

## Anita's 7-DAY Sample Meal Plan

<b>Breakfast</b>	<b>Sunday</b> Cheese & Veggie Omelette w/ side of meat	<b>Monday</b> Cereal w/ Soy milk, 3 eggs	<b>Tuesday</b> Oatmeal turkey bacon	<b>Wednesday</b> Bagel w/ 2 eggs/ meat	<b>Thursday</b> Omelette w/ cheese/soysage	<b>Friday</b> Cereal w/ soy milk and boiled egg whites	<b>Saturday</b> Oatmeal meal
<b>Snack</b>	Fruit Whey protein drink	Fruit Whey protein drink	Fruit Whey protein drink	Fruit Whey protein drink	Fruit Whey protein drink	Fruit Whey protein drink	Fruit Whey protein drink
<b>Lunch</b>	Spaghetti w/ hot italian saus. pasta & salad	Grilled Salmon mixed greens w/ small baked pot	2 turkey burgers no bun, salad	Grilled Chicken mixed greens 1/2 cup rice	Turkey sandwich whole wheat bread salad	Tuna Salad with crackers & salad	Chicken Or cheese and
<b>Snack</b>	apple or banana w/ peanut butter low fat cheese	protein bar	apple or banana w/ peanut butter low fat cheese	protein bar	apple or banana w/ peanut butter low fat cheese	protein bar	apple or banana w/ peanut butter low fat cheese
<b>Dinner</b>	Chilli w/ Turkey steamed broccoli	Sausage & cabbage	Beef soup with mixed vegetables	Fish fillet stuffed w/ spinach tarragon & pecans	Chicken stirfry w/ peppers/onions broccoli	Turkey stew with veggies & salad	Blackened with bake steam cauliflower
<b>Snack</b>	protein bar	high protein yogurt fruit	protein bar	low fat cottage cheese w/ pineapple or straw	protein bar	low fat cottage cheese w/ pineapple or straw	protein
	<b>Serving size:</b> Oils: 1 teaspoon Protein: 4-8 oz Fruit: 1 piece Veggie: 1 cup Carbs: see list:	<b>Carbohydrates:</b> rice: 1/2 cup Legumes 1/2 cup Potato: 1 med Pasta: 1 c. cooked Bread 2 slices Cereal 1/2-1 cup depending on type	<b>Servings per day:</b>	<b>Oils:</b> 1 Tablespoon for dressing 2 teaspoons for cooking <b>Protein:</b> 4 serving <b>Fruit:</b> 2-4 serving <b>Carbs:</b> 4 serving <b>Veggie:</b> 4 cups	<b>EAT</b> carbs 1 hour before workouts <b>EAT</b> a combination of Carbs and Protein within an hour after workouts	<b>Supplements:</b> A multivitamin Creatine Glutamine	<b>Water:</b> 96 ounces per day (1-2 gallons) <b>Good products:</b> for bars/supplements EAS MYOPLEX CYTOSPOF

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