



2016 ULTIMATE FITNESS QUEST 30-DAY CHALLENGE

Customized Meal Plan for Stewart Welch

Breakfast: Alternative #1	Breakfast: Alternative #2	Breakfast: Alternative #3
2 HB Eggs + 4 Egg Whites	2 Eggs + 4 Egg Whites, scrambled w/ Pam	2 Scoops Protein Powder (any flavor) (35-40 Grams Protein)
16 OZ Low Sodium V-8	½ Cup (dry) Organic Oatmeal	½ Cup (dry) Organic Oatmeal
	Optional: 2 Tablespoons of frozen fruit cooked with Oatmeal.	1.5 Tablespoon Almond Butter (OR Peanut Butter)
	Optional: Vanilla extract, cinnamon &/or Stevia for flavor or to sweeten.	Optional: 2 Tablespoons of frozen blueberries, cooked with the oatmeal.
Lunch Alternative #1	Lunch Alternative #2	Lunch Alternative #3
6 oz Grilled Chicken	6 oz Pork Tenderloin	6 oz Grilled Chicken
3 Cups Fresh Spinach	2 Cups Salad Greens or Spinach	½ Cup Sweet Potato
2 Tablespoons Garbanzo Beans	1 Tablespoon Salad Dressing	2-3 Cups Salad Greens
1½ Tablespoon Salad Dressing Oil/Vinegar	½ Cup Sweet Potato Fries (baked)	1 ½ Tablespoon Salad Dressing Oil/Vinegar
Dinner Alternative #1	Dinner Alternative #2	Dinner Alternative #3
6 oz Salmon	6 oz Halibut	5 oz Filet Mignon
2 oz Lemon Juice (fresh)	8 oz Asparagus	½ Cup Sweet Potato
½ Cups Brown Rice (ckd)	2 ½ Cups Salad Greens or Spinach	2/3 Cup Asparagus, Green Beans or Broccoli
1 Cup Asparagus	½ Cup Sweet Potato Fries (baked)	
	1 Tablespoon Salad Dressing	
Snack Alternative #1	Snack Alternative #2	Snack Alternative #3
.75 oz Roasted/Unsalted Nuts: <ul style="list-style-type: none"> • 15 Whole Almonds OR • 12 Cashews OR • 10 Walnut Halves OR • 21 Peanuts OR • 30 Pistachios 	12 oz Greek Yogurt, Fat Free	11 oz Myoplex, ready to drink, Carb Sense
1 Small Apple OR ½ Cup Grapes	½ Cup Blueberries OR ½ Cup Strawberries OR 2 Tablespoons Granola	½ oz Almonds (10-12)
4 oz Boars Head Low Sodium Turkey	15 Whole raw or sprouted Almonds	½ Cup Grapes
1 Tablespoon Mustard	Optional: Vanilla, Stevia, Cinnamon	

Bonus Meal Option #1	Bonus Meal Option #2	Bonus Meal Option #3
5 oz Ham, Boar's Head Low Sodium	5 oz Tuna Albacore H2O	1 ¼ Scoop Protein Powder
1 oz (1 Slice) Cheese (Cheddar, Swiss or Provolone)	1 Tablespoon Relish	3 oz Banana (about 1/3 Banana)
2 Slices WW Bread – brands vary, but you want about 140 calories	1 Tablespoon Mayonnaise	1 Tablespoon Peanut Butter
2 oz (¼ Cup) Strawberries	2 Servings Tortilla, 6" Whole Wheat, Low Carb	6 oz Milk, Low Fat

- All Meals and Snacks are approximately 400 Calories each
- All meals and snacks have approximately 35% Protein, 35% Carbohydrate, 30% Fat
- Eat your first meal within 1 hour of waking
- Eat every 3-4 hours; you should feel ready to eat, but not starving & after eating you should feel satisfied but not stuffed
- You may eat just ½ a meal or eliminate the Carbohydrate in your last meal or snack of the day.
- Try to drink a minimum of 100 oz of water per day , I recommend you get a 32 ounce water bottle and keep track of how many of those you drink per day (a minimum of 3 bottles).