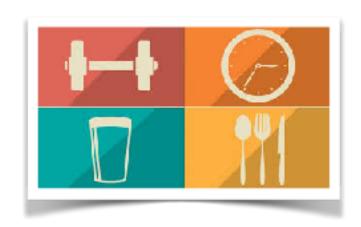
# Joseph Alex Meal Plan

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

Calorie Intake: 1700-2000 Calories Per Day

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



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

# **Dinner Plate**

Make 50% of your plate vegetables and fruit
Make 25% of your plate protein
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