

Top Level Fitness Meal Plan

Sample 1

Meal 1-1 piece of toast and peanut butter, 1 egg
Meal 2- string cheese, small cup of plain yogurt
Meal 3- chicken sandwich, wheat bread and lettuce
Meal 4- 1 scoop protein drink, 10 almonds
Meal 5- 3 oz chicken, veggies, 1/4 avocado

Sample 2

7:30- Oatmeal, 2 eggs
10:00-1/2 grapefruit, 1 low fat string cheese
12:30-tuna on an Ezekiel bread tortilla, any veggies
3:30-3 oz steak, 1/4 cup black beans
7:00-omelet with onions, bell pepper and avocado

Sample 3

7:30 toast and peanut butter, 1 egg
10:00-1/2 cup blueberries, 1 scoop protein shake
12:30-tuna on an Ezekiel tortilla
3:00- almonds (15ish), 3 oz chicken
7:30 sushi

Protein

2-3 oz sirloin
2-3 oz filet mignon
2-3 oz chicken breast
3-4 oz salmon
3-4 oz tuna
2 whole eggs
2-3 oz ground turkey
2-3 oz ground sirloin
low fat string cheese
15-20 gram protein powder
3-4 oz any fish
6 oz low fat cottage cheese

Sample

Meal 1-1 protein, 1 carb, 1 fat
Meal 2- 1 protein, 1 carb
Meal 3- 1 protein, 1 carb
Meal 4-1 protein, 1 fat
(optional) Meal 5- 1 protein, 1 fat

Notes:

Eat within 30 minutes of waking up
Eat every 2.5-4 hours
Load up on green veggies
Log your meals

Carb

1/4-1/2 cup oats
1/4--1/2 cup brown rice
1/4-1/2 cup yam
1/4-1/2 cup black beans
2 slices whole grain bread
green veggies (unlimited)
plain yogurt
1/2 cup berries
small apple
grapefruit

Fat

1 tbsp. olive oil
1/4 avocado
10-15 almonds
10 walnuts
3 fish oil capsules
1 tbsp. peanut butter
1 tbsp. almond butter