

Example Meal Plan Workout Days

MASS DIET 5500

Meal 1

12each or 402g egg whites	6oz or 170.1g LEAN turkey breast	1 1/2c or 342g NON FAT cottage cheese
36each or 51.6g almonds	12tsp or 63.6g peanut\almond Butter	6oz or 170.1g avocado
2tbp or 18g raisins	6.5oz or 184g grapefruit	2.25oz or 64g banana
1 c or 80g oatmeal (dry)	2slc or 132g whole grain English m	4slc or 128g whole grain toast
6oz or 170g Yoplait Light yogurt	8floz or 237ml NON FAT milk	6oz or 170g Plain NON FAT yogurt

Meal 2

7oz or 98.45g tuna (canned in H2	7oz or 98.45g grilled halibut/tilapia	7oz or 98.45g grilled chicken breast
36each or 51.6g almonds	12tsp or 63.6g peanut\almond Butter	6oz or 170.1g avocado
3.25oz or 92g apple	3oz or 85g pear	3.5oz or 99g orange (peeled)
1 1/4c or 100g oatmeal (dry)	10oz or 285g baked sweet potato	1 2/3c or 21.75g brown rice (cooked)

Meal 3

7oz or 98.45g grilled chicken brea	7oz or 98.45g grilled halibut/tilapia	1 3/4 399g NON FAT cottage cheese
36each or 51.6g almonds	12tsp or 27g Olive/Enova Oil	6oz or 170.1g avocado
1 1/2c or 234g steamed broccoli	1 1/2c or 187.5g steamed green beans	2 c or 375g steamed spinach
1 2/3c or 21.75g brown rice (cooked)	10oz or 285g baked sweet potato	1 2/3c or 230g whole grain pasta

Meal 4

2 sc or 60g scoops whey protei	6oz or 170.1g grilled halibut/tilapia	6oz or 170.1g grilled chicken breast
50each or 46.8g peanuts	10tsp or 53g peanut/almond butter	5oz or 41.75g avocado
1 1/2c or 234g steamed broccoli	1 1/2c or 187.5g steamed green beans	12oz or 339g steamed asparagus
1 2/3c or 21.75g brown rice (cooked)	10oz or 285g baked sweet potato	7.5tbp or 83.5g cream of wheat (dry)

Meal 5

7oz or 98.45g grilled halibut/tilapi	7oz or 98.45g grilled LEAN sirloin/fille	7oz or 98.45g grilled chicken breast
25each or 37.5g walnut halves	5tsp or 22.5g Olive/Enova Oil	5oz or 41.75g 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 2/3c or 21.75g brown rice (cooked)	10oz or 285g baked yam	1 2/3c or 230g whole grain pasta

Meal 6

2 1/3sc or 70g scoops whey protei	1 3/4c or 399g NON FAT cottage chee	7oz or 98.45g grilled chicken breast
30each or 43g almonds	10tsp or 53g peanut/almond butter	5oz or 41.75g avocado
1 1/2c or 234g steamed broccoli	1 1/2c or 187.5g steamed green beans	12oz or 339g steamed asparagus
1 c or 93.05g brown rice (cooked)	6oz or 171g baked sweet potato	3/4c or 60g oatmeal (dry)
6oz or 170g Yoplait Light yogurt	8floz or 237ml NON FAT milk	6oz or 170g Plain NON FAT yogurt

Meal 7

2 1/3sc or 70g scoops whey protei	1 3/4c or 399g NON FAT cottage chee	7oz or 98.45g grilled chicken breast
30each or 43g almonds	10tsp or 53g peanut/almond butter	5oz or 41.75g avocado
1 1/2c or 234g steamed broccoli	1 1/2c or 187.5g steamed green beans	12oz or 339g steamed asparagus
1 1/3c or 257.4g brown rice (cooked)	8oz or 228g baked sweet potato	1 c or 80g 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