



The Teal Yogi

THE TEAL YOGI

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–Thu 6:30am–7:30pm · Fri 6:30am–8am ·
Sat 8am–9:30am · Sun 8am–6pm

FRONT DESK

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VISIT

16127 Farrell Road, Lockport

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.