

**Meal Plan**  
New Leaf Fitness & Nutrition Ltd.



CLIENT **Example**

DATE: **1-Dec-18**

TDEE: **2500**

DEFICIT: **100%**

CARDIO (min): **10 min**

CHEAT MEAL(S): **2 per week**

	MEAL OPTION 1				MEAL OPTION 2				REST DAY MEALS			
	MACROS		Qty.	Unit	MACROS		Qty.	Unit	MACROS		Qty.	Unit
Meal 1	Protein	0.0			Protein	0.0			Protein	0.0		
	Carbs & Vegetables	0.0			Carbs & Vegetables	0.0			Carbs & Vegetables	0.0		
	Fats	0.0			Fats	0.0			Fats	0.0		
	Calories	0.0 cal			Calories	0.0 cal			Calories	0.0 cal		
Meal 2	Protein	0.0			Protein	0.0			Protein	0.0		
	Carbs & Vegetables	0.0			Carbs & Vegetables	0.0			Carbs & Vegetables	0.0		
	Fats	0.0			Fats	0.0			Fats	0.0		
	Calories	0.0 cal			Calories	0.0 cal			Calories	0.0 cal		
Meal 3	Protein	0.0			Protein	0.0			Protein	0.0		
	Carbs & Vegetables	0.0			Carbs & Vegetables	0.0			Carbs & Vegetables	0.0		
	Fats	0.0			Fats	0.0			Fats	0.0		
	Calories	0.0 cal			Calories	0.0 cal			Calories	0.0 cal		
Meal 4	Protein	0.0			Protein	0.0			Protein	0.0		
	Carbs & Vegetables	0.0			Carbs & Vegetables	0.0			Carbs & Vegetables	0.0		
	Fats	0.0			Fats	0.0			Fats	0.0		
	Calories	0.0 cal			Calories	0.0 cal			Calories	0.0 cal		
Meal 5	Protein	0.0			Protein	0.0			Protein	0.0		
	Carbs & Vegetables	0.0			Carbs & Vegetables	0.0			Carbs & Vegetables	0.0		
	Fats	0.0			Fats	0.0			Fats	0.0		
	Calories	0.0 cal			Calories	0.0 cal			Calories	0.0 cal		
	<b>DAILY Calories</b>	0		% of Calories	<b>DAILY Calories</b>	0		% of Calories	<b>DAILY Calories</b>	0		% of Calories
Macros	Protein:	0			Protein:	0			Protein:	0		
	Carbs:	0			Carbs:	0			Carbs:	0		
	Fats:	0			Fats:	0			Fats:	0		

\*Substitute Meals are based on the calories for the preferred meal. Macros may vary +/- 2g

ALLERGIES: None  
DISLIKES: None  
GENERAL NOTES:

REST DAYS: XXX  
ADDITIONAL NOTES: XXX

# MEAL PLAN SHOPPING LIST

Food Description	Daily Qty.	Unit	Weekly Qty.	Unit