

Teamwork Headquarters Sample Meal Plan

Meal 1: 6am

2 Scrambled Eggs
½ cup Oatmeal w/ 1oz (approx 25) Blueberries
1 cup of Coffee (no sugar additives)
Start drinking water on the way to work

Meal 2: 9am

1 cup fat free Fage Yogurt
1 Peach

Meal 3: 12pm (Sandwich)

2 oz Corned Beef
2 oz Roast Beef
1 Slice of Fat Free Mozzarella Cheese
2 Slices of Udi's Gluten Free Wheat Bread
2 tsp Spicy Mustard, lettuce, 1 tomato slice
Broccoli heads and vinaigrette salad dressing for dip

Meal 4: 3pm

1 serving of Almonds
1 Apple

Meal 5: 6pm (ish)

4oz Baked Chicken
Large Spinach Salad

Meal 6: 9pm (optional)

100 Calorie Popcorn (no butter or extra salt)

Totals-

Calories: 1458
Fat: 48.7g
Carbohydrates: 148.7g
Protein: 122.7g
Sugar: 49.1g
Fiber: 28.5g

Meal 1: 5am

2 Poached Eggs, Wheat Toast (Udi's)
1 Banana
1 cup of Coffee (no sugar additives)
Begin drinking water

Meal 2: 8am

6 boiled egg whites
1 Peach
1 tbs Organic Peanut Butter

Meal 3: 11am

4oz Baked Chicken Breast
10 Asparagus Spears
1 serving of Mashed Sweet Potatoes

Meal 4: 2pm

Spinach Salad w/
-shredded chicken & green apple
-raspberry vinaigrette dressing

Meal 5: 5pm

2:1:1 Chocolate Protein Drink(no milk)
or
*4oz Turkey Meatloaf w/ broccoli
(-ground turkey, egg, oatmeal,
-hot picante sauce)

Meal 6: 8pm

4oz Orange Roughy
2 servings of Green Beans

Totals-

Calories: 1643
Fat: 37.5g
Carbohydrates: 174.7g
Protein: 163.9g
Sugar: 62g
Fiber: 34.8g

Notes: To make "Sample 1" healthier, you can substitute oatmeal with "Hodgson Mill All Natural Bulgur Wheat." It's sodium free, sugar free, and cholesterol free. It will save you 75 Calories, 2g Fat, 5g Carbohydrates, 1g Sugar and will add 1g Fiber and 5g extra of protein. Plus it tastes great! Also, if you are wondering about your fat and sugar intake in "Sample 1;" 1oz of almonds has 14.3g Fat (healthy) and the fruit you eat throughout the day totals 38.9g Carbohydrates and 34.4g Sugar. Although they are "healthy fats and sugars" you need to be careful of these things on a daily basis.

Notes: Contrary to most peoples belief you don't need to take in "a lot" of protein. If you are 165lbs or less, you probably need to scale back your protein intake in "Sample 2." Again the sugars are high from your fruit intake and sweet potato. Be careful of that though. If you add any unhealthy foods to this day of eating your sugar would be through the roof! In the "Sample 2" example, we used the turkey meat loaf, not the protein drink. If you drink the protein drink instead, it would add approx 226 more calories and extra carbs, proteins, fats, sugar and fiber.

Notes: Take a multivitamin every day. If you don't eat fish, take omega capsules. Cook with olive oil. Never skip breakfast! Drink water all day long. Be active every single day. Train at least 3 times a week!