RISE UP FITNESS
Member resource

NO. 04 · NUTRITION

Meal plan Under 150 lb

Your portions and a pick-your-own grocery list, sized for under 150 lb (under 68 kg). About 1,350 calories and 115 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 · UNDER 150 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	4½ oz
Ground turkey, 93%	4½ oz
Ground beef, 93%	4 oz
Pork tenderloin	4½ oz
Salmon	4 oz
White fish, shrimp	5½ oz
Whole eggs	2
Egg whites	1 cup
Greek yogurt, nonfat	1¼ cups
Cottage cheese	1¼ cups
Canned tuna	1 can
Protein powder	1 scoop

Carb

Rice, cooked	¾ cup
Potato, sweet potato	1 cup
Oats, dry	½ cup
Quinoa, cooked	¾ cup
Pasta, cooked	¾ cup
Whole-grain bread	1½ slices
Corn tortillas	2
Beans, lentils	½ cup
Fruit	1 piece
Berries	1¼ cups

Fat

Olive oil	¾ tbsp
Butter	¾ tbsp
Nut butter	1 tbsp
Avocado	¼
Nuts	¾ oz
Cheese	¾ oz
Chia or flax	1½ 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	1 cup egg whites scrambled with spinach, ½ cup oats, 1 tbsp peanut butter
Lunch	4½ oz chicken, ¾ cup rice, ¼ avocado, peppers and salsa
Snack	Shake with 1 scoop protein powder and water
Dinner	4 oz salmon, 1 cup cubed potato, ¾ tbsp olive oil, broccoli

GROCERY LIST · UNDER 150 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	2 lb
☐ Ground turkey, 93%	2 lb
☐ Ground beef, 93%	1¾ lb
☐ Pork tenderloin	2 lb
☐ Salmon	1¾ lb
☐ White fish, shrimp	2½ lb
☐ Whole eggs	2 dozen
☐ Egg whites	2 cartons (32 oz)
☐ Greek yogurt, nonfat	3 tubs (32 oz)
☐ Cottage cheese	3 tubs (24 oz)
☐ Canned tuna	7 cans
☐ Protein powder	7 scoops

Carb

Pick 3

☐ Rice, cooked	1 lb dry
☐ Potato, sweet potato	6 medium
☐ Oats, dry	3½ cups
☐ Quinoa, cooked	2 cups dry
☐ Pasta, cooked	1 lb dry
☐ Whole-grain bread	1 loaf
☐ Corn tortillas	1 pack of 30
☐ Beans, lentils	3 cans
☐ Fruit	7 pieces
☐ Berries	5 pints

Fat

Pick 3

☐ Olive oil	1 bottle
☐ Butter	1 stick
☐ Nut butter	1 jar
☐ Avocado	2 avocados
☐ Nuts	6 oz
☐ Cheese	6 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.