



Vaughans Fitness Meal Plan

	Day 1	Day 2	Day 3
Breakfast	2 or 3 egg omelette no meat Add any onions / mushrooms / peppers etc	1 serving size steel cut oats 1 scoop protein powder w water	2 or 3 eggs scrambled Cantelope or Watermelon on the side
Snack	Apple or Orange Non rounded teaspoon of organic peanut butter	2% Cottage Cheese	1 Scoop protein powder w water
Lunch	1 Full Chicken Breast with Salad balsamic vinaigrette salad dressing (tomato, spinach, lettuce, onions, peppers, etc)	1 serving white fish brown rice	Steak or chicken cut up strips Side potato or yam
Snack	Non Fat Greek Yogurt 1 serving	Very small handfull of high quality nuts (walnuts, almonds, chestnuts, etc)	2% Cottage Cheese
Dinner	1 Lean Steak Small to medium sized sweet potato Broccoli	Chicken Breast Small to Medium Sized Potato Side Salad	1 serving white fish brown rice side salad
Snack	1 Scoop protein powder w water	Non Fat Greek Yogurt 1 serving	Very small handfull of high quality nuts (walnuts, almonds, chestnuts, etc)

*All meals and snacks should be accompanied by 2 glasses / 500ml of water. The purpose of this meal plan is for muscle build/maintenance and to cut body fat percentage. The information provided by Vaughan's Fitness Inc. is for informational purposes only and is not prescribed by a doctor, physician or registered dietitian. Consult your physician or registered dietitian for nutritional questions and help. Do not eat any of these foods if you have any allergies pertaining to any ingredients.