



# WEEK 3: MON, WED, FRI



Please tweet @Blogilates and @WeightTraining if you have any questions about your meal plan! Good luck!

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FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
Meal 1					
1 cup strawberries	46	11.1	0.4	1	Eat strawberries separately or add on top of oatmeal
SWISS OATMEAL*	372	62.4	6.35	19.1	
	418	73.5	6.75	20.1	
Swiss Oatmeal Recipe:					
1 cup dry oatmeal	307	54.8	5.3	10.7	Mix ingredients and chill overnight. Makes two servings
1 Green Apple, diced	93	24.7	0.3	0.5	
1 tb sliced almonds	81	3	7.1	3	
1 Cup Non-fat plain Greek Yogurt	133	9.3	0	24	
1/4 cup dried cranberries	130	33	0	0	
Meal 2					
1 cup carrots	50	12	0.5	1	Can also sub almond butter instead of peanut butter
2 TB Natural Peanut Butter (unsalted)	190	8	16	7	
	240	20	16.5	8	
Meal 3					
Turkey Chef Salad					
2 boiled egg whites	34	0.4	0.2	7.2	
2 oz. Deli Turkey Breast	60	2.5	1	10	
½ oz. sliced Almonds	80	3	7	3	
1/4 cup Peeled Cucumber Slices, sliced	5	1	0	0	
2 cups Chopped Romaine Lettuce	15	3	0.5	1.5	
1/2 cup sliced tomato	16	3.5	0.2	0.8	
Dressing:					
1 TB extra virgin olive oil	120	0	14	0	
2 tablespoons apple cidar vinegar	0				
2 tablespoons fresh parsley, chopped	3	0.5	0	0.2	
1 tablespoon fresh lemon juice	4	1.3	0	0	
1 teaspoon dried basil	4	0.9	0	0.1	
pinch of dried oregano	3	0.6	0.1	0.1	
2 garlic cloves minced	9	2	0	0.4	
	353	18.7	23	23.3	
Meal 4					
1 serving vanilla whey protein powder	150	7	2.5	26	
Meal 5					
3 oz. Tilapia	145	0	3	30	
1 tbsp olive oil	119	0	13.5	0	
1 cup sautéed spinach	10	1	0	1	
1 cup roasted butternut squash	82	21.5	0.2	1.8	
	356	22.5	16.7	32.8	
TOTAL					
	1517	141.7	65.45	110.2	
		37%	39%	29%	



# TUES, THURS, SAT



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FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
Meal 1					
1 cup strawberries	46	11.1	0.4	1	see recipe from monday
SWISS OATMEAL	372	62.4	6.35	19.1	
	418	73.5	6.75	20.1	
Meal 2					
¼ cup Seapoint Farms Edamame, dry roasted, lightly salted	130	10	4	14	can sub with steamed edamame
Apple	93	24.7	0.3	0.5	
	223	34.7	4.3	14.5	
Meal 3					
3 ounce baked salmon	175	0	11	19	
1 tbsp olive oil	119	0	13.5	0	
1 cup sautéed spinach	10	1	0	1	
1 cup roasted red potatoes	110	24	0	3	
	414	25	24.5	23	
Meal 4					
1 serving vanilla whey protein powder	150	7	2.5	26	
Meal 5					
Chicken and Broccoli Stir-Fry					
3 oz. skinless baked chicken breast, sliced	140	0	3	27	Sautee meat and veggies.
¼ cup onion, sliced	20	4	0	0.5	
¼ cup green bell pepper, sliced	10	2	0	0.5	
1 cup broccoli, chopped	55	11	0.5	3.5	
1 TB extra virgin olive oil	120	0	14	0	
	345	17	17.5	31.5	
TOTAL					
	1550	157.2	55.55	115.1	
		41%	32%	30%	



# SUNDAY MEALS

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FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
Meal 1					
Oatmeal topped w/ Walnuts and Cranberries					
1 cup Oatmeal, cooked	150	25	2	6	
1/2 cup almond milk	30	4	1.3	0.5	
¼ cup handful dried cranberries	100	28	0.5	0	
1 TB Chopped Walnuts	50	1	5	1	
3 boiled egg whites	50	0.5	0.5	11	
	380	58.5	9.3	18.5	
Meal 2					
1 oz. Pumpkin Seeds	125	15	5.5	5.5	May sub pumpkin seeds with sunflower seeds.
1 medium orange	62	15.4	0.2	1.2	
	187	30.4	5.7	6.7	
Meal 3					
ALMOND BUTTER & BANANA SMOOTHIE					
2 TB almond butter	200	6.8	18.8	4.8	Can also sub peanut butter for almond butter.
1/2 medium Banana	53	13.5	0.2	0.6	
1 serving Muscle Milk vanilla whey protein powder	130	2	2	27	
1/2 cup almond milk	30	4	1.3	0.5	
	413	26.3	22.3	32.9	
Meal 4					
1 cup Carrots	50	12	0.5	1	
¼ cup hummus	135	12	8	6.5	
	185	24	8.5	7.5	
Meal 5					
FLOURLESS PIZZA*	442	36	17.9	39.1	
*FLOURLESS PIZZA RECIPE:					1. Shred cauliflower in a food processor
1 cup of shredded cauliflower or 1/3 of a head of cauliflower	50	10.3	0.2	3.8	2. Microwave in a bowl for 8 min
1/2-3/4 cup of shredded light mozzarella cheese	213	1.5	12.1	24.3	3. Mix in about 1/2 cup of cheese, save rest for topping
1 egg	72	0.4	4.8	6.3	4. Crack the egg and mix all ingredients together
1 tsp dried oregano	6	1.2	0.2	0.2	5. Spray pan with PAM and make a nice base of cauli-cheese crust
1/2 tsp crushed garlic	4	0.9	0	0.2	6. Bake in oven for 10-15 min at 350F
Toppings (up to you but here's a veggie medley):					7. Then take out crust, top with sauce and toppings
1/2 cup Trader Giotto pizza sauce	50	11	0.5	2	8. Place back in oven for another 10-15 min
1/2 cup mushrooms	8	1.1	0	1.1	Read more at <a href="http://www.blogilates.com/recipe-index/flourless-pizza-recipe-first-episode-of-cheap-clean-eats">http://www.blogilates.com/recipe-index/flourless-pizza-recipe-first-episode-of-cheap-clean-eats</a>
1/2 green bell pepper	16	3.8	0.1	0.7	
1/2 red onion	24	5.8	0	0.5	
TOTAL	1607	175.2	63.7	104.7	
		44%	36%	26%	