# ULTIMATE 30-DAY BEGINNER'S GUIDE TO FITNESS







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# **SAMPLE MEAL PLAN - 2000 CALORIES**

BREAKFAST	PROTEIN	CARBOHYDRATES	FAT	CALORIES
7 EGG WHITES	25	0	0	120
1 WHOLE EGG	6	0	5	72
1/2 CUP UNCOOKED OATS	6	27	3	156
TOTAL	37	27	ρ	3/18

MID-MORNING	PROTEIN	CARBOHYDRATES	FAT	CALORIES
1 TBSP NATURAL PEANUT/ALMOND BUTTER	4	4	8	105
1 SLICE WHEAT BREAD (1 OZ)	4	14	1	75
5-10 STRAWBERRIES	0	10	0	35
TOTAL	8	28	9	215

LUNCH	PROTEIN	CARBOHYDRATES	FAT	CALORIES
4 OZ CHICKEN	35	0	4	187
3/4 CUP COOKED BROWN RICE	3	34	1	164
3 CUPS SPINACH/MIXED GREENS	3	3	0	21
3-4 SLICES AVOCADO	0	1	5	45
TOTAL	41	38	10	417

MID DAY	PROTEIN	CARBOHYDRATES	FAT	CALORIES
4 OZ CHICKEN	35	0	4	187
6 OZ SWEET POTATO	3	35	0	154
1 CUP BROCCOLI	3	6	0	35
1 TEASPOON OLIVE OIL	0	0	5	45
TOTAL	41	41	9	421

DINNER	PROTEIN	CARBOHYDRATES	FAT	CALORIES
5 OZ TILAPIA OR WHITE FISH	40	0	3.5	191
1/3 CUP COOKED BROWN RICE	2	20	0	110
1 CUP MIXED VEGETABLES STEAMED	3	12	0	118
ΤΟΤΔΙ	45	32	3.5	<b>419</b>









# **SAMPLE MEAL PLAN - 2000 CALORIES**

POST-WORKOUT	PROTEIN	CARBOHYDRATES	FAT	CALORIES
PROTEIN SHAKE	25	4	2	130
1 SMALL APPLE	0	20	0	77
TOTAL	25	24	2	207
DAILY TOTAL	197	190	41.5	2027

## **SAMPLE MEAL PLAN - FOODS**

AMOUNT	FOODS
5 DOZEN	EGGS
3.5 LBS	CHICKEN OR LEAN TURKEY
2.25 LBS	TILAPIA OR WHITE FISH
1 LOAF	WHOLE WHEAT OR MULTIGRAIN BREAD (LOW FAT)
2/3 LBS	DRY OATS
1.5 LBS	RAW BROWN RICE
2.75 LBS	SWEET POTATOES
1-2 CARTONS	BERRIES (FRESH OR FROZEN)
2 OR 3	SMALL AVOCADOES
7	APPLES
1.5 LBS	BROCCOLI
3 LBS	MIXED VEGETABLES
1.5 LBS	SPINACH
ALWAYS HAVE ON HAND	NATURAL PEANUT/ALMOND BUTTER EXTRA VIRGIN OLIVE OIL

### **NOTES**

