

Name: Laura Jackson
Start Date: 23-Mar-15
Weekly Check in day: Sat am
Check in format: Progress Pictures and chest, waist, hip, thigh measurements



	CARBS	PROTEIN	FATS	CALORIES
Meal 1				
multivitamin				
1cup scrambled egg whites	2	24	0	118
1/2cup steel cut oats	27	5	2	120
1tbsp coconut oil	0	0	14	120
Meal 2				
1 large apple	34	1	0	130
1 scoop whey protein shake	3	24	2	120
1 tbsp almond butter	3	2	9	95
Meal 3				
5oz chicken breast	0	32	2	155
1 cup sweet potato	58	4	0	249
1 cup broccoli	6	2	0	30
Post Workout				
1 scoop whey protein shake	3	24	2	120
4 rice cakes	28	4	0	140
Meal 5				
5oz white fish	0	29	2	138
1 cup brown rice	58	6	2	280
1 cup green beans	8	2	0	34
1 tbsp olive oil	0	0	14	119
Meal 6				
1cup plain nonfat greek yogurt	6	18	0	100
1 tbsp hemp seeds	1	3	4	57
TOTAL	237	180	53	2125

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