



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–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 · 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

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|---------------------------------------|------------|
| ☐ 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.