



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

FRONT DESK

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VISIT

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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.