

Physique Shred - 1750

Day 1

Snack	bodycor - powerplant protein	1 Scoop	134 cal
8:00 AM	bananas	2/3 medium	70 cal
	drinking water	2/3 Cup(s)	0 cal
	bodycor - supervitamin	2 capsule/table	0 cal
	bcaa capsules	3 grams (0 oz)	0 cal
	l-glutamine	5 grams (0 oz)	0 cal

Calories 204 cal / **Carbs** 23 g (45%) / **Protein** 25 g (49%) / **Fat** 2 g (10%) / **Fluid** 7

Breakfast	drinking water	2 Cup(s)	0 cal
8:30 AM	blueberries	1/2 Cup(s)	41 cal
	egg whites, cooked	5 large	86 cal
	oatmeal, steel cut	1/3 Cup(s)	200 cal
	bodycor - alphaman	4 capsule/table	0 cal

Calories 327 cal / **Carbs** 48 g (58%) / **Protein** 25 g (31%) / **Fat** 4 g (11%) / **Fluid** 23

Lunch	drinking water	2 Cup(s)	0 cal
12:00 PM	chicken, boneless, roasted	6 oz	284 cal
	tomatoes	1/4 Cup(s)	8 cal
	romaine lettuce	3 leaf	3 cal
	avocados raw california	1/3 fruit	96 cal
	quinoa, cooked	1/4 Cup(s)	56 cal


Calories 447 cal / **Carbs** 17 g (15%) / **Protein** 46 g (41%) / **Fat** 21 g (43%) / **Fluid** 24

Snack	almond butter	1 Tbsp	100 cal
3:00 PM	snacks rice cakes brown plain unsalted	2 cakes	70 cal
	drinking water	1 Cup(s)	0 cal

Calories 170 cal / **Carbs** 18 g (42%) / **Protein** 4 g (11%) / **Fat** 9 g (45%) / **Fluid** 8

Snack	bodycor - powerplant protein	1 Scoop	134 cal
5:00 PM	drinking water	2/3 Cup(s)	0 cal
	bodycor - supervitamin	2 capsule/table	0 cal
	bcaa capsules	2 grams (0 oz)	0 cal
	l-glutamine	5 grams (0 oz)	0 cal

Calories 134 cal / **Carbs** 5 g (15%) / **Protein** 24 g (72%) / **Fat** 2 g (13%) / **Fluid** 5

Dinner	drinking water	2 Cup(s)	0 cal
7:00 PM	halibut fish, cooked	8 oz	252 cal
	brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
	organic virgin coconut oil by trader joe's	1/2 Tbsp	59 cal
	 arugula salad with white beans	1 serving	382 cal

Calories 721 cal / **Carbs** 53 g (30%) / **Protein** 70 g (39%) / **Fat** 26 g (32%) / **Fluid** 29

Day 2

Snack	bodycor - powerplant protein	1 Scoop	134 cal
8:00 AM	bananas	2/3 medium	70 cal
	drinking water	2/3 Cup(s)	0 cal
	bodycor - supervitamin	2 capsule/table	0 cal

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bcaa capsules	3 grams (0 oz)	0 cal
l-glutamine	5 grams (0 oz)	0 cal

Calories 204 cal / **Carbs** 23 g (45%) / **Protein** 25 g (49%) / **Fat** 2 g (10%) / **Fluid** 7

Breakfast 8:30 AM	drinking water	1 Cup(s)	0 cal
	plain greek yogurt, nonfat	1 container	100 cal
	strawberries	1/3 cup, halves	16 cal
	walnuts	1/8 cup, chopped	96 cal
	granola and raisins cereal, low-fat	1/2 Cup(s)	97 cal
	thermogenic - fat burner	1 capsule/table	0 cal
	bodycor - alphaman	4 capsule/table	0 cal

Calories 309 cal / **Carbs** 32 g (42%) / **Protein** 22 g (28%) / **Fat** 12 g (34%) / **Fluid** 15

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	romaine lettuce	2 leaf	2 cal
	baby carrots	10 medium	35 cal
	salmon, cooked	6 oz	260 cal
	brown rice, long-grain, cooked	1/2 Cup(s)	108 cal
	avocados	1/3 avocado	107 cal

Calories 513 cal / **Carbs** 37 g (29%) / **Protein** 46 g (36%) / **Fat** 20 g (35%) / **Fluid** 28

Snack 3:00 PM	almonds	7 almond	49 cal
	drinking water	2 Cup(s)	0 cal

apples 1/2 large 55 cal

Calories 104 cal / **Carbs** 16 g (63%) / **Protein** 2 g (8%) / **Fat** 4 g (38%) / **Fluid** 19

Snack
5:00 PM

bodycor - powerplant protein	1 Scoop	134 cal
drinking water	2/3 Cup(s)	0 cal
bodycor - supervitamin	2 capsule/table	0 cal
bcaa capsules	2 grams (0 oz)	0 cal
l-glutamine	5 grams (0 oz)	0 cal

Calories 134 cal / **Carbs** 5 g (15%) / **Protein** 24 g (72%) / **Fat** 2 g (13%) / **Fluid** 5

Dinner
7:00 PM

drinking water	2 Cup(s)	0 cal
mustard greens, no salt, boiled	1/2 cup, chopped	18 cal
coconut vegetable oil	1/3 Tbsp	39 cal
chicken breast, cooked	7 oz	327 cal
tomatoes	1/2 large	16 cal
onions	1/8 Cup(s)	8 cal
avocados	1/4 avocado	80 cal

Calories 489 cal / **Carbs** 13 g (11%) / **Protein** 65 g (53%) / **Fat** 19 g (36%) / **Fluid** 27

Day 3

Snack
8:00 AM

bodycor - powerplant protein	1 Scoop	134 cal
bananas	1 medium	105 cal
drinking water	2/3 Cup(s)	0 cal
bodycor - supervitamin	2 capsule/table	0 cal
bcaa capsules	3 grams (0 oz)	0 cal

I-glutamine	5 grams (0 oz)	0 cal
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Calories 239 cal / **Carbs** 32 g (53%) / **Protein** 25 g (42%) / **Fat** 2 g (9%) / **Fluid** 8

Breakfast 8:30 AM	almond butter	1 1/2 Tbsp	150 cal
	drinking water	1 Cup(s)	0 cal
	egg whites, cooked	4 large	69 cal
	mixed fruit by fresh & easy	1 serving	80 cal
	snacks rice cakes brown plain unsalted	1 cakes	35 cal
	thermogenic - fat burner	1 capsule/table	0 cal
	bodycor - alphaman	4 capsule/table	0 cal

Calories 333 cal / **Carbs** 34 g (41%) / **Protein** 21 g (25%) / **Fat** 12 g (34%) / **Fluid** 12

Lunch 12:00 PM	extra virgin olive oil	1 tsp	40 cal
	balsamic vinegar	1 tsp	5 cal
	romaine lettuce	2 Cup(s)	16 cal
	zucchini/summer squash	2 small	40 cal
	quinoa, cooked	1/3 Cup(s)	74 cal
	avocados	1/4 avocado	80 cal
	cod fish, cooked	6 oz	179 cal

Calories 434 cal / **Carbs** 29 g (27%) / **Protein** 47 g (43%) / **Fat** 16 g (33%) / **Fluid** 18

Snack 3:00 PM	drinking water	2 Cup(s)	0 cal
	baby carrots	8 large	42 cal
	hummus, lower sodium	1 Tbsp	26 cal

Calories 68 cal / **Carbs** 12 g (71%) / **Protein** 2 g (12%) / **Fat** 2 g (22%) / **Fluid** 20

Snack 5:00 PM	bodycor - powerplant protein	1 Scoop	134 cal
	drinking water	2/3 Cup(s)	0 cal
	bodycor - supervitamin	2 capsule/table	0 cal
	bcaa capsules	2 grams (0 oz)	0 cal
	l-glutamine	5 grams (0 oz)	0 cal
	almond butter, no salt	1 Tbsp	98 cal

Calories 232 cal / **Carbs** 8 g (14%) / **Protein** 27 g (47%) / **Fat** 11 g (42%) / **Fluid** 5

Dinner 7:00 PM	mustard greens, no salt, boiled	2/3 cup, chopped	24 cal
	drinking water	2 Cup(s)	0 cal
	chicken, boneless, roasted	7 oz	331 cal
	avocados	1/4 avocado	80 cal

Calories 436 cal / **Carbs** 8 g (8%) / **Protein** 53 g (49%) / **Fat** 21 g (43%) / **Fluid** 25

1 Servings



arugula salad with white beans

Ingredients

garlic	1 clove
olive oil	1 Tbsp
arugula	1 1/2 Cup(s)
white beans, no salt, boiled	1 Cup(s)

Nutrition Totals

Calories 382 / **Carbs** 48 g / **Protein** 17 g / **Fat** 15 g / **Fluid** 4.36 fl oz

Instructions

1. Heat the olive oil in a large skillet over medium heat; cook the garlic in the hot oil about 1 minute. Add in sage, and thyme; increase the heat to medium-high and simmer 2 to 3 minutes. Stir in the white beans and basil. Season with salt and pepper. Continue cooking until beans are heated through, 3 to 4 minutes
2. Arrange the arugula on a serving platter. Spoon the bean mixture over the arugula.

Nutrition Label

arugula salad with white beans		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories 382	Calories from Fat 132.8	
% Daily Value*		
Total Fat	14.7g	23%
Saturated Fat	2.1g	11%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	8.4mg	0%
Total Carbohydrates	47.7g	16%
Dietary Fiber	18.9g	76%
Sugars	0.3g	
Protein	16.6g	
Vitamin A 7%	•	Vitamin C 5%
Calcium 36%	•	Iron 18%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat	Less than 65g	
Saturated Fat	Less than 20g	
Cholesterol	Less than 300mg	
Sodium	Less than 2400mg	
Total Carbohydrate	Less than 300g	
Dietary Fiber	Less than 25g	
Calories per gram: Carbohydrate 4 • Protein 4 • Fat 9		

Meal Plan Shopping List

Beverages	drinking water	23.02 Cup(s)
Cereal & Grain Products	brown rice, long-grain, cooked	0.5 Cup(s)
	granola and raisins cereal, low-fat	0.5 Cup(s)
	oatmeal, steel cut	0.08 Cup(s)
	quinoa, cooked	0.58 Cup(s)
Dairy & Egg	egg whites, cooked	9 large
	plain greek yogurt, nonfat	1 container
Fats & Oils	coconut vegetable oil	0.33 Tbsp
	extra virgin olive oil	1 tsp
	olive oil	1 Tbsp
Finfish & Shellfish	cod fish, cooked	6 oz
	halibut fish, cooked	8 oz
	salmon, cooked	6 oz
Fruits & Juices	apples	0.5 large
	avocados	1.08 avocado
	avocados raw california	0.33 fruit
















	bananas	2.34 medium
	blueberries	0.5 Cup(s)
	strawberries	0.33 cup, halves
Ingredients	balsamic vinegar	1 tsp
Legumes & Beans	hummus, lower sodium	1 Tbsp
	white beans, no salt, boiled	1 Cup(s)
Nuts & Seeds	almond butter	2.5 Tbsp
	almond butter, no salt	1 Tbsp
	almonds	7 almond
	walnuts	0.13 cup, chopped
Poultry	chicken, boneless, roasted	13 oz
	chicken breast, cooked	7 oz
Sports & Diet Nutritionals	bcaa capsules	27 grams
	bodycor - alphaman	48 capsule/table
	bodycor - powerplant protein	6 Scoop
	bodycor - supervitamin	24 capsule/table
	l-glutamine	30 grams
	thermogenic - fat burner	2 capsule/table
Uncategorized	mixed fruit by fresh & easy	1 serving

	organic virgin coconut oil by trader joe's	0.5 Tbsp
	snacks rice cakes brown plain unsalted	6 cakes
Vegetables	arugula	1.5 Cup(s)
	baby carrots	10 medium
		8 large
	brussels sprouts, no salt, boiled	1 Cup(s)
	garlic	1 clove
	mustard greens, no salt, boiled	1.17 cup, chopped
	onions	0.13 Cup(s)
	romaine lettuce	5 leaf
		2 Cup(s)
	tomatoes	0.25 Cup(s)
		0.5 large
	zucchini/summer squash	2 small







Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines

				
Golf Ball 1/4 cup / 1 oz / 2 tbsp	Tennis Ball 1/3 cup	Computer Mouse 1/2 cup	Baseball 1 cup	Rounded Handful 1/2 cup 1 oz dried goods
				
Hockey Puck 3 oz muffin or biscuit	Matchbox 1 oz serving of meat	Deck of Cards 3 oz of chicken, meat, or fish	This Paperback Book 8 oz serving of meat	Thumb 1 tsp
				
Poker Chip 1 tbsp	Shot Glass 1 oz / 2 tbsp	CD 1 slice of bread 1 oz lunch meat	3 Dice 1 1/2 oz cheese	Kids' Milk Carton 8 oz drink

Useful Examples

		
Bread & Grains 1 cup of cereal = 1 baseball 1/2 cup cooked rice = computer mouse 1/2 cup cooked paste = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	Fruits & Vegetables 1/2 cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	Meats, Fish & Nuts 3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24 pistachios
		
Dairy & Cheese 1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	Fats & Oils 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	Swets & Treats 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox