

Joseph Alex Meal Plan

Macronutrient Ratio: **40%** Carbohydrate, **30%** Protein, **30%** Fat

Calorie Intake: **1700-2000** Calories Per Day

680-800kcal carbs, **510-600kcal** protein,
510-600kcal fat

170-200grams carbs, **127-150grams** protein, **56-66grams** fat



Dinner Plate

1. Make 50% of your plate vegetables and fruit
2. Make 25% of your plate protein
3. Make 25% of your plate whole grains

Sample Day #1

Breakfast:

1-2 ounces of water, 2 eggs, 1 slice whole grain bread

Snack:

1 ounce of water, 1 cup fruit (berries, strawberries, banana)

Lunch:

2 ounces of water, whole wheat couscous, salmon, dark leafy vegetables

Snack:

2 ounces of water, whole grain bran flakes with good choice of milk

Dinner:

1 ounce water, quinoa, lean meat (<15%), variety of vegetables

Sample Day #2

Breakfast:

1-2 ounces of water, oatmeal, banana

Snack:

1 ounce of water, apple

Lunch:

2 ounces of water, chickpeas with harissa and yoghurt

