



# ***SAMPLE MEAL PLAN***

[www.COACHJC.com](http://www.COACHJC.com)



This is only a guideline of what a sample meal should look like. It is not intended as a prescription. Please consult a registered dietician or a licensed Nutritionist before beginning this or any other program.

## Sample Meal Plan

### Day 1 – Workout in PM

#### Meal 1

- 4 egg whites, 1 whole egg Omelet with ½ slice cheese, bell peppers, onions, tomatoes and avocado
- 1 piece of fruit
- Green Tea or water

#### Snack

- 1 piece of fruit (citrus fruits)
- 1 serving of almonds

#### Meal 2

- Teriyaki lettuce wraps
- Fruit salad
- Green tea or water

#### Snack

- Carrots, celery hummus dip

## **\*\*PM Exercise \*\***

### **Meal 3**

- Lean red meat, mixed veggies
- Baked Potato (carb because this meal is post workout)
- Spinach salad with olive oil dressing
- Water with lemon

### **SNACK**

- 1 serving of walnuts
- Apricot Yogurt shake

***\*Drink at least ½ your body weight in ounces of water per day.***

## **Day 2 – Workout in AM**

### **\*\* AM Exercise\*\***

#### **Meal 1**

- 1 serving of Oatmeal w/ pecans (no sugar, 1 tbsp honey, or natural sweetener)
- 1 serving of berries of choice
- Green Tea or water

#### **Snack**

- Berry Super Shake
  - 1 scoop protein powder, mixed frozen/fresh berries and 16oz water

#### **Meal 2**

- 4oz of chicken breast
- 1 Baby Salad w/ olive oil dressing
- 1 serving of garbanzo beans

#### **Snack**

- 1 piece of fruit or vegetable of choice
- Handful of mixed raw nuts

#### **Meal 3**

- 4oz. of Fresh Salmon, Tuna Steak, Halibut or Mahi Mahi.
- 1 serving of vegetable of your choice
- 1 medium salad (a handful of romaine or red leaf lettuce, ¼ cucumber sliced, ½ tomato, and a sprinkle of parmesan cheese w/olive oil and balsamic vinegar).

## **SNACK**

- Chocolate Peanut Butter Shake

**\*Drink at least ½ your body weight in ounces of water per day.**

## **Why Knowing Your Nutritional Needs Is So Important:**

- You should know your nutritional needs and exactly how many calories you should be eating in a day. This may not sound revolutionary, but how many of you know this information? Some studies have shown that most individuals underestimate their calories by 30%!
- Knowing your nutritional needs gives you the option of weight loss, weight maintenance, or even weight gain so you can customize the program to your goals and see optimal results.
- So that you can see and feel the way that you desire! In your physical appearance, your overall daily performance, and your overall health and longevity! If you don't know your nutritional needs and do not monitor your meals, than you won't experience ultimate success.

*\*This meal plan will work for most people and is meant to get you on the right track, but remember it is a sample meal plan not individualized to your needs. Our Precision Nutrition program is a coaching program that educates you and empowers you so that you know EXACTLY what you need to eat at each and every meal of the day, with the perfect portions of food to help you reach your goals.*

**\*\*Remember, a portion of food is the amount of food per food category you should be eating. Society's version of a portion is grossly distorted. If ever in doubt just use the size of your closed fist.**