

2000 Calorie Day

2000 calories is a lot to work with! it is important to focus on a variety of nutrient dense foods within each meal so that you get what you need throughout the day.

Breakfast: Egg Sandwich	Amount	Calories
Sprouted Grain Toast	2 slices	160
Whole Eggs	2 servings	143
Tomatoes (pan roasted with basil)	3 oz.	15
Avocado (with squeezed lime)	1/2 serving each	130
Alfalfa Sprouts	1 oz.	7
Total		455
Snack: Banana Chocolate Shake		
Whey Protein Isolate	1 serving	120
Peanut Butter	2 Tb.	190
Banana	1 serving	105
Cocoa Powder	1 tsp.	3
Total		418
Lunch: Chicken Plate		
Grilled Chicken Breast Tenderloin	6 oz.	165
Steamed Brown Rice	1/2 c.	175
Black Beans	1/2 c.	110
Bell Pepper	1/2 c.	25
Yellow onion	1/4 c.	23
Mexican Cheese	1/4 c.	110
Pico de Gallo	1/2 c.	15
Total		623
Snack: Protein Shake		
Whey Protein Isolate	1 serving	120
Water	6 oz.	0
Total		120
Dinner: Fish and Squash		
Baked Tilapia	4 oz.	110
Spaghetti Squash	2c.	110
Organic Marinara	1 c.	180
Total		386

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