RISE UP FITNESS
Member resource

NO. 06 · NUTRITION

Meal plan 200–249 lb

Your portions and a pick-your-own grocery list, sized for 200–249 lb (91–113 kg). About 2,200 calories and 190 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 · 200–249 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	7½ oz
Ground turkey, 93%	7½ oz
Ground beef, 93%	6½ oz
Pork tenderloin	7½ oz
Salmon	6½ oz
White fish, shrimp	9 oz
Whole eggs	4
Egg whites	1½ cups
Greek yogurt, nonfat	2 cups
Cottage cheese	2 cups
Canned tuna	2 cans
Protein powder	2 scoops

Carb

Rice, cooked	1¼ cups
Potato, sweet potato	1½ cups
Oats, dry	¾ cup
Quinoa, cooked	1¼ cups
Pasta, cooked	1¼ cups
Whole-grain bread	2½ slices
Corn tortillas	4
Beans, lentils	1 cup
Fruit	2 pieces
Berries	2 cups

Fat

Olive oil	1¼ tbsp
Butter	1¼ tbsp
Nut butter	2 tbsp
Avocado	½
Nuts	1¼ oz
Cheese	1¼ oz
Chia or flax	2½ 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	1½ cups egg whites scrambled with spinach, ¾ cup oats, 2 tbsp peanut butter
Lunch	7½ oz chicken, 1¼ cups rice, ½ avocado, peppers and salsa
Snack	Shake with 2 scoops protein powder and water
Dinner	6½ oz salmon, 1½ cups cubed potato, 1¼ tbsp olive oil, broccoli

GROCERY LIST · 200–249 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	3½ lb
☐ Ground turkey, 93%	3½ lb
☐ Ground beef, 93%	2¾ lb
☐ Pork tenderloin	3½ lb
☐ Salmon	2¾ lb
☐ White fish, shrimp	4 lb
☐ Whole eggs	3 dozen
☐ Egg whites	3 cartons (32 oz)
☐ Greek yogurt, nonfat	4 tubs (32 oz)
☐ Cottage cheese	5 tubs (24 oz)
☐ Canned tuna	14 cans
☐ Protein powder	14 scoops

Carb

Pick 3

☐ Rice, cooked	1½ lb dry
☐ Potato, sweet potato	9 medium
☐ Oats, dry	5½ cups
☐ Quinoa, cooked	3 cups dry
☐ Pasta, cooked	1½ lb dry
☐ Whole-grain bread	1 loaf
☐ Corn tortillas	1 pack of 30
☐ Beans, lentils	5 cans
☐ Fruit	14 pieces
☐ Berries	7 pints

Fat

Pick 3

☐ Olive oil	1 bottle
☐ Butter	2 sticks
☐ Nut butter	1 jar
☐ Avocado	4 avocados
☐ Nuts	9 oz
☐ Cheese	9 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.