Nutrition Guide

#GetFitOnTheGo #GFOTG #1Gym1GoalLet'sGo

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal Day							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Totals:	**Cals:** **Pro:** **Carbs:** **Fats:**	**Cals:** **Pro:** **Carbs:** **Fats:**	**Cals:** **Pro:** **Carbs:** **Fats:**	**Cals:** **Pro:** **Carbs:** **Fats:**	**Cals:** **Pro:** **Carbs:** **Fats:**	**Cals:** **Pro:** **Carbs:** **Fats:**	**Cals:** **Pro:** **Carbs:** **Fats:**

PROTEIN ALTERNATIVE OPTIONS

	Serving Size	Calories	Protein	Carbs	Fats
Skinless Chicken	1 oz	46	9g	0g	1g
Lean Ground Beef	1 oz	46	7g	0g	2g
Egg Whites	1 large (33g)	16	4g	0g	0g
NY Strip Steak	1 oz	79	7g	0g	6g
Salmon	1 oz	51	7g	0g	6g
Shrimp	1 oz	28	6g	0g	0g
Tilapia	1 oz	36	7g	0g	1g
Ground Turkey	1oz	66	8g	0g	4g
Tuna	1oz	32	7g	0g	0g

CARB ALTERNATIVE OPTIONS

	Serving Size	Calories	Protein	Carbs	Fats
Black Beans	1 oz	37	3g	7g	0g
Brown Rice	1 oz	31	1g	7g	0g
Oatmeal	1 oz	20	1g	4g	0g
Potatoes	1 oz	26	1g	6g	0g
Quinoa	1 oz	34	1g	6g	1g
Broccoli	1 oz	10	1g	2g	0g
Asparagus	1 oz	6	1g	1g	0g
Kale	1oz	14	1g	3g	0g
Spinach	1 oz	6	1g	1g	0g
Tomatoes	1oz	5	0g	1g	0g

FAT ALTERNATIVE OPTIONS

	Serving Size	Calories	Protein	Carbs	Fats
Almonds	1 oz	162	6g	6g	14g
Avocado	1 oz	45	1g	2g	4g
Cashews	1 oz	155	5g	9g	12g
Olive Oil	1tbsp	119	0g	0g	14g
Peanut Butter	1 oz	165	7g	6g	14g