



# LARGE PERFORMANCE PLAN

## WEEK ONE

NAME: \_\_\_\_\_

### First delivery: Days 1, 2, & 3

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	580	34	66	20
LUNCH	Muscle Up Meatloaf	590	39	38	31
DINNER	Tatonka Chili	580	39	24	37
SNACK 1	Dark Chocolate Energy Balls	390	9	37	26
SNACK 2	Berry Parfait	240	15	22	8
		<b>2380</b>	<b>136</b>	<b>187</b>	<b>122</b>

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Alberta Breakfast	510	41	21	29
LUNCH	Healthy Spag & Balls	680	44	89	14
DINNER	Buddha Bowl	590	41	57	24
SNACK 1	Trail Mix Energy Balls	250	19	28	7
SNACK 2	Chia Seed Pudding	180	5	31	7
		<b>2210</b>	<b>150</b>	<b>226</b>	<b>81</b>

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Best Breakfast	420	24	36	20
LUNCH	No Guilt Mac & Cheese	550	28	77	15
DINNER	Chimichurri Beef	590	39	36	34
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Chocolate Coconut Cups	410	4	12	42
		<b>2290</b>	<b>121</b>	<b>182</b>	<b>126</b>

AM PM P/U

### Second delivery: Days 4, 5, & 6

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	Superfoods Hash	600	40	25	39
LUNCH	Ninja Chicken Stirfry	590	54	50	22
DINNER	Yam Shepherd's Pie	550	23	43	33
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Afternoon Delight	290	10	42	11
		<b>2340</b>	<b>140</b>	<b>186</b>	<b>123</b>

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	PB&J French Toast	720	50	50	33
LUNCH	Killer Turkey Enchiladas	450	21	50	16
DINNER	Tasty Thai Beef	590	46	37	29
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Chicken Salad Snacker	320	26	21	15
		<b>2320</b>	<b>158</b>	<b>180</b>	<b>101</b>

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Get Shredded Hash	630	39	30	41
LUNCH	Garden Bowl	480	39	58	11
DINNER	No Butter Chicken	620	45	41	31
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>2220</b>	<b>138</b>	<b>177</b>	<b>110</b>

To compliment your Fit Kitchen meal plan and help with overall dietary balance you may also want to supplement your daily diet with incremental portions of fruit, vegetables and dairy/calcium.  
 See serving size below for additional insight:  
 Fruit: 3 servings  
 A serving is approximately a half cup of fresh/frozen/canned fruit, 1 medium piece of fresh fruit, 2 small pieces of fruit such as plums/apricots, 2 tbsp dried fruit, or a half cup of unsweetened juice  
 Vegetables: 2 servings  
 A serving is approximately 1 cup leafy greens, half cup vegetables, 1 cup tomato or vegetable juice  
 Calcium Rich Choices: 2 servings  
 A serving is approximately 1 cup milk or calcium fortified beverage such as almond or soy milk, 175g of yogurt, 1.5oz hard cheese

## LARGE PERFORMANCE PLAN

WEEK TWO

NAME: \_\_\_\_\_

First delivery: Days 1, 2, & 3

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Healthy Sanchez	500	29	48	19
LUNCH	No Butter Chicken	620	45	41	31
DINNER	Tatonka Chili	580	39	24	37
SNACK 1	Dark Chocolate Energy Balls	390	9	37	26
SNACK 2	Berry Parfait	240	15	22	8
		<b>2330</b>	<b>137</b>	<b>172</b>	<b>121</b>

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Get Shredded Hash	630	39	30	41
LUNCH	Healthy Spag & Balls	680	44	89	14
DINNER	Buddha Bowl	590	41	57	24
SNACK 1	Chicken Salad Snacker	320	26	21	15
SNACK 2	Cococado Dip & Fruit	150	1	25	6
		<b>2370</b>	<b>151</b>	<b>222</b>	<b>100</b>

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Super Foods Hash	600	40	25	29
LUNCH	Gladiator's Lasagna	740	51	57	35
DINNER	Chimichurri Beef	590	39	36	34
SNACK 1	Chia Seed Pudding	180	5	31	7
SNACK 2	Trail Mix Energy Balls	250	19	28	7
		<b>2360</b>	<b>154</b>	<b>177</b>	<b>112</b>

Second delivery: Days 4, 5, & 6

AM PM P/U

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	PB&J French Toast	720	50	50	33
LUNCH	Garden Bowl	480	39	58	11
DINNER	Get Gainz Gnocchi	690	48	66	26
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Afternoon Delight	290	10	42	11
		<b>2490</b>	<b>160</b>	<b>242</b>	<b>99</b>

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	580	34	66	20
LUNCH	Ninja Chicken Stirfry	590	54	50	22
DINNER	No Guilt Mac & Cheese	550	28	77	15
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>2210</b>	<b>131</b>	<b>241</b>	<b>84</b>

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Best Breakfast	420	24	36	20
LUNCH	Muscle Up Meatloaf	590	39	38	31
DINNER	Tasty Thai Beef	590	46	37	29
SNACK 1	Berry Parfait	240	15	22	8
SNACK 2	Chicken Salad Snacker	320	26	21	15
		<b>2160</b>	<b>732</b>	<b>1120</b>	<b>469</b>

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See serving size below for additional insight:

Fruit: 3 servings

A serving is approximately a half cup of fresh/frozen/canned fruit, 1 medium piece of fresh fruit, 2 small pieces of fruit such as plums/apricots, 2 tbsp dried fruit, or a half cup of unsweetened juice

Vegetables: 2 servings

A serving is approximately 1 cup leafy greens, half cup vegetables, 1 cup tomato or vegetable juice

Calcium Rich Choices: 2 servings

A serving is approximately 1 cup milk or calcium fortified beverage such as almond or soy milk, 175g of yogurt, 1.5oz hard cheese

## LARGE PERFORMANCE PLAN

### WEEK THREE

NAME: \_\_\_\_\_

#### First delivery: Days 1, 2, & 3

DAY 1		CALS	PROT	CARBS	FATS
BREAKFAST	Healthy Sanchez	500	29	48	19
LUNCH	No Butter Chicken	620	45	41	31
DINNER	Chimichurri Beef	590	39	36	34
SNACK 1	Fit Chocolate Chip Cookie Dough	300	6	9	27
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>2160</b>	<b>121</b>	<b>159</b>	<b>117</b>

DAY 2		CALS	PROT	CARBS	FATS
BREAKFAST	Fitcakes	580	34	66	20
LUNCH	Muscle Up Meatloaf	590	39	38	31
DINNER	Tatonka Chili	580	39	24	37
SNACK 1	Dark Chocolate Energy Balls	390	9	37	26
SNACK 2	Berry Parfait	240	15	22	8
		<b>2380</b>	<b>136</b>	<b>187</b>	<b>122</b>

DAY 3		CALS	PROT	CARBS	FATS
BREAKFAST	Alberta Breakfast	510	41	21	29
LUNCH	Healthy Spag & Balls	680	44	89	14
DINNER	Buddha Bowl	590	41	57	24
SNACK 1	Trail Mix Energy Balls	250	19	28	7
SNACK 2	Chia Seed Pudding	180	5	31	7
		<b>2210</b>	<b>150</b>	<b>226</b>	<b>81</b>

AM PM P/U

#### Second delivery: Days 4, 5, & 6

DAY 4		CALS	PROT	CARBS	FATS
BREAKFAST	PB&J French Toast	720	50	50	33
LUNCH	Gladiator's Lasagna	740	51	57	35
DINNER	Tasty Thai Beef	590	46	37	29
SNACK 1	Pumpkin Bar	310	13	26	18
SNACK 2	Veg & Hummus	120	4	22	2
		<b>2480</b>	<b>164</b>	<b>192</b>	<b>117</b>

DAY 5		CALS	PROT	CARBS	FATS
BREAKFAST	Get Shredded Hash	630	39	30	41
LUNCH	Garden Bowl	480	39	58	11
DINNER	Get Gainz Gnocchi	690	48	66	26
SNACK 1	Rise & Shine Plate	340	13	23	21
SNACK 2	Cococado Dip & Fruit	150	2	25	6
		<b>2290</b>	<b>141</b>	<b>202</b>	<b>105</b>

DAY 6		CALS	PROT	CARBS	FATS
BREAKFAST	Superfoods Hash	600	40	25	39
LUNCH	Ninja Chicken Stirfry	590	54	50	22
DINNER	Yam Shepherd's Pie	550	23	43	33
SNACK 1	Dark Chocolate Energy Balls	390	9	37	26
SNACK 2	Afternoon Delight	290	10	42	11
		<b>2420</b>	<b>136</b>	<b>197</b>	<b>131</b>

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Calcium Rich Choices: 2 servings

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