

## DAILY MEAL PLAN

Meal & Timing	Food	Quantity	Your Converted Quantity
Upon rising	Water*	½ litre or 8-10 oz	
MEAL 1	Eggs Lean ground beef Red potato Whole-wheat bread	2-3large 4 oz 4 oz 1 slice	
MEAL 2	Chicken breast Brown rice * Vegetables	6 oz ½ cup 1 cup	
MEAL 3	Chicken breast Brown rice* Vegetables	6 oz 1/2 cup 1 cup	
Pre-workout (60 minutes before)	Oatmeal	½ cup**	
Post-workout	Oatmeal	½ cup**	
MEAL 4	Whole-grain bagel Peanut butter Chopped fruit	1 medium 1 Tbsp 1 cup	
MEAL 5	Ground turkey Sweet potato	6 oz* 1 cup	
MEAL 6	Chicken breast Whole-wheat pasta	6 oz* 1 cup*	

\* Measured after cooking

\*\* Measured before cooking