



The Teal Yogi

THE TEAL YOGI

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–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 · 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.