



DanielleFitness.com

Kickstarter Meal Plan

Food Charts

Fruits	Serving Amount
Grapefruit/ Orange	1
Cherries	15
Apple/ Pear	1
Peach/ Apricot	1
Strawberries	15
Blackberries/ Raspberries	20
Banana/ Mangos*	Half a whole*

Get a food scale!
As you get
accustomed to
the sizes you will
be able to eyeball
amounts



* to be eaten sparingly as they are very high in sugars.

Food Charts

Veggies	Serving Amount
Asparagus	8oz
Cauliflower/ Broccoli	6oz
Spinach/ Kale/ Greens	8oz
Squash/ Zucchini	6oz
Sweet Potatoes	2oz
Cabbage	5oz
Green Beans	6oz
Carrots	6oz

You are not limited to this list the average amount for most veggies is 6oz

Food Charts

CARBS	Serving Amount
Brown/ White rice/ Quinoa	½ cup cooked ¼ dry
Sweet Potatoes or Yams	5oz raw
Tortilla	1 whole 10"
Red/ Yellow Potatoes	5oz raw
Whole wheat bread/ Bun	1 slice
Noodles	2oz
Oatmeal/ Barley	½ cup cooked ¼ dry

Food Charts

Protein	Serving Amount
whole eggs	2
Eggs whites only	6
Tilapia, Halibut, Cod	4oz
Shrimp	4oz
Chicken Breast	4oz
Ground Turkey 90%- 99% lean	4oz

Beef and pork are options make sure they are extra lean

Food Chart

Fats	Serving Amount
Almonds	About 15
Walnuts	About 6
Cashews	About 15
Pistachios	About 35
Avocado	½ medium avocado
Chia Seeds	1oz
Olive oil/ coconut oil	1 tablespoon
Peanut butter	1 Tablespoon

Daily Meals

4 Meals and 1 Snack

Total of eating 5 times a day!

You should be eating
every 2-3 hours a day!
Keep your metabolism
up!



Meal 1 Breakfast

Breakfast is the most important meal of the day!

Pick a fruit from the chart

Pick a carb

Pick a protein

Pick a Fat



Limit amount of condiments, butter and oil but a little almond milk to your oatmeal or a tsp of honey is fine

Example meal= ½ cup of oatmeal with walnuts and blackberries. Side of 2 boiled eggs! YUMMY about 300-375 calories

Meal 2 Snack

Meal 2 would feel like a late morning afternoon snack!

Pick 1 Veggie

Pick 1 Fruit

1 Protein

NO CARB!

If you like smoothies this would be a great time to break out a homemade Protein Smoothie or pressed juice!



Meal 3

Meal 3 is more like a lunch!

1 protein

1 veggie

1 fat

1 carb

A Salad is always a great go too for meal 3!



Example meal- Spinach/ Quinoa salad w/ grilled check breast topped with an olive oil/ lemon vinaigrette

Meal 4 Snack

Another snack!

1 protein

1 Veggie



Let's talk condiments, a little lite ranch to dip your veggies is fine!

Sample meal: 2 Boiled eggs and carrots



Meal 5 Dinner

Meal 5 would be a dinner!

1 protein

1 carb

1 veggie



Dont forget you are also working out at least 4 days out of the week!

Example Meal: Baked Tilapia, ½ cup cooked rice and Asparagus

Any questions email me Danielle@Daniellefitness.com