

ULTIMATE 30-DAY BEGINNER'S GUIDE TO FITNESS

STEVE COOK
OPTIMUM NUTRITION



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30
DAYS



SAMPLE MEAL PLAN - 3500 CALORIES

BREAKFAST	PROTEIN	CARBOHYDRATES	FAT	CALORIES
8 EGG WHITES	29	0	0	137
1 WHOLE EGG	6	0	5	72
3/4 CUP UNCOOKED OATS	10	41	4	233
1/2 TBSP NATURAL PEANUT/ALMOND BUTTER	2	2	4	53

TOTAL **47** **43** **13** **495**

MID-MORNING	PROTEIN	CARBOHYDRATES	FAT	CALORIES
2 TBSP NATURAL PEANUT/ALMOND BUTTER	8	8	16	210
2 SLICES WHEAT BREAD	7	28	2	149
10-12 STRAWBERRIES	0	12	0	50

TOTAL **15** **48** **18** **409**

LUNCH	PROTEIN	CARBOHYDRATES	FAT	CALORIES
6 OZ CHICKEN	53	0	6	281
7 OZ SWEET POTATO	4	41	0	179
2 CUP BROCCOLI	5	12	1	62
1.5 TSP OLIVE OIL	0	0	7	59

TOTAL **62** **53** **14** **581**

MID DAY	PROTEIN	CARBOHYDRATES	FAT	CALORIES
6 OZ CHICKEN	53	0	6	281
1.5 CUP COOKED BROWN RICE	7	69	0	328
3 CUP SPINACH/MIXED GREENS	3	3	0	21
1/2 AVOCADO	2	8	15	160

TOTAL **65** **80** **21** **790**

DINNER	PROTEIN	CARBOHYDRATES	FAT	CALORIES
8 OZ TILAPIA/WHITE FISH FILET	60	0	5	286
1 CUP COOKED BROWN RICE	4	45	0	218
1 CUP MIXED VEGETABLES STEAMED	3	12	0	118

TOTAL **67** **57** **5** **622**

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