

Fitness Plan: Meals

Proteins to eat: cold water fish, lamb, turkey, chicken, eggs, soy, nuts- 5 servings /day

Fruits & Vegetables: dark, leafy green, orange/yellow, red, beans, citrus; rotate colors- 5 servings/day

Whole-grains: whole wheat pasta, bread, cereal- 3 servings/day

Water: consume in ounces amount equal to 1/2 body weight- 100 ounces per day- 6 bottles

Avoid/Minimize: sugar, salt, soda and processed foods

	Day: Date: Meals- Week 1	Day: Date: Meals- Week 2
Breakfast: AM		
Snack #1: AM		
Lunch: AM/PM		
Snack #2: PM		
Dinner: PM		