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Sample meal plan 2,200-2,400 calories  
+200-400 calories for exercise days

### Nutrition Plan:

- Be sure to include high intensity interval training (HIIT) for 30 min 3 x/wk. Focus on quality of workout
- Total protein per day is approximately 120 grams (15 ounces) divided into 3 meals and possibly 2-3 snacks
- Meals can have 30-40 grams protein + two snacks around 15 grams protein each
- Try to have vegetables with every meal, should take up half of your plate
- Fruit - can have 2-4 servings per day, 1 serving =
  - ¾ cup berries, 1 small banana, 1 small orange/apple, ½ cup mango, 12 grapes

### Breakfast

- 3-4 egg whites (2 yolks every other day) ½ avocado, salsa
  - Can also have 2 slices bread with breakfast - I like Vermont Bread Company or Ezekiel 4:9 (orange label)
- Toast and peanut butter and 1 fruit (see fruit list above)

- Steel cut oatmeal w/ 2-3 Tbsp peanut butter or 3 hb eggs/egg whites on side, chopped walnuts + 1 fruit

## Lunch

- Large salad, nuts, avocado, chicken, beans - side fruit, crackers/bread
- Turkey sandwich - make sure to have vegetable on side, may need to bring from home
- 2 cans tuna packed in oil (no salad dressing) over lettuce, can put in wrap (1 large or 2 small) with vegetables (sliced cucumbers or tomatoes), + 1 fruit
- Hummus on wrap with lettuce and avocado, 1 fruit
- Can also use leftovers from night before, may need to bring plain yogurt and fruit to supplement

## 4pm Snack

Plain low-fat yogurt (Siggi's, Dannon) and apple, can add sliced banana and few Tbsp granola to yogurt

Apple and small handful nuts

½ cup Hummus and celery, carrots, cucumbers

Bag of popcorn

Handful triscuits, ½ cup tuna salad, apple (on Exercise days when hungry)

## Dinner

½ plate vegetables

¼ plate starch (best starches are beans, lentils, brown rice, quinoa, sweet potato)

¼ plate lean protein (chicken, fish, turkey, egg whites - yolks on occasion, tofu)

**\*\*Package dinners for lunch the following day\*\***