

## **SAMPLE MEAL PLAN, APPROX. 1600 CALORIES**

### **Meal 1**

6 egg whites

$\frac{1}{4}$  avocado

$\frac{1}{2}$  grapefruit

32 oz water

### **Meal 2**

6 oz. tilapia

2 C green beans

32 oz water

### **Meal 3**

6 oz chicken breast

1 C brown rice

32 oz water

### **Intra-workout**

1 serving BCAAs

1 scoop Whey Protein

### **Meal 4**

4 oz ground turkey

6 oz sweet potato

1 C spinach

### **Meal 5**

6 oz tilapia

2 C green beans

32 oz water

### **Meal 6**

4 oz chicken

1 C green beans

32 oz water

# Figuring It Out Exercise And Diet For A Lovlier You

**Annelies Wilder-Smith**



## **Figuring It Out Exercise And Diet For A Lovlier You:**

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