

# ULTIMATE 30-DAY BEGINNER'S GUIDE TO FITNESS

STEVE COOK  
OPTIMUM NUTRITION



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30  
DAYS



## SAMPLE MEAL PLAN - 2500 CALORIES

| BREAKFAST             | PROTEIN   | CARBOHYDRATES | FAT      | CALORIES   |
|-----------------------|-----------|---------------|----------|------------|
| 8 EGG WHITES          | 29        | 0             | 0        | 137        |
| 1 WHOLE EGG           | 6         | 0             | 5        | 72         |
| 1/2 CUP UNCOOKED OATS | 6         | 27            | 3        | 156        |
| <b>TOTAL</b>          | <b>41</b> | <b>27</b>     | <b>8</b> | <b>365</b> |

| MID-MORNING                         | PROTEIN   | CARBOHYDRATES | FAT       | CALORIES   |
|-------------------------------------|-----------|---------------|-----------|------------|
| 1 TBSP NATURAL PEANUT/ALMOND BUTTER | 4         | 4             | 8         | 105        |
| 2 SLICES WHEAT BREAD                | 7         | 28            | 2         | 149        |
| 8-10 STRAWBERRIES                   | 0         | 10            | 0         | 40         |
| <b>TOTAL</b>                        | <b>11</b> | <b>42</b>     | <b>10</b> | <b>294</b> |

| LUNCH                       | PROTEIN   | CARBOHYDRATES | FAT       | CALORIES   |
|-----------------------------|-----------|---------------|-----------|------------|
| 5 OZ CHICKEN                | 44        | 0             | 5         | 234        |
| 7 OZ SWEET POTATO (SKINNED) | 4         | 41            | 0         | 179        |
| 1 CUP BROCCOLI              | 3         | 6             | 0         | 35         |
| 2 TSP OLIVE OIL             | 0         | 0             | 9         | 79         |
| <b>TOTAL</b>                | <b>51</b> | <b>47</b>     | <b>14</b> | <b>527</b> |

| MID DAY                     | PROTEIN   | CARBOHYDRATES | FAT       | CALORIES   |
|-----------------------------|-----------|---------------|-----------|------------|
| 5 OZ CHICKEN                | 44        | 0             | 5         | 234        |
| 1 CUP COOKED BROWN RICE     | 5         | 46            | 2         | 218        |
| 3 CUPS SPINACH/MIXED GREENS | 3         | 3             | 0         | 21         |
| 5-6 SLICES AVOCADO          | 1         | 4             | 6         | 70         |
| <b>TOTAL</b>                | <b>53</b> | <b>53</b>     | <b>13</b> | <b>543</b> |

| DINNER                         | PROTEIN   | CARBOHYDRATES | FAT      | CALORIES   |
|--------------------------------|-----------|---------------|----------|------------|
| 6 OZ TILAPIA OR WHITE FISH     | 44        | 0             | 5        | 218        |
| 1/3 CUP COOKED BROWN RICE      | 2         | 15            | 1        | 73         |
| 1 CUP MIXED VEGETABLES STEAMED | 3         | 12            | 0        | 118        |
| <b>TOTAL</b>                   | <b>49</b> | <b>27</b>     | <b>6</b> | <b>409</b> |

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| POST-WORKOUT  | PROTEIN | CARBOHYDRATES | FAT | CALORIES |
|---------------|---------|---------------|-----|----------|
| PROTEIN SHAKE | 50      | 8             | 4   | 260      |
| 1 SMALL APPLE | 0       | 20            | 0   | 77       |
| TOTAL         | 50      | 28            | 4   | 337      |
| DAILY TOTAL   | 256     | 224           | 55  | 2475     |

| AMOUNT              | FOODS  |
|---------------------|--|
| 5 AND 1/2 DOZEN     | EGGS   |
| 4.5 LBS             | CHICKEN OR LEAN TURKEY                                 |
| 2.75 LBS            | TILAPIA OR WHITE FISH                                  |
| 2 LOAVES            | WHOLE WHEAT OR MULTIGRAIN BREAD (LOW FAT)              |
| 2/3 LBS             | DRY OATS   |
| 2 LBS               | RAW BROWN RICE   |
| 3 LBS               | SWEET POTATOES   |
| 2 CARTONS           | BERRIES (YOU CAN BUY FROZEN)                           |
| 2 - 3               | SMALL AVOCADOS   |
| 7                   | APPLES   |
| 1.5 LBS             | BROCCOLI   |
| 3 LBS               | MIXED VEGETABLES                                       |
| 1.5 LBS             | SPINACH  |
| 4                   | TOMATOES   |
| 57 OZ (3.5 LBS)     | LOW FAT COTTAGE CHEESE                                 |
| ALWAYS HAVE ON HAND | NATURAL PEANUT/ALMOND BUTTER<br>EXTRA VIRGIN OLIVE OIL |