

Example Meal Plan Workout Days

MASS DIET 4000

Meal 1

10each or 335g	egg whites	5oz or 41.75g	LEAN turkey breast	1 1/4c or 285g	NON FAT cottage cheese
18each or 25.8g	almonds	6tsp or 31.8g	peanut\almond Butter	3oz or 85.05g	avocado
2tbp or 18g	raisins	6.5oz or 184g	grapefruit	2.25oz or 64g	banana
3/4c or 60g	oatmeal (dry)	1.5slc or 99g	whole grain English m	3slc or 96g	whole grain toast
6oz or 170g	Yoplait Light yogurt	8floz or 237ml	NON FAT milk	6oz or 170g	Plain NON FAT yogurt

Meal 2

5oz or 41.75g	tuna (canned in H2O)	5oz or 41.75g	grilled halibut/tilapia	5oz or 41.75g	grilled chicken breast
24each or 34.4g	almonds	8tsp or 42.4g	peanut\almond Butter	4oz or 113.4g	avocado
3.25oz or 92g	apple	3oz or 85g	pear	3.5oz or 99g	orange (peeled)
3/4c or 60g	oatmeal (dry)	6oz or 171g	baked sweet potato	1 c or 93.05g	brown rice (cooked)

Meal 3

5oz or 41.75g	grilled chicken breast	5oz or 41.75g	grilled halibut/tilapia	1.25cup or 285g	NON FAT cottage cheese
24each or 34.4g	almonds	8tsp or 18g	Olive/Enova Oil	4oz or 113.4g	avocado
1 1/2c or 234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	2 c or 375g	steamed spinach
1 1/3c or 257.4g	brown rice (cooked)	8oz or 228g	baked sweet potato	1 1/3c or 184g	whole grain pasta

Meal 4

1 2/3sc or 50g	scoops whey protein	5oz or 41.75g	grilled halibut/tilapia	5oz or 41.75g	grilled chicken breast
40each or 37.44g	peanuts	8tsp or 42.4g	peanut/almond butter	4oz or 113.4g	avocado
1 c or 156g	steamed broccoli	1 c or 125g	steamed green beans	8oz or 226g	steamed asparagus
1 1/3c or 257.4g	brown rice (cooked)	8oz or 228g	baked sweet potato	6tbp or 66.8g	cream of wheat (dry)

Meal 5

5oz or 41.75g	grilled halibut/tilapia	5oz or 41.75g	grilled LEAN sirloin/fillet	5oz or 41.75g	grilled chicken breast
20each or 30g	walnut halves	4tsp or 18g	Olive/Enova Oil	4oz or 113.4g	avocado
4 1/2c or 495g	chopped lettuce	1 1/2c or 187.5g	steamed green beans	12oz or 339g	steamed asparagus
3/4c or 270g	chopped tomato				
1 c or 93.05g	brown rice (cooked)	6oz or 171g	baked yam	1 c or 138g	whole grain pasta

Meal 6

1 2/3sc or 50g	scoops whey protein	1 1/4c or 285g	NON FAT cottage cheese	5oz or 41.75g	grilled chicken breast
24each or 34.4g	almonds	8tsp or 42.4g	peanut/almond butter	4oz or 113.4g	avocado
1 c or 156g	steamed broccoli	1 c or 125g	steamed green beans	8oz or 226g	steamed asparagus
2/3c or 128.7g	brown rice (cooked)	4oz or 114g	baked sweet potato	1/2c or 40g	oatmeal (dry)
6oz or 170g	Yoplait Light yogurt	8floz or 237ml	NON FAT milk	6oz or 170g	Plain NON FAT yogurt

Meal 7

1 1/3sc or 40g	scoops whey protein	1 c or 228g	NON FAT cottage cheese	4oz or 113.4g	grilled chicken breast
24each or 34.4g	almonds	8tsp or 42.4g	peanut/almond butter	4oz or 113.4g	avocado
1 c or 156g	steamed broccoli	1 c or 125g	steamed green beans	8oz or 226g	steamed asparagus
2/3c or 128.7g	brown rice (cooked)	4oz or 114g	baked sweet potato	0.5c or 40g	oatmeal (dry)

CODE:

c = cup/s oz = ounces
tbp = tablespoon/s floz = fluid ounces
tsp = teaspoon/s g = grams
slc = slice/s sc = scoop/s