RISE UP FITNESS
Member resource

NO. 07 · NUTRITION

Meal plan 250 lb and up

Your portions and a pick-your-own grocery list, sized for 250 lb and up (113 kg and up). About 2,650 calories and 230 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 · 250 LB AND UP

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	9 oz
Ground turkey, 93%	9 oz
Ground beef, 93%	7½ oz
Pork tenderloin	9 oz
Salmon	7½ oz
White fish, shrimp	10½ oz
Whole eggs	5
Egg whites	2 cups
Greek yogurt, nonfat	2¼ cups
Cottage cheese	2¼ cups
Canned tuna	2½ cans
Protein powder	2½ scoops

Carb

Rice, cooked	1½ cups
Potato, sweet potato	2 cups
Oats, dry	1 cup
Quinoa, cooked	1½ cups
Pasta, cooked	1½ cups
Whole-grain bread	3 slices
Corn tortillas	5
Beans, lentils	1¼ cups
Fruit	2½ pieces
Berries	2¼ cups

Fat

Olive oil	1½ tbsp
Butter	1½ tbsp
Nut butter	2½ tbsp
Avocado	½
Nuts	1½ oz
Cheese	1½ oz
Chia or flax	3 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	2 cups egg whites scrambled with spinach, 1 cup oats, 2½ tbsp peanut butter
Lunch	9 oz chicken, 1½ cups rice, ½ avocado, peppers and salsa
Snack	Shake with 2½ scoops protein powder and water
Dinner	7½ oz salmon, 2 cups cubed potato, 1½ tbsp olive oil, broccoli

GROCERY LIST · 250 LB AND UP

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	4 lb
☐ Ground turkey, 93%	4 lb
☐ Ground beef, 93%	3½ lb
☐ Pork tenderloin	4 lb
☐ Salmon	3½ lb
☐ White fish, shrimp	4¾ lb
☐ Whole eggs	3 dozen
☐ Egg whites	4 cartons (32 oz)
☐ Greek yogurt, nonfat	4 tubs (32 oz)
☐ Cottage cheese	6 tubs (24 oz)
☐ Canned tuna	18 cans
☐ Protein powder	17½ scoops

Carb

Pick 3

☐ Rice, cooked	1½ lb dry
☐ Potato, sweet potato	12 medium
☐ Oats, dry	7 cups
☐ Quinoa, cooked	3½ cups dry
☐ Pasta, cooked	1½ lb dry
☐ Whole-grain bread	2 loaves
☐ Corn tortillas	2 packs of 30
☐ Beans, lentils	6 cans
☐ Fruit	18 pieces
☐ Berries	8 pints

Fat

Pick 3

☐ Olive oil	1 bottle
☐ Butter	2 sticks
☐ Nut butter	1 jar
☐ Avocado	4 avocados
☐ Nuts	11 oz
☐ Cheese	11 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.