

Sample plan

1 - 07:00:00	
100g	Cereals, QUAKER, Instant Oatmeal Organic, Regular
30g	Protein supplement, milk based, Muscle Milk, powder
100g	Milk, fluid, 1% fat, without added vitamin A and vitamin D
2 - 10:00:00	
60g	Egg, whole, cooked, hard-boiled
30g	Snacks, rice cakes, brown rice, plain, unsalted
50g	Tomatoes, red, ripe, raw, year round average
100g	Turkey breast, sliced, oven roasted, luncheon meat
3 - 13:00:00	
200g	Chicken breast, oven-roasted, fat-free, sliced
250g	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added
4 - 15:30:00	
80g	Cereals, QUAKER, Instant Oatmeal Organic, Regular
30g	Nuts, walnuts, black, dried
30g	Protein supplement, milk based, Muscle Milk Light, powder
5 - 20:00:00	
150g	Rice, white, long-grain, regular, cooked
150g	Fish, tuna, light, canned in water, drained solids
150g	Fast foods, salad, vegetable, tossed, without dressing
6	
30g	Protein supplement, milk based, Muscle Milk Light, powder
130g	Bananas, raw
7	
200g	Cheese, cottage, creamed, large or small curd
10g	Nuts, mixed nuts, dry roasted, with peanuts, without salt added

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