



DUBOSE FITNESS CENTER

# SAMPLE NUTRITION PLAN

At DuBose Fitness Center, we provide customized, specific and personal fitness and nutrition plans designed exclusively for our clients. However, this sample plan can be used as a general outline to jumpstart your nutrition in 2019. The recommendations you'll see here are based off of the popular Mediterranean diet, which prioritizes plates filled with fresh fruits and vegetables, healthy fats and whole grains, and fish or lean proteins. This plan is far less extreme than most diets, but can offer the same or added benefits compared to other popular methods in existence. Feel free to try this out for a week, making arrangements that fit your lifestyle or preferences. For a more personalized nutrition plan that is aligned with your fitness goals, contact us to set up a free consultation!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b>	Mini Fritata Egg Bites	Your choice of fruit smoothie	Peanut butter + banana toast	Steel Cut Oats w/ honey + cinnamon	English muffin w/ egg, tomato, spinach + cheese	Bran Flakes Cereal + Sliced Banana	Your choice of fruit smoothie
<b>LUNCH</b>	Kale Ceasar Salad w/ Chicken	Greek yogurt chicken salad	Smoked salmon sandwich w/ avocado	Ham/turkey spinach wrap w/ tomatoes, cucumbers	Ezekiel bread slices w/ avocado + grapefruit	Black bean quesadilla on corn tortilla w/ salsa	Green salad w/ pita bread + hummus
<b>DINNER</b>	Tomato Lentil Soup w/ an Argula Side Salad	Jambalaya w/ brown rice + turkey sausage w/ sauteed spinach	Roasted pork tenderloin w/ squash	Broiled/grilled steak w/ sweet potatoes + steamed zucchini	Sheet pan salmon w/ your choice of vegetable	Grilled lemon herb chicken breast w/ steamed broccoli + brown rice	Whole wheat pasta w/ pesto + sauteed tomatoes
<b>SNACKS</b>	Handful of mixed nuts + an apple	Carrots + Hummus	Hard boiled egg + Orange	Fruit Salad + mixed nuts	Cucumber + Hummus	Apple + nut butter of choice	Yogurt + mixed berries
<b>DRINKS</b>	Water, Herbal teas, Red Wine	Water, Herbal teas	Water, Herbal teas, Red Wine	Water, Herbal teas	Water, Herbal teas, Red Wine	Water, Herbal teas	Water, Herbal teas, Red Wine

