



GARKOFIT SAMPLE NUTRITION PLAN

Meal Plan for 1300Kcal

	Kcal	Grams per day
Total	1300	
Carbs	585	145
Proteins	455	115
Fats	260	29

Meal	Carbs	Proteins	Fats	Total KCal
1. Breakfast	45g	20-25g	7g	325-350
2. Snack	25g	20-25g	7g	243-263
3. Lunch	45g	20-25g	7g	325-350
4. Dinner	15g	20-25g	7g	203-225
5. Snack	0-10g	20-25g	3g	105-167
Total	130-140	100-125	29-31	1300 Kcal

	Meal sample	Proteins	Carbs.	Fat	Kcal~
Breakfast	½ of grapefruit 3 egg omlet (1 whole egg 2 whites) 0.5 cup oatmeal 1% milk	30	35	10	~380
Lunch	4 oz chicken breast (grilled) 1 yam baked 1 cup asparagus ½ salad with low fat dressing ½ fruit (low glycemic)	30	60	8	~420
Dinner	4 oz. fish (salmon, swordfish, halibut, seared tuna, etc.) ½ cup of brown rice 1 salad + low fat dressing 2 cup steamed vegetables	30	15	10	~300
Snack	1 cup low fat cottage cheese 1 apple 1/2 rice cake	30	30	5	~240