SAMPLE MENU

Jumpstart your ideas for healthy meals

1,800 TOTAL DAILY CALORIES

MACRONUTRIENTS

29% Protein (130g)
45% Carbohydrate (203g)
26% Fat (52g)

Below are a series of example meals which can be interchanged. Cooking oils are not included. Each person's caloric needs are different. To determine your specific needs, reach out to your Travel Agent

BREAKFAST

Option #1

503 Calories: 35 g P, 48 g C, 21 g F

2 whole eggs and 130 g egg whites
100 g blueberries
1/2 cup (40 g) dry oatmeal
17 g natural peanut butter

Option #2

452 Calories: 25 g P, 67 g C, 16 g F

2 scoops (46 g) Orgain protein powder
150 g banana
100 g raspberries
70 g avocado

LUNCH

Option #1

665 Calories: 43 g P, 73 g C, 23 g F

120 g (cooked) salmon
200 g (cooked) brown rice
100 g (cooked) peas
70 g avocado

Option #2

475 Calories: 42 g P, 37 g C, 18 g F

130 g (cooked) skin-on chicken thigh
100 g (cooked) zucchini
200 g (cooked) yellow potatoes

25 FITTRIP YEARS OF TRANSFORMATION

CORPORATE HEALTH UNLIMITED
A CORPORATE SPORTS COMPANY

Try to eat at least 3 meals during the day, about once every 3-4 hours. Each meal should include protein, carbs, and fat. You'll see some example meals are higher in calories and macronutrients, so remember to track your meals to better understand what you are eating.

If your next meal is around the same time as a workout, have a small snack 30-60 minutes before exercise. This will help avoid being overly full while you train. Post-workout meals with fast-digesting carbs will replace muscle glycogen which was depleted during exercise, and eating protein after a workout will assist with tissue recovery. Remember, fats such as nut butter slow digestion of other macros. Therefore, you can focus on protein and carbohydrates around exercise times to allow for accessible nutrients pre- and post- workout.

DINNER

Option #1

664 Calories: 43 g P, 76 g C, 24 g F

120 g (cooked) 93% lean ground beef
57 g (3 tortillas) corn tortillas
70 g avocado
30 g (2 TBSP) Mateo's Gourmet Salsa
250 g red bell pepper, green bell pepper, yellow onion

Option #2

542 Calories: 52 g P, 65 g C, 8 g F

100 g (cooked) skinless chicken breast
50 g white miso
28 g liquid aminos
120 g broccoli
70 g shredded carrots
100 g snap peas
50 g yellow onion
100 g white rice

SNACKS

Pre-Exercise

1 scoop essential amino acids
1-2 rice cakes

Post-Exercise Carbohydrate

1 (34 g) scoop whey protein
50 g blueberries