

Sample Meal Plan

Based on “Zone” Principles 40-30-30 ratios and
1300 Calorie days.

Thank you for selecting our Sample Meal Plan.

This meal plan has been provided to you by

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MEAL PLAN

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DAY 1

BREAKFAST

5 egg whites
1 egg
1/4 cup salsa
1 piece whole grain bread
1/2 cup of straw berries

SNACK

1/2 cup low fat plain yogurt
1/4 scoop protein powder
1 tbsp raisins or half an apple
1 tbsp ground flax seed

LUNCH

3oz canned tuna in water
large garden salad
1 pear
1 tsp olive oil
1 tbsp apple cider vinager

DINNER

3 oz extra lean beef
1 tbsp barbeque sauce
3/4 of your plate of any veg. cooked, raw or steamed
1 tsp flax oil

SNACK

1 cup low fat milk
1/4 scoop protein powder
6 almonds or walnuts
1/2 cup of grapes or 1/2 an apple or pear

PREPERATION

Scramble, fry or microwave eggs, spread salsa on toast and place eggs on top. strawberries on the side.

Mix yogurt and powdered ingredients together then add raisins or diced apple, or add water and blend as a shake.

Drain tuna and place on salad, mix oil and vinager together and drizzle over, enjoy pear on the side. Add a squeeze of fresh lemon juice to dressing if you like.

Steak with vegetables, drizzle flax oil over veg or take from spoon.

Mix milk and protein powder in a shaker cup and have almonds and fruit on the side.

DAY 2

BREAKFAST

1/2 cup dry plain large flake oats
1 scoop protein powder
1/2 an apple
1 1/2 tbsp or ground flax or 1 tsp flax oil

Mix oats and protein powder and add boiling water to desired consistency, mix in ground flax then diced apple.

SNACK

1 cup low fat milk
1/4 scoop protein powder
1 tbsp ground flax seed
1/2 cup mixed berries

Blend all ingredients for a shake.

LUNCH

2 cups diced cucumber
1 tomato diced
1/2 cup low fat goat cheese diced
1 tsp olive oil
1 tbsp apple cider vinegar
1/2 an apple

Cut tomato in half and squeeze juice and seeds out.
Mix diced veg and cheese in a large bowl, mix oil and vinegar together and drizzle over the above. Enjoy apple on the side.

DINNER

3 oz chicken breast
4 cups of any vegetables
1 tsp olive oil
1 tbsp water
2 tbsp balsamic vinegar

Stir fry.
Dice chicken and cook in pan with olive oil and water. Add veg and saute, add the balsamic vinegar at the last minute.

SNACK

1/2 cup low fat cottage cheese
1 pear
6 almonds or walnuts

Dice pear and mix with the cottage cheese. Have the almonds on the side.

DAY 3

BREAKFAST

1/2 cup low fat yogurt
1/2 cup milk
1 medium banana
1/2 scoop protein powder
1 1/2 tbsp ground flax seed

Blend all as a shake. Add water to get desired consistency.

SNACK

1/2 cup unsweetened apple sauce
6 almonds or walnuts
2 oz chicken breast
1/2 tbsp barbeque sauce

Mix together apple sauce and almonds and enjoy.
Slice chicken breast and dip in barbeque sauce.

LUNCH

3 oz chicken breast or tuna
large garden salad
1/2 diced apple
1 tsp olive oil
1 tbsp apple cider vinager
1 tbsp balsamic vinager

Dice chicken or drain tuna and place on salad. Mix oil and vinagers together and drizzle over top.
Add the diced apple or have on the side.

DINNER

4 1/2 oz extra lean ground beef
1/2 cup cooked whole wheat pasta
1/2 cup canned chopped tomato
1/4 cup tomato puree
2 cups of any veg. chopped
season with herbs and spices and simmer

Fry ground beef in a tsp of olive oil and a bit of water if necessary, add tomato sauce, tomato puree, and vegetables and Simmer. Season with herbs and spices. Combine above with pasta.

SNACK

1 vega bar or 1 fiber smart bar

DAY 4

BREAKFAST

1 slice of whole grain bread
1 tbsp natural peanut butter
1/2 - 3/4 cup of strawberries
4 egg whites
1 oz of non fat cheese
1/4 cup salsa

Enjoy peanut butter on toast with sliced strawberries on top, have the rest of the strawberries on the side.
Cook eggs and cheese and have with or without salsa.

SNACK

1 orange
1/2 scoop protein powder
water
1 tsp flax oil

Blend all into a shake or shake all but the orange and eat orange separate.

LUNCH

2 cups diced cucumber
1 tomato diced
1 tsp olive oil
1 tbsp apple cider vinegar
1/2 an apple
3 oz chicken breast
1/4 cup salsa

Cut tomato in half and squeeze juice and seeds out.
Mix diced veg and oil vinegar together in a large bowl and eat as a side to the chicken and salsa. Finish with 1/2 an apple.

DINNER

3 oz of canned tuna in water or diced chicken
1 tbsp light mayo
any amount of mustard
1/2 of a pita pocket
lettuce and chopped veg.
carrot and celery sticks on the side

Mix tuna with mayo and mustard and put in pita with lettuce and chopped veg. Have more chopped veg on the side.

SNACK

water
1 scoop protein powder
1 pear or 1 cup mixed frozen berries
1 tsp flax oil

Blend all as a shake.

DAY 5

BREAKFAST

5 egg whites
1 egg
1/4 cup black beans
1/2 of a red pepper
1/2 of a tomato
1/2 cup chopped spinach
1/4-1/2 cup salsa
1/2 cup of strawberries

Make the omlette adding the salsa to the mix or on top after. Finish with strawberries.

SNACK

1 vega bar or 1 fibersmart bar

LUNCH

1/2 cup cooked of brown rice
3 oz turkey or chicken breast cooked then chopped
1/4 cup chopped red pepper
1/4 cup chopped zucchini
1/4 cup chopped carrot
1 tsp flax oil
2 tbsp balsamic vinager

Cook rice and grill chicken or turkey then mix all ingredients together in a large bowl and season.
Or eat rice, chicken and veg separate.

DINNER

3 oz salmon
1/4 cup salsa
3/4 of your plate full of any veg. cooked raw or steamed
1 tsp olive oil

Cook salmon in tinfoil in oven with lemon.
Eat with salsa on top and veg on the side.
Drizzle oil over veg.

SNACK

1/2 cup plain low fat yogurt
1/4 scoop protein powder
1/2 an orange
1/2 tsp flax oil

Mix yogurt and protein powder and oil, have orange on the side or blend all as a shake.

DAY 6

BREAKFAST

1 cup low fat milk
2 oz low fat goat cheese
1/2 an apple
1/2 cup strawberries
1/2 tbsp honey
9 walnuts

Enjoy fruit salad with honey drizzle over and a glass of milk and cheese and walnuts on the side.
Or blend everything except cheese into a shake, with cheese on the side.

SNACK

1/2 cup low fat cottage cheese
1/2 a pear diced
1/2 cup blue berries
1/2 tsp flax oil

Mix all ingredients and enjoy.

LUNCH

3 oz of canned tuna in water or diced chicken
1 tbsp light mayo
any amount of mustard
1/2 of a pita pocket
lettuce and chopped veg.
carrot and celery sticks on the side

Mix tuna with mayo and mustard and put in pita with lettuce and chopped veg. Have more chopped veg on the side.

DINNER

3 oz hadock
2 cups spinach packed down
1 cup brocolli
1 cup chopped cucumber
1 cup chopped celery
lemon
1 tsp olive oil
balsamic vinager or apple cider vinager

Cook hadock in tinfoil in oven with lemon. Steam brocolli and celery and add spinach when almost done. Peel and chop cucumber. Drizzle oil and vinager over veg.

SNACK

1 slice of whole grain bread
1 tbsp natural peanut butter
1/2 an apple
1 scoop of protein powder

Peanut butter on bread with sliced apple on top. Protein powder and water.

Day 7

BREAKFAST

1 slice of whole grain bread
1 tbsp natural peanut butter
1/2 - 3/4 cup of strawberries
4 egg whites
1 oz of non fat cheese
1/4 cup salsa

Enjoy peanut butter on toast with sliced strawberries on top, have the rest of the strawberries on the side.
Cook eggs and cheese and have with or without salsa.

SNACK

1 orange
1/2 scoop protein powder
water
1 tsp flax oil

Blend all into a shake or shake all but the orange and eat orange separate.

LUNCH

2 cups diced cucumber
1 tomato diced
1 tsp olive oil
1 tbsp apple cider vinegar
1/2 an apple
3 oz chicken breast
1/4 cup salsa

Cut tomato in half and squeeze juice and seeds out.
Mix diced veg and oil vinegar together in a large bowl and eat as a side to the chicken and salsa. Finish with 1/2 an apple.

DINNER

3 oz of canned tuna in water or diced chicken
1 tbsp light mayo
any amount of mustard
1/2 of a pita pocket
lettuce and chopped veg.
carrot and celery sticks on the side

Mix tuna with mayo and mustard and put in pita with lettuce and chopped veg. Have more chopped veg on the side.

SNACK

water
1 scoop protein powder
1 pear or 1 cup mixed frozen berries
1 tsp flax oil

Blend all as a shake.

Tips

Chew your food well to improve digestion.

Drink 8-12 glasses of water every day, drink your water between meals not with meals.

Use raw apple cider vinager "with mother".

For every gram of complex carbohydrate consumed the body holds 3 grams of water, do eat your whole grains, in moderation is the key. Avoid refined food, baked goods and pastries.

Because of the above, weigh or measure yourself the the morning of the first and eighth day before your free meal, have your free meal any time after that.

"Any veg" means anything except potato, corn, peas, beats, squashes, parsnips and no baked beans.

Use raw nuts and seeds, not roasted and or salted.

If you enjoy cetain meals or snacks more than others, feel free to repeat or substitute them for others.

Season your meals with sea salt, pepper and your favorite spices.

If rushed in the mornings prepare your days food the night before and place shake ingredients in the blender so its ready to go. Cook extra chicken breast ahead of time and keep in fridge. Wash and

Chop vegetables ahead of time and keep in fridge.

When not making a fruit shake, the easiest way to mix protein powder and liquid is with a blender bottle.

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