

Meal Plan  
Weight Loss Program

Prepared By: Vinsanity Diet Plans  
Email: [dietplans@vinsanityshred.com](mailto:dietplans@vinsanityshred.com)  
Created: 11-10-2016

**5'11" and below**

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**Day 1**

Day 1						
Time	Meal Label	Calories	Meal Items			
12:00 am	Post-Workout	174 160	1 oz Almonds raw 1 serving Protein Shake/Scoop			
Notes:						
Meal Totals:		Calories: 334	Carbs: 10g (12%)	Protein: 36g (43%)	Fat: 17g (45%)	Fluid: 0oz
07:00 am	Breakfast	140 84 80	100 grams Eggs Whole 6 fl oz 100% Egg Whites 34 grams 1 slice Ezekiel Bread			
Notes:						
Meal Totals:		Calories: 304	Carbs: 17g (23%)	Protein: 36g (48%)	Fat: 10g (30%)	Fluid: 6oz
10:00 am	Snack	45 135	1 cups Broccoli - Steamed 3 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 180	Carbs: 6g (13%)	Protein: 30g (67%)	Fat: 4g (20%)	Fluid: 0oz
01:00 pm	Lunch	276 172 13	4 oz 96% Ground Beef 90 grams Avocado (1 Medium) 60 grams Asparagus (about 6 spears)			
Notes:						
Meal Totals:		Calories: 461	Carbs: 5g (4%)	Protein: 32g (28%)	Fat: 35g (68%)	Fluid: 0oz
05:00 pm	Dinner	86 13 171	45 grams Avocado (1 Medium) 60 grams Asparagus (about 6 spears) 3 oz Salmon Fish (Cooked)			
Notes:						
Meal Totals:		Calories: 270	Carbs: 4g (6%)	Protein: 20g (29%)	Fat: 20g (65%)	Fluid: 0oz
08:00 pm	Snack	123 68	3 oz 93% Lean Ground Turkey (Cooked) 1 1/2 cups Broccoli - Steamed			
Notes:						
Meal Totals:		Calories: 191	Carbs: 9g (18%)	Protein: 29g (59%)	Fat: 5g (23%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 1 Totals:</b>		<b>1740</b>	<b>51g (12%)</b>	<b>183g (42%)</b>	<b>91g (47%)</b>	<b>6oz</b>

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**Day 2**

Day 2						
Time	Meal Label	Calories	Meal Items			
12:00 am	Post-Workout	160 218	1 serving Protein Shake/Scoop 1 1/4 oz Almonds raw			
Notes:						
Meal Totals:		Calories: 378	Carbs: 12g (12%)	Protein: 38g (39%)	Fat: 21g (49%)	Fluid: 0oz
07:00 am	Breakfast	70 225 70	5 fl oz 100% Egg Whites 3/4 cups OATS, ROLLED, OLD FASHIONED (OATMEAL) 50 grams Eggs Whole			
Notes:						
Meal Totals:		Calories: 365	Carbs: 42g (44%)	Protein: 30g (32%)	Fat: 10g (24%)	Fluid: 5oz
10:00 am	Snack	181 135	7 oz Sweet Potato 3 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 316	Carbs: 41g (52%)	Protein: 31g (39%)	Fat: 3g (9%)	Fluid: 0oz
01:00 pm	Lunch	231 123 45	1 cups Quinoa - Cooked 3 oz 93% Lean Ground Turkey (Cooked) 1 cups Broccoli - Steamed			
Notes:						
Meal Totals:		Calories: 399	Carbs: 48g (48%)	Protein: 35g (35%)	Fat: 8g (18%)	Fluid: 0oz
05:00 pm	Dinner	184 86 207	5 oz POTATO, BAKED 45 grams Avocado (1 Medium) 3 oz 96% Ground Beef			
Notes:						
Meal Totals:		Calories: 477	Carbs: 24g (20%)	Protein: 26g (21%)	Fat: 32g (59%)	Fluid: 4oz
08:00 pm	Snack	123 15	3 oz 93% Lean Ground Turkey (Cooked) 1 1/2 cups Baby Spinach			
Notes:						
Meal Totals:		Calories: 138	Carbs: 2g (6%)	Protein: 26g (75%)	Fat: 3g (19%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 2 Totals:</b>		<b>2073</b>	<b>169g (32%)</b>	<b>186g (35%)</b>	<b>77g (33%)</b>	<b>9oz</b>

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**Day 3**

Day 3						
Time	Meal Label	Calories	Meal Items			
12:00 am	Post-Workout	160	1 serving Protein Shake/Scoop			
		300	1 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
		131	3/4 oz Almonds raw			
Notes:						
Meal Totals:		Calories: 591	Carbs: 63g (41%)	Protein: 45g (29%)	Fat: 20g (29%)	Fluid: 0oz
07:00 am	Breakfast	56	4 fl oz 100% Egg Whites			
		225	3/4 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
		105	118 grams 1 Banana			
		80	34 grams 1 slice Ezekiel Bread			
Notes:						
Meal Totals:		Calories: 466	Carbs: 84g (69%)	Protein: 26g (21%)	Fat: 5g (9%)	Fluid: 4oz
10:00 am	Snack	207	8 oz Sweet Potato			
		135	3 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 342	Carbs: 47g (55%)	Protein: 32g (37%)	Fat: 3g (8%)	Fluid: 0oz
01:00 pm	Lunch	231	1 cups Quinoa - Cooked			
		41	1 cups Raw Kale			
		207	3 oz 96% Ground Beef			
Notes:						
Meal Totals:		Calories: 479	Carbs: 48g (40%)	Protein: 33g (27%)	Fat: 18g (33%)	Fluid: 0oz
05:00 pm	Dinner	171	3 oz Salmon Fish (Cooked)			
		13	60 grams Asparagus (about 6 spears)			
		218	1 cups Brown Rice (medium-grain, cooked)			
Notes:						
Meal Totals:		Calories: 402	Carbs: 48g (47%)	Protein: 24g (24%)	Fat: 13g (29%)	Fluid: 0oz
08:00 pm	Snack	82	2 oz 93% Lean Ground Turkey (Cooked)			
		181	7 oz Sweet Potato			
		45	1 cups Broccoli - Steamed			
Notes:						
Meal Totals:		Calories: 308	Carbs: 47g (61%)	Protein: 23g (30%)	Fat: 3g (9%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 3 Totals:</b>		<b>2588</b>	<b>337g (51%)</b>	<b>183g (28%)</b>	<b>62g (21%)</b>	<b>4oz</b>

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**Day 4**

Day 4						
Time	Meal Label	Calories	Meal Items			
12:00 am	Post-Workout	174 160	1 oz Almonds raw 1 serving Protein Shake/Scoop			
Notes:						
Meal Totals:		Calories: 334	Carbs: 10g (12%)	Protein: 36g (43%)	Fat: 17g (45%)	Fluid: 0oz
07:00 am	Breakfast	80 84 140	34 grams 1 slice Ezekiel Bread 6 fl oz 100% Egg Whites 100 grams Eggs Whole			
Notes:						
Meal Totals:		Calories: 304	Carbs: 17g (23%)	Protein: 36g (48%)	Fat: 10g (30%)	Fluid: 6oz
10:00 am	Snack	135 45	3 oz Chicken Breast (cooked) 1 cups Broccoli - Steamed			
Notes:						
Meal Totals:		Calories: 180	Carbs: 6g (13%)	Protein: 30g (67%)	Fat: 4g (20%)	Fluid: 0oz
01:00 pm	Lunch	13 172 276	60 grams Asparagus (about 6 spears) 90 grams Avocado (1 Medium) 4 oz 96% Ground Beef			
Notes:						
Meal Totals:		Calories: 461	Carbs: 5g (4%)	Protein: 32g (28%)	Fat: 35g (68%)	Fluid: 0oz
05:00 pm	Dinner	171 13 86	3 oz Salmon Fish (Cooked) 60 grams Asparagus (about 6 spears) 45 grams Avocado (1 Medium)			
Notes:						
Meal Totals:		Calories: 270	Carbs: 4g (6%)	Protein: 20g (29%)	Fat: 20g (65%)	Fluid: 0oz
08:00 pm	Snack	68 123	1 1/2 cups Broccoli - Steamed 3 oz 93% Lean Ground Turkey (Cooked)			
Notes:						
Meal Totals:		Calories: 191	Carbs: 9g (18%)	Protein: 29g (59%)	Fat: 5g (23%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 4 Totals:</b>		<b>1740</b>	<b>51g (12%)</b>	<b>183g (42%)</b>	<b>91g (47%)</b>	<b>6oz</b>

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**Day 5**

Day 5						
Time	Meal Label	Calories	Meal Items			
12:00 am	Post-Workout	174 160	1 oz Almonds raw 1 serving Protein Shake/Scoop			
Notes:						
Meal Totals:		Calories: 334	Carbs: 10g (12%)	Protein: 36g (43%)	Fat: 17g (45%)	Fluid: 0oz
07:00 am	Breakfast	80 140 84	34 grams 1 slice Ezekiel Bread 100 grams Eggs Whole 6 fl oz 100% Egg Whites			
Notes:						
Meal Totals:		Calories: 304	Carbs: 17g (23%)	Protein: 36g (48%)	Fat: 10g (30%)	Fluid: 6oz
10:00 am	Snack	135 45	3 oz Chicken Breast (cooked) 1 cups Broccoli - Steamed			
Notes:						
Meal Totals:		Calories: 180	Carbs: 6g (13%)	Protein: 30g (67%)	Fat: 4g (20%)	Fluid: 0oz
01:00 pm	Lunch	13 172 276	60 grams Asparagus (about 6 spears) 90 grams Avocado (1 Medium) 4 oz 96% Ground Beef			
Notes:						
Meal Totals:		Calories: 461	Carbs: 5g (4%)	Protein: 32g (28%)	Fat: 35g (68%)	Fluid: 0oz
05:00 pm	Dinner	171 13 86	3 oz Salmon Fish (Cooked) 60 grams Asparagus (about 6 spears) 45 grams Avocado (1 Medium)			
Notes:						
Meal Totals:		Calories: 270	Carbs: 4g (6%)	Protein: 20g (29%)	Fat: 20g (65%)	Fluid: 0oz
08:00 pm	Snack	123 68	3 oz 93% Lean Ground Turkey (Cooked) 1 1/2 cups Broccoli - Steamed			
Notes:						
Meal Totals:		Calories: 191	Carbs: 9g (18%)	Protein: 29g (59%)	Fat: 5g (23%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 5 Totals:</b>		<b>1740</b>	<b>51g (12%)</b>	<b>183g (42%)</b>	<b>91g (47%)</b>	<b>6oz</b>

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**Day 6**

Day 6						
Time	Meal Label	Calories	Meal Items			
12:00 am	Post-Workout	218 160	1 1/4 oz Almonds raw 1 serving Protein Shake/Scoop			
Notes:						
Meal Totals:		Calories: 378	Carbs: 12g (12%)	Protein: 38g (39%)	Fat: 21g (49%)	Fluid: 0oz
07:00 am	Breakfast	70 70 225	5 fl oz 100% Egg Whites 50 grams Eggs Whole 3/4 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
Notes:						
Meal Totals:		Calories: 365	Carbs: 42g (44%)	Protein: 30g (32%)	Fat: 10g (24%)	Fluid: 5oz
10:00 am	Snack	181 135	7 oz Sweet Potato 3 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 316	Carbs: 41g (52%)	Protein: 31g (39%)	Fat: 3g (9%)	Fluid: 0oz
01:00 pm	Lunch	45 123 231	1 cups Broccoli - Steamed 3 oz 93% Lean Ground Turkey (Cooked) 1 cups Quinoa - Cooked			
Notes:						
Meal Totals:		Calories: 399	Carbs: 48g (48%)	Protein: 35g (35%)	Fat: 8g (18%)	Fluid: 0oz
05:00 pm	Dinner	207 86 184	3 oz 96% Ground Beef 45 grams Avocado (1 Medium) 5 oz POTATO, BAKED			
Notes:						
Meal Totals:		Calories: 477	Carbs: 24g (20%)	Protein: 26g (21%)	Fat: 32g (59%)	Fluid: 4oz
08:00 pm	Snack	123 15	3 oz 93% Lean Ground Turkey (Cooked) 1 1/2 cups Baby Spinach			
Notes:						
Meal Totals:		Calories: 138	Carbs: 2g (6%)	Protein: 26g (75%)	Fat: 3g (19%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 6 Totals:</b>		<b>2073</b>	<b>169g (32%)</b>	<b>186g (35%)</b>	<b>77g (33%)</b>	<b>9oz</b>

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**5'11" and below**

**Day 7**

Day 7						
Time	Meal Label	Calories	Meal Items			
12:00 am	Post-Workout	160	1 serving Protein Shake/Scoop			
		300	1 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
		131	3/4 oz Almonds raw			
Notes:						
Meal Totals:		Calories: 591	Carbs: 63g (41%)	Protein: 45g (29%)	Fat: 20g (29%)	Fluid: 0oz
07:00 am	Breakfast	56	4 fl oz 100% Egg Whites			
		225	3/4 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
		105	118 grams 1 Banana			
		80	34 grams 1 slice Ezekiel Bread			
Notes:						
Meal Totals:		Calories: 466	Carbs: 84g (69%)	Protein: 26g (21%)	Fat: 5g (9%)	Fluid: 4oz
10:00 am	Snack	207	8 oz Sweet Potato			
		135	3 oz Chicken Breast (cooked)			
Notes:						
Meal Totals:		Calories: 342	Carbs: 47g (55%)	Protein: 32g (37%)	Fat: 3g (8%)	Fluid: 0oz
01:00 pm	Lunch	231	1 cups Quinoa - Cooked			
		41	1 cups Raw Kale			
		207	3 oz 96% Ground Beef			
Notes:						
Meal Totals:		Calories: 479	Carbs: 48g (40%)	Protein: 33g (27%)	Fat: 18g (33%)	Fluid: 0oz
05:00 pm	Dinner	171	3 oz Salmon Fish (Cooked)			
		13	60 grams Asparagus (about 6 spears)			
		218	1 cups Brown Rice (medium-grain, cooked)			
Notes:						
Meal Totals:		Calories: 402	Carbs: 48g (47%)	Protein: 24g (24%)	Fat: 13g (29%)	Fluid: 0oz
08:00 pm	Snack	82	2 oz 93% Lean Ground Turkey (Cooked)			
		181	7 oz Sweet Potato			
		45	1 cups Broccoli - Steamed			
Notes:						
Meal Totals:		Calories: 308	Carbs: 47g (61%)	Protein: 23g (30%)	Fat: 3g (9%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 7 Totals:</b>		<b>2588</b>	<b>337g (51%)</b>	<b>183g (28%)</b>	<b>62g (21%)</b>	<b>4oz</b>


















## Meal Plan Shopping List

Category	Quantity	Item
Beef	24 oz	96% Ground Beef
Cereal and Grain Products	2 cups	Brown Rice (medium-grain, Cooked)
	5 cups	Oats, Rolled, Old Fashioned (oatmeal)   Quaker
	4 cups	Quinoa - Cooked
Dairy Products	400 grams	Eggs Whole
Finfish and Shellfish Products	15 oz	Salmon Fish (cooked)
Fruits	236 grams	1 Banana
Nuts and Seeds	7 oz	Almonds Raw
Poultry	21 oz	Chicken Breast (cooked)
	25 oz	93% Lean Ground Turkey (cooked)
Restaurant Menu Items, Generic	10 oz	Potato, Baked
Side Dishes	44 oz	Sweet Potato
Snacks	170 grams	1 Slice Ezekiel Bread
Sport and Diet Nutritionals	7 serving	Protein Shake/scoop
	36 fl oz	100% Egg Whites
Vegetables	2 cups	Raw Kale
	3 cups	Baby Spinach
	11 1/2 cups	Broccoli - Steamed
	480 grams	Asparagus (about 6 Spears)
	495 grams	Avocado (1 Medium)







## Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

### Basic Guidelines

 Golf Ball <b>¼ cup</b> <b>1 oz</b> <b>2 tbsp</b>	 Tennis Ball <b>1/3 cup</b>	 Computer Mouse <b>½ cup</b>	 Baseball <b>1 cup</b>	 Rounded Handful <b>½ cup</b> <b>1 oz dried goods</b>
 Hockey Puck <b>3 oz muffin or biscuit</b>	 Matchbox <b>1 oz serving of meat</b>	 Deck of Cards <b>3 oz of chicken, meat, or fish</b>	 Thin Paperback Book <b>8 oz serving of meat</b>	 Thumb <b>1 tsp</b>
 Poker Chip <b>1 tbsp</b>	 Shot Glass <b>1 oz</b> <b>2 tbsp</b>	 CD <b>1 slice of bread</b> <b>1 oz lunch meat</b>	 3 Dice <b>1 ½ oz cheese</b>	 Kids' School Milk Carton <b>8 oz drink</b>

### Useful Examples

 Bread & Grains <b>1 cup of cereal = 1 baseball</b> <b>½ cup cooked rice = computer mouse</b> <b>½ cup cooked paste = computer mouse</b> <b>1 slice of bread = CD</b> <b>3 cups of popcorn = 3 baseballs</b>	 Fruits & Vegetables <b>½ cup grapes = about 16 grapes</b> <b>1 cup of strawberries = about 12 berries</b> <b>1 cup of salad greens = 1 baseball</b> <b>1 cup cooked vegetables = 1 baseball</b> <b>1 baked potato = computer mouse</b>	 Meats, Fish & Nuts <b>3 oz lean meat or poultry = deck of cards</b> <b>3 oz tofu = deck of cards</b> <b>2 tbsp peanut butter = golf ball</b> <b>¼ cup almonds = about 23 almonds</b> <b>¼ cup pistachios = about 24 pistachios</b>
 Dairy & Cheese <b>1 ½ oz cheese = stacked dice</b> <b>1 cup yogurt = baseball</b> <b>½ cup ice cream = computer mouse</b>	 Fats & Oils <b>1 tbsp butter or spread = poker chip</b> <b>1 tbsp salad dressing = poker chip</b> <b>1 tbsp oil or mayonnaise = poker chip</b>	 Sweets & Treats <b>1 slice cake = deck of cards</b> <b>1 cookie = about 2 poker chips</b> <b>1 piece of chocolate = matchbox</b>