



ON

KATHLEEN TESORI BODYBUILDING.COM

STEVE COOK OPTIMUM NUTRITON

SAMPLE MEAL PLAN - 3500 CALORIES

BREAKFAST	PROTEIN	CARBOHYDRATES	FAT	CALORIES
8 EGG WHITES	29	0	0	137
1 WHOLE EGG	6	0	5	72
3/4 CUP UNCOOKED OATS	10	41	4	233
1/2 TBSP NATURAL PEANUT/ALMOND BUTTER	2	2	4	53

TOTAL	47	43	13	495

MID-MORNING	PROTEIN	CARBOHYDRATES	FAT	CALORIES
2 TBSP NATURAL PEANUT/ALMOND BUTTER	8	8	16	210
2 SLICES WHEAT BREAD	7	28	2	149
10-12 STRAWBERRIES	0	12	0	50
TOTAL	15	48	18	409

LUNCH	PROTEIN	CARBOHYDRATES	FAT	CALORIES
6 OZ CHICKEN	53	0	6	281
7 OZ SWEET POTATO	4	41	0	179
2 CUP BROCCOLI	5	12	1	62
1.5 TSP OLIVE OIL	0	0	7	59

TOTAL	62	E2	14	581
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MID DAY	PROTEIN	CARBOHYDRATES	FAT	CALORIES
6 OZ CHICKEN	53	0	6	281
1.5 CUP COOKED BROWN RICE	7	69	0	328
3 CUP SPINACH/MIXED GREENS	3	3	0	21
1/2 AVOCADO	2	8	15	160

TOTAL	65	80	21	790

DINNER	PROTEIN	CARBOHYDRATES	FAT	CALORIES
8 OZ TILAPIA/WHITE FISH FILET	60	0	5	286
1 CUP COOKED BROWN RICE	4	45	0	218
1 CUP MIXED VEGETABLES STEAMED	3	12	0	118
TOTAL	67	57	5	622



ULTIMATE 30-DAY BEGINNER'S GUIDE TO FITNESS





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SAMPLE MEAL PLAN - 3500 CALORIES

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BEFORE BED	PROTEIN	CARBOHYDRATES	FAT	CALORIES
1 CUP LOW FAT COTTAGE CHEESE	28	6	3	163
1/2 CUP CHOPPED TOMATO	1	4	0	16
TOTAL	29	10	3	179

POST-WORKOUT	PROTEIN	CARBOHYDRATES	FAT	CALORIES
PROTEIN SHAKE	50	8	4	260
1 SMALL APPLE	0	20	0	77
TOTAL	50	28	4	337
DAILY TOTAL	338	319	78	3413

SAMPLE MEAL PLAN - FOODS

AMOUNT	FOODS
5 AND 1/2 DOZEN	EGGS
5.25 LBS	CHICKEN OR LEAN TURKEY
3.5 LBS	TILAPIA OF WHITE FISH
2-3 LOAVES	WHOLE WHEAT OR MULTIGRAIN BREAD (LOW FAT)
1 LB	DRY OATS
3.5 LBS	RAW BROWN RICE
3 LBS	SWEET POTATOES
2-3 CARTONS	BERRIES (FRESH OR FROZEN)
4	SMALL AVOCADOS
7	APPLES
3 LBS	BROCCOLI
3 LBS	MIXED VEGETABLES
1.5 LBS	SPINACH
4	TOMATOES
57 OZ (3.5 LBS)	LOW FAT COTTAGE CHEESE
ALWAYS HAVE ON HAND	NATURAL PEANUT/ALMOND BUTTER EXTRA VIRGIN OLIVE OIL

NOTES

