you shop. You can purchase everything at Publix or look for them elsewhere.

- 1 - Bushel Bananas
- 1 - 96 fl oz. Almond Breeze Unsweetened Vanilla Almond Milk or: 1 - 1 gal. Whole Milk
- 1 - 24 oz. Publix Small Curd Cottage Cheese
- 1 - 42 oz. Publix Old Fashioned Oats
- 1 - 28 oz. Jif Naturals Creamy Peanut Butter
- 1 - 18 oz. Smucker's Concord Grape or Strawberry Jelly
- 1 - Loaf Sara Lee Artesano Bakery Bread
- 1 - 1.5-2.5 lb. Package Publix Boneless Skinless Chicken Breasts
- 3 - Medium Red Bell Peppers
- 2 - Medium White Onions
- 1 - 1 oz. Old El Paso Fajita Seasoning Mix
- 1 - 10 count Package Mission Soft Flour Tortillas
- 1 - 16 fl oz. Pompeian Olive Oil
- 1 - Gold Standard Whey Protein (Flavor of your choice. Purchase at Walmart or on Amazon)