RISE UP FITNESS
Member resource

NO. 05 · NUTRITION

Meal plan 150–199 lb

Your portions and a pick-your-own grocery list, sized for 150–199 lb (68–90 kg). About 1,750 calories and 155 g of protein a day.

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CLASS TIMES
Mon–Fri 9am–7pm · Sat 12pm

FRONT DESK
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VISIT
343 Bloor Street West, Unit 1R, Oshawa

MEAL PLAN · 150–199 LB

Pick any food. Eat this much.

Breakfast, lunch and dinner: 1 protein + 1 carb + 1 fat + veggies. **Snack:** 1 protein.
Each amount below is one serving; weigh meat and fish raw.

Protein

Chicken breast	6 oz
Ground turkey, 93%	6 oz
Ground beef, 93%	5 oz
Pork tenderloin	6 oz
Salmon	5 oz
White fish, shrimp	7 oz
Whole eggs	3
Egg whites	1¼ cups
Greek yogurt, nonfat	1½ cups
Cottage cheese	1½ cups
Canned tuna	1½ cans
Protein powder	1½ scoops

Carb

Rice, cooked	1 cup
Potato, sweet potato	1¼ cups
Oats, dry	¾ cup
Quinoa, cooked	1 cup
Pasta, cooked	1 cup
Whole-grain bread	2 slices
Corn tortillas	3
Beans, lentils	¾ cup
Fruit	1½ pieces
Berries	1½ cups

Fat

Olive oil	1 tbsp
Butter	1 tbsp
Nut butter	1½ tbsp
Avocado	¼
Nuts	1 oz
Cheese	1 oz
Chia or flax	2 tbsp

Veggies

1–2 cups per meal of anything green or colourful. Leafy greens are unlimited.

Free foods

Spices and dry rubs, Mustard, Hot sauce, Salsa, Vinegar, Lemon or lime, Low-sodium soy sauce, Black coffee, Unsweetened tea, Zero-calorie drinks. Anything with zero calories.

A sample day

Breakfast	1¼ cups egg whites scrambled with spinach, ¾ cup oats, 1½ tbsp peanut butter
Lunch	6 oz chicken, 1 cup rice, ¼ avocado, peppers and salsa
Snack	Shake with 1½ scoops protein powder and water
Dinner	5 oz salmon, 1¼ cups cubed potato, 1 tbsp olive oil, broccoli

GROCERY LIST · 150–199 LB

Shop for the week you want

A week on your plan is **28 proteins, 21 carbs and 21 fats**. Each amount below buys 7 servings. Tick the foods you like until each group adds up. Love chicken? Tick it 3 times.

Protein

Pick 4 (one can be your shake)

☐ Chicken breast	2¾ lb
☐ Ground turkey, 93%	2¾ lb
☐ Ground beef, 93%	2¼ lb
☐ Pork tenderloin	2¾ lb
☐ Salmon	2¼ lb
☐ White fish, shrimp	3¼ lb
☐ Whole eggs	2 dozen
☐ Egg whites	3 cartons (32 oz)
☐ Greek yogurt, nonfat	3 tubs (32 oz)
☐ Cottage cheese	4 tubs (24 oz)
☐ Canned tuna	11 cans
☐ Protein powder	10½ scoops

Carb

Pick 3

☐ Rice, cooked	1 lb dry
☐ Potato, sweet potato	7 medium
☐ Oats, dry	5½ cups
☐ Quinoa, cooked	2½ cups dry
☐ Pasta, cooked	1 lb dry
☐ Whole-grain bread	1 loaf
☐ Corn tortillas	1 pack of 30
☐ Beans, lentils	4 cans
☐ Fruit	11 pieces
☐ Berries	6 pints

Fat

Pick 3

☐ Olive oil	1 bottle
☐ Butter	1 stick
☐ Nut butter	1 jar
☐ Avocado	2 avocados
☐ Nuts	7 oz
☐ Cheese	7 oz
☐ Chia or flax	1 bag

Veggies

About 5 lb a week. Pick 3–4.

- ☐ Broccoli
- ☐ Spinach
- ☐ Bell peppers
- ☐ Green beans
- ☐ Asparagus
- ☐ Zucchini
- ☐ Cauliflower
- ☐ Brussels sprouts

✓

One hour on Sunday saves the week

Cook your proteins and carbs in bulk, chop your veggies and portion everything into containers using the amounts on the front of this plan.