

MEN'S FITNESS FAT TO FIT CHALLENGE - 1800 CALORIE MEAL PLAN – WEEK 1

Day 1

Breakfast	Calories	Carbohydrates	Protein	Fat
Tomato & Basil Omelet* (see recipe)				
• 1 large egg	73.5	0.4	6.3	5
• 2 large egg whites	34.3	0.5	7.2	0.1
• 1/4 cup chopped tomato	8.1	1.8	0.4	0.1
• 2 Tbs grated parmesan cheese	43.1	0.4	3.9	2.9
• 2 Tbs chopped fresh basil	1.4	0.2	0.1	0
TOTAL	160.4	3.3	17.9	8.1
Snack 1	Calories	Carbohydrates	Protein	Fat
25 almonds	173.4	5.9	6.4	15.2
1 medium apple	71.8	19.1	0.4	0.2
TOTAL	245.2	25	6.8	15.4
Lunch	Calories	Carbohydrates	Protein	Fat
4 oz grilled chicken breast, diced	187.1	0	35.2	4.1
2 Tbs dried cranberries	48	11.5	0	0.2
2 Tbs diced avocado	30	1.6	0.4	2.8
3 cups baby spinach	25	5.9	1.7	0.1
1 Tbs olive oil + 2 tsp balsamic vinegar	124	1.3	0	14
TOTAL	414.1	20.3	37.3	21.2
Snack 2	Calories	Carbohydrates	Protein	Fat
6 oz non fat fruit yogurt	160.2	32.4	7.5	0.3
TOTAL	160.2	32.4	7.5	0.3
Dinner	Calories	Carbohydrates	Protein	Fat
4 oz grilled chicken breast, diced	187.1	0	35.2	4.1
1 cup cooked penne pasta	220	42.8	8	1.3
1/2 cup marinara sauce	92.5	14.1	2.4	3
2 Tbs grated parmesan cheese	43.1	0.4	3.9	2.9
3 cups chopped lettuce	24	4.6	1.7	0.4
2 tsp olive oil + 2 tsp balsamic vinegar	39.8	1.3	0	4.5
TOTAL	606.5	63.2	51.2	16.2
Snack 3	Calories	Carbohydrates	Protein	Fat
1 medium banana	105	27	1.3	0.4
1 oz whole wheat pretzels	102	23	3.2	0.7
TOTAL	207	50	4.5	1.1
DAILY TOTAL	1793.4	194.2	125.2	62.3

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Day 2

Breakfast	Calories	Carbohydrates	Protein	Fat
1 cup cooked steel cut oatmeal (prepared with water)	200	36	6.7	3.3
2 Tbs chopped walnuts	81.8	1.7	1.9	8.2
1 Tbs honey	63.8	17.3	0.1	0
1/2 cup blueberries	41.3	10.5	0.5	0.2
TOTAL	386.9	65.5	9.2	11.7
Snack 1	Calories	Carbohydrates	Protein	Fat
1 cup green grapes	110	29	1.2	0.3
3/4 cup low fat cottage cheese	122	4.6	21	1.7
6 whole wheat crackers	60	10	2	1.5
TOTAL	292	43.6	24.2	3.5
Lunch	Calories	Carbohydrates	Protein	Fat
4 oz roasted turkey breast	120	4	22	1
1/2 roasted red pepper	15.5	3.6	0.6	0.2
1 oz part skim mozzarella cheese	80	1	7	6
2 slices multigrain bread, toasted	220	40	8	3
TOTAL	435.5	48.6	37.6	10.2
Dinner	Calories	Carbohydrates	Protein	Fat
4 oz grilled flank steak	210.9	0	31.6	8.4
1 cup steamed green beans with 2 tsp flax oil	148.7	9	2	9.4
3/4 cup cooked whole wheat couscous	142.5	32	5.3	0.75
TOTAL	502.1	41	38.9	18.55
Snack 2	Calories	Carbohydrates	Protein	Fat
1/4 cup dried cranberries	96	23	0	0.4
10 almonds	69.4	2.4	2.6	6.1
TOTAL	165.4	25.4	2.6	6.5
DAILY TOTAL	1781.9	224.1	112.5	50.45

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Day 3

Breakfast	Calories	Carbohydrates	Protein	Fat
Peanut Butter & Banana Shake:				
1 oz vanilla protein powder	104	2	24	0
1 Tbs natural peanut butter	105	3	4	8
1 medium banana	105	27	1.3	0.4
1 Tbs wheat germ	25	3	2	0.5
8 fl oz skim milk	85.8	11.9	8.4	0.4
TOTAL	424.8	46.9	39.7	9.3
Snack 1	Calories	Carbohydrates	Protein	Fat
1 slice sprouted wheat bread, toasted	80	15	4	0.5
1 oz low fat Swiss cheese	50	1	8	1.4
1 cup green grapes	110	29	1.2	0.3
TOTAL	240	45	13.2	2.2
Lunch	Calories	Carbohydrates	Protein	Fat
2 cups lentil soup	251.7	40.6	15.6	3
4 oz roasted turkey breast	120	4	22	1
3 cups chopped lettuce	24	4.6	1.7	0.4
2 tsp olive oil + 2 tsp balsamic vinegar	86.2	1.3	0	9
TOTAL	481.9	50.5	39.3	13.4
Snack 2	Calories	Carbohydrates	Protein	Fat
1 bell pepper, sliced	23.8	5.5	1	0.2
1 hard boiled egg	77.5	0.6	6.3	5.3
TOTAL	101.3	6.1	7.3	5.5
Dinner	Calories	Carbohydrates	Protein	Fat
5 oz grilled chicken breast with 1 tsp olive oil + 1 tsp chili powder	281.8	1.4	44.3	10
1 large baked sweet potato + 1 Tbs low fat plain yogurt	180.8	38	4.2	1.7
2 cups broccoli roasted with 2 tsp olive oil	141.4	12.1	5	9
TOTAL	604	51.5	53.5	20.7
DAILY TOTAL	1852	200	153	51.1

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Day 4

Breakfast	Calories	Carbohydrates	Protein	Fat
1/2 cup granola	180	36	6	2.5
6 oz low fat vanilla yogurt	140	25	7	1.5
1 medium apple, chopped + 1/2 tsp cinnamon	74.76	20	0.36	0.3
TOTAL	394.76	81	13.36	4.3
Snack 1	Calories	Carbohydrates	Protein	Fat
2 Tbs dried cranberries	48	11.5	0	0.2
10 almonds	69.4	2.4	2.6	6.1
TOTAL	117.4	13.9	2.6	6.3
Lunch	Calories	Carbohydrates	Protein	Fat
Roast Beef & Spinach Wrap:				
3 oz roast beef, sliced	135	0	21	4.5
1/2 cup black beans	109.2	19.9	7.2	0.4
2 Tbs salsa	10	3	0	0
1 cup baby spinach	10	2.6	0.6	0
2 Tbs diced avocado	30	1.6	0.4	2.8
1 whole wheat flour tortilla	140	22	4	3
TOTAL	434.2	49.1	33.2	10.7
Snack 2	Calories	Carbohydrates	Protein	Fat
1 medium banana	105	27	1.3	0.4
1/2 cup low fat cottage cheese	81.4	3.1	14	1.2
TOTAL	186.4	30.1	15.3	1.6
Dinner	Calories	Carbohydrates	Protein	Fat
5 oz grilled salmon	327.3	0	36.4	19
2 cups steamed swiss chard with 1 tsp flax oil + lemon juice	110	14.5	6.6	4.8
1 cup sliced cucumber	15.6	3.8	0.3	0.1
TOTAL	452.9	18.3	43.3	23.9
Snack 3	Calories	Carbohydrates	Protein	Fat
1/2 cup blueberries	41.3	10.5	0.5	0.2
1 oz walnuts	185.4	3.9	4.3	18.5
TOTAL	226.7	14.4	4.8	18.7
DAILY TOTAL	1812.36	206.8	112.56	65.5

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Day 5

Breakfast	Calories	Carbohydrates	Protein	Fat
2 oz cooked turkey bacon	213.9	1.7	16.6	15.6
4 egg whites scrambled	68.6	1	14.4	0.2
1 cup steamed spinach	41.4	6.8	5.4	0.5
1 whole wheat flour tortilla	140	22	4	3
TOTAL	463.9	31.5	40.4	19.3
Snack 1	Calories	Carbohydrates	Protein	Fat
1 medium apple	71.8	19.1	0.4	0.2
1 oz part skim mozzarella cheese	80	1	7	6
TOTAL	151.8	20.1	7.4	6.2
Lunch	Calories	Carbohydrates	Protein	Fat
Asian Shrimp Salad:				
5 oz cooked shrimp	140.3	0	29.6	1.5
3 cups mixed greens	30	6	2	0
1 cup sliced cucumber	15.6	3.8	0.3	0.1
1/2 cup canned mandarin oranges (packed in water)	51.6	13	0.8	0.4
1 tsp toasted sesame seeds	17	0.3	0.6	1.7
2 Tbs sliced almonds	83.3	2.5	2.9	7.5
2 Tbs sesame ginger salad dressing	123	2.6	1	12
TOTAL	460.8	28.2	37.2	23.2
Dinner	Calories	Carbohydrates	Protein	Fat
Spicy Turkey Sloppy Joes* (see recipe):				
• 4 oz ground turkey breast sautéed in 1 tsp olive oil	209.6	0	19.9	11
• 2 Tbs diced onion	8.4	2	0.2	0
• 1 Tbs tomato paste	12.5	3	0.5	0
• 1 tsp chili powder	8.2	1.4	0.3	0.4
• 1 cup chopped spinach	6.9	1.1	0.9	0
1 (6.5 in) large whole wheat pita bread	170.2	35.2	6.3	1.7
1 cup steamed broccoli with 1 tsp olive oil + lemon juice	94.6	11.2	3.71	5.1
TOTAL	510.4	53.9	31.81	18.2
Snack 3	Calories	Carbohydrates	Protein	Fat

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6 oz non fat fruit yogurt	160.2	32.4	7.5	0.3
1/2 cup blueberries	41.3	10.5	0.5	0.2
TOTAL	201.5	42.9	8	0.5
DAILY TOTAL	1788.4	176.6	124.81	67.4

Day 6

Breakfast	Calories	Carbohydrates	Protein	Fat
8 oz low fat plain yogurt	133.3	16	10.7	3.3
2 Tbs wheat germ	50	6	4	1
1 Tbs honey	63.8	17.3	0.1	0
1 cup blueberries	82.6	21	1	0.4
1/2 whole wheat english muffin, toasted	67.4	13.5	2.9	0.7
TOTAL	397.1	73.8	18.7	5.4
Snack 1	Calories	Carbohydrates	Protein	Fat
Trail Mix:				
1/4 cup dried cranberries	96	23	0	0.4
2 Tbs chopped almonds	66.5	2.3	2.4	5.8
2 Tbs sunflower seeds	85	3	3.5	7.5
TOTAL	247.5	28.3	5.9	13.7
Lunch	Calories	Carbohydrates	Protein	Fat
5 oz turkey burger, cooked	266.5	0	31	14.9
3 cups mixed greens	30	6	2	0
1/4 cup chopped tomato	8.1	1.8	0.4	0.1
2 Tbs diced avocado	30	1.6	0.4	2.8
1 Tbs olive oil + lemon juice	124	1.3	0	14
TOTAL	458.6	10.7	33.8	31.8
Snack 2	Calories	Carbohydrates	Protein	Fat
1 bell pepper, sliced	23.8	5.5	1	0.2
White Bean Dip* (see recipe)				
• 1/2 cup canned cannelloni beans	153.3	28.7	9.5	0.4
• 2 Tbs chopped scallion + 1 tsp olive oil + 1/2 tsp lemon zest	44.1	0.2	0	4.5
TOTAL	221.2	34.4	10.5	5.1
Dinner	Calories	Carbohydrates	Protein	Fat
4 oz cooked turkey cutlet (breast meat), sliced	154	0	34.1	0.8
1 cup steamed green beans with 2 tsp flax oil	148.7	9	2	9.4
1 cup cooked brown rice	216.5	44.8	5	1.8

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TOTAL	519.2	53.8	41.1	12
DAILY TOTAL	1843.6	201	110	68

Day 7

Breakfast	Calories	Carbohydrates	Protein	Fat
2 whole grain waffles	165.2	30.9	4.9	2.5
1 Tbs natural peanut butter	105	3	4	8
1 medium apple	71.8	19.1	0.4	0.2
TOTAL	342	53	9.3	10.7
Snack 1	Calories	Carbohydrates	Protein	Fat
1 cup green grapes	110	29	1.2	0.3
1 oz low fat Swiss cheese	50	1	8	1.4
TOTAL	160	30	9.2	1.7
Lunch	Calories	Carbohydrates	Protein	Fat
3 cups mixed greens	30	6	2	0
4 oz roasted turkey breast	120	4	22	1
1/2 cup chopped tomato	16.2	3.5	0.8	0
1 hard boiled egg	77.5	0.6	6.3	5.3
2 Tbs grated parmesan cheese	43.1	0.4	3.9	2.9
2 Tbs chopped fresh basil + 1 Tbs olive oil + lemon juice	124	0.2	0.1	13.5
1 oz whole wheat pretzels	102	23	3.2	0.7
TOTAL	512.8	37.7	38.3	23.4
Snack 2	Calories	Carbohydrates	Protein	Fat
1 slice whole wheat bread, toasted	110	19	5	1.5
1 Tbs natural peanut butter	105	3	4	8
TOTAL	215	22	9	9.5
Dinner	Calories	Carbohydrates	Protein	Fat
4 oz roasted pork tenderloin	225.5	0	31.2	9
1/2 cup cooked quinoa	106	19.5	3.7	1.6
2 cups steamed swiss chard with 1 tsp flax oil + lemon juice	110	14.5	6.6	4.8
TOTAL	441.5	34	41.5	15.4
Snack 3	Calories	Carbohydrates	Protein	Fat
2 Tbs sunflower seeds	85	3	3.5	7.5

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1 cup sliced cucumber	15.6	3.8	0.3	0.1
TOTAL	100.6	6.8	3.8	7.6
DAILY TOTAL	1771.9	183.5	111.1	68.3

RECIPES

Tomato and Basil Omelet

Serves: 1
Prep Time: 10 minutes
Cook Time: 5 minutes

1 large egg
2 large egg whites
¼ cup chopped tomato
2 Tbs grated parmesan cheese
2 Tbs chopped fresh basil
Nonstick cooking spray

- 1) In a small bowl, whisk together egg and egg whites, set aside
- 2) Heat a small nonstick skillet over medium heat, spray with nonstick cooking spray
- 3) Add eggs to pan and scramble gently as eggs begin to set
- 4) Add tomato cheese and basil to center of the eggs and allow to cook until eggs are firm
- 5) Gently fold edges of omelet over tomato mixture, transfer to a plate and serve.

Spicy Turkey Sloppy Joes

Serves: 1
Prep Time: 10 minutes

Cook Time: 10 minutes

1 tsp olive oil
2 Tbs diced onion
3 oz ground turkey breast
1 Tbs tomato paste
1 tsp chili powder
1 cup chopped spinach

- 1) Heat oil in a small skillet over medium heat
- 2) Add onion and turkey and sauté for 5 minutes; season with salt and pepper to taste
- 3) Add tomato paste, chili powder and spinach and continue to toss and cook for 5 additional minutes until turkey is completely cooked.

White Bean Dip

Serves: 1

Prep Time: 5 minutes

Cook Time: 0 minutes

½ cup canned cannelloni beans (rinsed and drained)
2 Tbs chopped scallion
1 tsp olive oil
½ tsp lemon zest

- 1) Combine ingredients in a food processor or a small bowl.
- 2) Pulse using food processor or mash with a fork until smooth; season with salt and pepper to taste.