

**Food Plan**  
**Woman, 130lbs, 20% body fat**  
**GOAL 10% in 12 Weeks**

Time	Activity	Foods	Amount	Units	Calories	Protein	Total Carbs	Carbs- Sugar	Total Fat	Saturated Fat
7:00 AM	Meal 1									
<b>Notes: Followed by 20 minutes of cardio</b>										
		Egg Whole	1.00	egg	71	6	0	0	5	2
		Eggs White	2.00	1/4 cup	60	12	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
		<b>Total</b>			<b>131.00</b>	<b>18.00</b>	<b>0.00</b>	<b>0.00</b>	<b>5.00</b>	<b>2.00</b>
8:30 AM	Meal 2									
<b>Notes: Directly After Cardio</b>										
		Oatmeal	0.25	Cup(s)	75	2.5	13.5	0.5	1.25	0.25
		Eggs White	2.00	1/4 cup	60	12	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
		<b>Total</b>			<b>135.00</b>	<b>14.50</b>	<b>13.50</b>	<b>0.50</b>	<b>1.25</b>	<b>0.25</b>
11:00 AM	Meal 3									
<b>Notes:</b>										
		Chicken Breast	4.00	oz	184	36	0	0	4	0
		Potato Sweet	3.00	oz	78	3	18	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
		<b>Total</b>			<b>262.00</b>	<b>39.00</b>	<b>18.00</b>	<b>0.00</b>	<b>4.00</b>	<b>0.00</b>
2:00 PM										
<b>Notes:</b>										
		Chicken Breast	4.00	oz	184	36	0	0	4	0
		Potato Sweet	3.00	oz	78	3	18	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
		<b>Total</b>			<b>262.00</b>	<b>39.00</b>	<b>18.00</b>	<b>0.00</b>	<b>4.00</b>	<b>0.00</b>
4:30 PM										
<b>Notes:</b>										
		Ground Beef 90% lean	4.00	oz	170	23	0	0	8	3.5
		Potato Sweet	3.00	oz	78	3	18	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
		<b>Total</b>			<b>248.00</b>	<b>26.00</b>	<b>18.00</b>	<b>0.00</b>	<b>8.00</b>	<b>3.50</b>
<b>5:30 PM: WEIGHT TRAINING 60 Minutes</b>										
6:30 PM										
<b>Notes:</b>										
		Protein Powder Dym ISO-100	0.50	scoop	65	12	2	1	1	0
		Eggs White	2.00	1/4 cup	60	12	0	0	0	0
		Rice Cake	2.00	1 Wafer	70	1.4	16	0.2	0.4	0.2
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
		<b>Total</b>			<b>195.00</b>	<b>25.40</b>	<b>18.00</b>	<b>1.20</b>	<b>1.40</b>	<b>0.20</b>
8:30 PM										
<b>Notes:</b>										
		Chicken Breast	4.00	oz	184	36	0	0	4	0
		Rice Brown	0.50	Cup(s)	108	2.5	22.5	0.5	1	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
		<b>Total</b>			<b>292.00</b>	<b>38.50</b>	<b>22.50</b>	<b>0.50</b>	<b>5.00</b>	<b>0.00</b>
<b>Total Daily Intake</b>					<b>1525.00</b>	<b>200.40</b>	<b>108.00</b>	<b>2.20</b>	<b>28.65</b>	<b>5.95</b>
<b>Caloric Goal</b>					<b>1519.22</b>	59.90%	25-35%	0-15%	10-20%	0-10%
<b>Approx Calories</b>						801.60	423.20	8.80	204.30	53.55
<b>Actual</b>						54%	28%	1%	14%	4%