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Meal Planner For: *Weight Loss, 1200 -1400
 For the Date Range: 08/24/2009 to 08/24/2009

DAY # 1
 (08/24/2009)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
4	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
0.5	cup	Oatmeal - quick, measure uncooked	5.00	26.00	3.00	140.00
2	1 cup (8 fl oz)	Water, bottled, poland spring	0.00	0.00	0.00	0.00
Totals:			19.00	27.20	3.00	208.00
AM Snack						
1	each	Apple - medium with peel	0.30	21.10	0.00	81.00
2	1 cup (8 fl oz)	Water, bottled, poland spring	0.00	0.00	0.00	0.00
Totals:			0.30	21.10	0.00	81.00
Lunch						
3	ounce(s)	Chicken Breast / White Meat	26.40	0.00	3.00	140.25
1	1 cup	Rice, brown, medium-grain, cooked	4.52	45.84	1.62	218.40
1	1 cup (8 fl oz)	Water, bottled, poland spring	0.00	0.00	0.00	0.00
Totals:			30.92	45.84	4.62	358.65
PM Snack						
1	each	Banana - med 8"	1.20	26.70	0.60	105.00
2	1 cup (8 fl oz)	Water, bottled, poland spring	0.00	0.00	0.00	0.00
Totals:			1.20	26.70	0.60	105.00
Dinner						
3	ounce(s)	Halibut - broiled	22.50	0.00	3.00	119.25
2	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
1	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	73.50
1	cup	Vegetables - mixed, frozen, boiled	5.20	23.80	0.20	108.00
2	1 cup (8 fl oz)	Water, bottled, poland spring	0.00	0.00	0.00	0.00
Totals:			29.65	42.05	7.80	340.75
Evening Snack						
1	table spoon	Peanut Butter-Natural Smooth	4.00	3.00	8.00	100.00
1	each	Rice Cake-Butter Toffee	1.00	13.00	0.50	60.00
Totals:			5.00	16.00	8.50	160.00
Actual Totals for 08/24/2009:			86.07	178.89	24.52	1253.40
Actual % of Total Calories:			26.89	55.88	17.23	

Important Notes

- If you have a medical condition, please consult with your doctor before utilizing this meal
- According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.