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Meal Planner For: Meal Plan, Sample
 For the Date Range: 7/12/17 to 7/12/17

DAY # 1
 7/12/17

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0.50	cup	Fresh blueberries	0.54	10.51	0.24	41.33
1.00	scoop	IsoNatural Protein Powder	27.00	1.00	0.00	110.00
Totals:			27.54	11.51	0.24	151.33
AM Snack - Microwave Egg & Veggie Bowl						
1.50	1/2 cup	Egg Whites	19.80	1.35	0.30	94.50
1.00	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
1.00	1 piece whole	Mushrooms, shiitake, raw	0.43	1.29	0.09	6.46
1.00	1 teaspoon	Oil, coconut	0.00	0.00	4.00	34.48
1.00	table spoon	Onion - chopped	0.10	0.90	0.00	4.00
0.25	1 bunch	Spinach, raw	2.43	3.09	0.33	19.55
0.25	small	Tomato - sm. w/peel, 2.5" diam.	0.25	1.43	0.10	6.50
Totals:			27.01	23.05	5.32	245.49
Lunch - Quinoa Chicken						
1.00	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
0.10	1 cup	Buckwheat flour, whole-groat	1.51	8.47	0.37	40.20
4.00	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
0.50	each	Egg whole w/ yolk	3.35	0.65	3.65	50.00
0.50	1 cup	Quinoa, cooked	4.07	19.70	1.78	111.00
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:			37.48	41.24	7.96	389.16
PM Snack						
1.00	table spoon	Almond Butter	2.00	3.00	9.00	101.00
1.00	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
0.25	1 oz	Seeds, chia seeds, dried	1.17	2.99	2.18	34.45
Totals:			7.17	20.99	11.68	215.45
Dinner - Honey Salmon in Foil						
0.50	cup	Cauliflower	1.00	2.50	0.00	12.50
1.00	3 oz	Fish, salmon, sockeye, untreated, cooked	21.45	0.00	3.95	121.55
1.00	each	Garlic clove	0.19	0.99	0.02	4.47
0.50	table spoon	Honey	0.05	8.65	0.00	32.00
0.25	table spoon	Olive oil	0.00	0.00	3.50	32.50
4.00	ounce(s)	Sweet Potato (baked in skin)	2.30	23.50	0.20	102.00
Totals:			24.99	35.64	7.67	305.02
Evening Snack						
1.50	scoop	IsoNatural Protein Powder	40.50	1.50	0.00	165.00
Totals:			40.50	1.50	0.00	165.00
Actual Totals for Day 7/12/17:			164.67	133.93	32.88	1471.44
Actual % of Total Calories:			44.20	35.95	19.85	

Important Notes

* If you have a medical condition, please consult with your doctor before following this meal plan.

* Water Requirements:

Drink 1 gallon of water a day. (1 gallon= 128 ounces)

*Supplement Instructions:

With one meal take the following:

1 Tablet Multi

1 Capsule Vitamin C (1000mg)

2 Capsules Fish Oil

*Postworkout or with your Protein Powder drink

2 Teaspoons Glutamine in water