

**The following is a sample meal plan. and is mainly for illustration purpose. To guarantee results and adherence to the meal plan, it's best to have a personalized meal plan made where the meal plan is shaped around your current diet; OverHaul Fitness works with their clients to help make a meal plan that resembles their current diet rather than telling them what to eat. This has been shown to me much more effective and has enabled clients to have lasting results. If this is something that interests you, contact OverHaul Fitness: ofpersonaltraining@gmail.com*

How the following meal plan works:

- For each meal option listed, simply chose one of the 3 listed meal/snack options as you go throughout your day.
- The following meal plan has: Breakfast, morning snack, Lunch, mid-day snack, and Supper. This has been shown to be one of the more effective meal plan structures as the two snacks help maintain blood glucose levels and prevent overeating at the next respective meal. However, the snacks are not necessary.
- Serving sizes below need to be altered to align with your caloric intake goal.

Sample Meal Plan

Breakfast:

- 1 serving [Steel cut oats - Click to see recipe](#)
- 1 [Egg Muffins - Click to see recipe](#) + 1 piece of Fruit (Apple, Small-to-medium Banana, pear, or ½ cup berries [blueberries, blackberries, raspberries], etc.)
- Yogurt parfait: ½ cup low fat flavored greek yogurt, ¼ cup granola, 1 cup sliced strawberries

*Read the following for some [Breakfast best practices](#) ← Click there

Snack: Between breakfast and lunch

- Handful of almonds (9-12 almonds) + 1 piece of Fruit (Apple, Small-to-medium Banana, pear, or ½ cup berries [blueberries, blackberries, raspberries], etc.)
- 1 hardboiled egg w/ pinch of salt + 25g cheese

- 1 piece of Fruit (Apple, Small-to-medium Banana, pear, or ½ cup berries [blueberries, blackberries, raspberries], etc.) + 100 g (½ cup or one “packet”) Greek yogurt - any flavor

Lunch:

- 100 g canned Fish w. 1 tbsp. Mayo on open faced sandwich (1 slice of wholegrain toast) + 2 cups raw/cooked veggies (broccoli, cauliflower, carrots, green beans, celery, edamame beans, etc.)
- Simple salad: 3 oz. Chicken/lean meat + any necessary vegetables + 9 chopped almonds + 1.5 tbsp. vinaigrette
- Chicken wrap + [1 cup chick pea salad - Click to see recipe](#)
 - 3 oz (size of your palm) Chicken Breast (can be sliced deli meat, or cooked/boiled chicken), + as many veggies as you'd like, 1 tbsp. of any sauce you want, on 1 small whole wheat tortilla/wrap.

*Do you tend to eat fast food at lunch? Try reading the following: [If you must: eating at Subway & Mcdonalds](#); [If you must: eating Pizza and/or Burgers](#). Or do you find you're eating out a lot at restaurants? Read the following: [How to eat “better” when eating at sit-down restaurants](#)

Snack: between lunch and supper

- Berry Smoothie: ¼ cup 1% cottage cheese, ½ cup low fat flavored greek yogurt, ½ cup skim milk, 1 cup berry mixture (fresh or frozen)
- 1 Cup of Raw celery & carrots, served with 2 Tbsp of Hummus
- 6 whole grain triscuit crackers + 25g Cheese + Fruit (1 banana, ½ cup berries, 1 apples, 1 orange, etc).

Supper:

- 6 oz. Chicken beef + 1 cup brown rice + 1 cup steamed vegetables
**You can buy store bought frozen vegetables and nuke in microwave*

- 6 oz. Tilapia, 1 cup vegetables (corn, green beans, raw carrots, cucumbers, peppers, celery, etc.), ½ cup brown rice
- [Chicken/beef Stir Fry - Click to see recipe](#)
 - a. Easy with sauce on the stir fry. After making stir fry in bulk, aim for personal servings to have ½ cup brown rice + up to 1 cup stir fry mix
- [3 Ingredient chicken - Click to see recipe](#) + 1 cup steamed vegetables (broccoli, cauliflower, carrots, green beans, edamame beans, etc.)

*Do you tend to eat fast food at Supper? Try reading the following: [If you must: eating at Subway & McDonalds](#); [If you must: eating Pizza and/or Burgers](#). Or do you find you're eating out a lot at restaurants? Read the following: [How to eat "better" when eating at sit-down restaurants](#)

Here is some helpful blog posts that might answer some of your lingering questions about weight loss, take a look at any that interest you and let us know if you have any questions:

- [Do these 10 things and you will lose weight, guaranteed.](#)
- [What plays a bigger role in weight loss, exercise or nutrition?](#)
- [Can you drink alcohol and still lose weight?](#)
- [What to expect for weight loss in 3 weeks](#)
- [Why you NEED to do weight training when trying to lose weight](#)
- [4 tricks to force healthy eating habits](#)
- [4 tips on how to eat healthy when you're tight on time](#)
- [7 best practices for shopping at the grocery store](#)
- [Are Sweeteners bad for you?](#)
- [Do you have a good relationship with food?](#)
- [Emotional eating - how to curb it](#)
- [How to read Nutrition Labels](#)



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
1/4 cup
1 oz
2 tbsp



Tennis Ball
1/3 cup



Computer Mouse
1/2 cup



Baseball
1 cup



Rounded Handful
1/2 cup
1 oz dried goods



Hockey Puck
3 oz muffin or biscuit



Matchbox
1 oz serving of meat



Deck of Cards
3 oz of chicken, meat, or fish



Thin Paperback Book
8 oz serving of meat



Thumb
1 tsp



Poker Chip
1 tbsp



Shot Glass
1 oz
2 tbsp



CD
1 slice of bread
1 oz lunch meat



3 Dice
1 1/2 oz cheese



Kids' School Milk Carton
8 oz drink

Useful Examples



Bread & Grains

1 cup of cereal = 1 baseball
1/2 cup cooked rice = computer mouse
1/2 cup cooked pasta = computer mouse
1 slice of bread = CD
3 cups of popcorn = 3 baseballs



Fruits & Vegetables

1/2 cup grapes = about 16 grapes
1 cup of strawberries = about 12 berries
1 cup of salad greens = 1 baseball
1 cup cooked vegetables = 1 baseball
1 baked potato = computer mouse



Meats, Fish & Nuts

3 oz lean meat or poultry = deck of cards
3 oz tofu = deck of cards
2 tbsp peanut butter = golf ball
1/4 cup almonds = about 23 almonds
1/4 cup pistachios = about 24 pistachios



Dairy & Cheese

1 1/2 oz cheese = stacked dice
1 cup yogurt = baseball
1/2 cup ice cream = computer mouse



Fats & Oils

1 tbsp butter or spread = poker chip
1 tbsp salad dressing = poker chip
1 tbsp oil or mayonnaise = poker chip



Sweets & Treats

1 slice cake = deck of cards
1 cookie = about 2 poker chips
1 piece of chocolate = matchbox