

Brian Danley Fitness

Meal Plan

Monday

Brian

Meal 1: (Protein Shake)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Milk, Whole, 0.5 cups	75	4g	6g	4g	60mg	17.5mg	0g	2.5g
Whey & Oats (<i>Muscle Feast</i>), 0.5 scoop	65	7.5g	7g	0.75g	8.5mg	7mg	1.25g	0.18g
Banana (Frozen), 0.25 med	26.25	0.33g	6.75g	0.1g	0.25mg	0mg	0.78g	0.03g
Meal Totals:	166.25	11.83g	19.75 g	4.85g	68.75mg	24.5mg	2.03g	2.7g

Meal 2: (Snack)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Yogurt, Greek, Plain (<i>Greek Gods</i>), 0.5 cup	110	4.5g	7.5g	7g	75mg	25mg	0g	4.5g
Peanut Butter, Smooth (<i>Laura Scudders</i>), 1 Tbsp	100	3.5g	3g	8g	52.5mg	0mg	1g	1.25g
Meal Totals:	210	8g	10.5 g	15g	127.5mg	25mg	1g	5.75g

Meal 3: (Breakfast)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Milk, Whole, 0.33 cups	49.5	2.64g	3.96g	2.64g	39.6mg	11.55mg	0g	1.65g
Orange Juice (<i>Tropicana 50</i>), 4 oz	25	0g	6.5g	0g	5mg	0mg	0g	0g
Coffee, 3 Cup	6	0g	0g	0g	0mg	0mg	0g	0g
Oatmeal, Old-Fashioned (<i>Safeway</i>), 0.33 cup	99	3.3g	18.48g	1.65g	0mg	0mg	2.64g	0.33g
Egg, Large, Whole, 1 whole	72	6.3g	1g	5g	70mg	186mg	0g	1.6g
Creatine (<i>Muscle Feast</i>), 1 scoops	0	0g	0g	0g	0mg	0mg	0g	0g
Multivitamin (<i>Centrum</i>), 1 capsule	0	0g	0g	0g	0mg	0mg	0g	0g
Meal Totals:	281.5	13.24g	36.44 g	9.29g	109.6mg	197.55mg	2.64g	3.58g

Meal 4: (Lunch/Pre-Post Workout)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Water, 8 cup	0	0g	0g	0g	0mg	0mg	0g	0g
Tuna, White, Canned In Water (<i>Starkist</i>), 2.5 oz	66.67	13.33g	0g	0.42g	166.67mg	20.83mg	0g	0g
Builders Protein Bar (<i>Clif</i>), 0.5 package	135	10g	14.5g	4.5g	100mg	0mg	2g	3g
Anabolic Recover (<i>Muscle Feast</i>), 0.5 scoop	65	8g	8g	0.15g	8mg	3.5mg	0g	0.08g
BCAA (<i>Muscle Feast</i>), 2 scoops	0	0g	0g	0g	0mg	0mg	0g	0g
Beta Alanine (<i>Muscle Feast</i>), 1 scoop	0	2.7g	0g	0g	0mg	0mg	0g	0g
Creatine (<i>Muscle Feast</i>), 3 scoops	0	0g	0g	0g	0mg	0mg	0g	0g
Glutamine (<i>Muscle Feast</i>), 2 scoops	0	5.4g	0g	0g	0mg	0mg	0g	0g
Milk, Whole, 0.5 cups	75	4g	6g	4g	60mg	17.5mg	0g	2.5g
Broccoli, Raw, 0.5 Cup	15	1.25g	2.9g	0.15g	14.5mg	0mg	1.15g	0g
Meal Totals:	356.67	44.68g	31.4 g	9.22g	349.17mg	41.83mg	3.15g	5.58g

Meal 5: (Dinner)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Pepper, Black, 0.5 tbsp	0	0g	3.2g	0g	0mg	0mg	0g	0g
Egg, Large, Whole, 1 whole	72	6.3g	1g	5g	70mg	186mg	0g	1.6g
Milk, Whole, 0.25 cups	37.5	2g	3g	2g	30mg	8.75mg	0g	1.25g
Cheese, Swiss, Reduced Fat Deli Style (<i>Sargento</i>), 0.5 Slice	30	3.5g	0g	2g	15mg	7.5mg	0g	1g
Black Beans (<i>Bushs</i>), 0.25 cup	60	3.5g	11.5g	0.25g	240mg	0mg	3g	0g
Tortilla (<i>Mission</i>), 0.5 tortilla	75	2g	11.5g	2g	155mg	0mg	2.5g	0.75g
Soymilk, Chocolate (<i>Silk</i>), 0.5 cup	60	2.5g	9.5g	1.5g	47.5mg	0mg	1g	0.25g
Water, 1 cup	0	0g	0g	0g	0mg	0mg	0g	0g
Meal Totals:	334.5	19.8g	39.7 g	12.75g	557.5mg	202.25mg	6.5g	4.85g

Meal 6: (Snack)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Lowfat Cottage Cheese (<i>Knudsen</i>), 0.33 cup	59.4	7.26g	3.96g	1.65g	277.2mg	9.9mg	0g	0.99g
Tea, Brewed, 1 Cup	2	0g	0.7g	0g	7mg	0mg	0g	0g
Milk, Whole, 0.25 cups	37.5	2g	3g	2g	30mg	8.75mg	0g	1.25g
Honey (<i>Wild Mountain</i>), 0.25 Tbsp	15	0g	4.25g	0g	0mg	0mg	0g	0g

Meal Totals: 113.9 9.26g 11.91 g 3.65g 314.2mg 18.65mg 0g 2.24g

Meal 7: (Protein Shake)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Milk, Whole, 0.5 cups	75	4g	6g	4g	60mg	17.5mg	0g	2.5g
Banana (Frozen), 0.25 med	26.25	0.33g	6.75g	0.1g	0.25mg	0mg	0.78g	0.03g
Casein (Muscle Feast), 0.5 scoop	43	9.5g	0.5g	0.2g	9mg	0.5mg	0g	0.1g
Meal Totals:	144.25	13.83g	13.25 g	4.3g	69.25mg	18mg	0.78g	2.63g
Day Totals:	1607.07	120.64g	162.95g	59.06g	1595.97mg	527.78mg	16.1g	27.33g

Meal Totals: 144.25 13.83g 13.25 g 4.3g 69.25mg 18mg 0.78g 2.63g

Day Totals: 1488.73 109.88g 143.95g 54.32g 1657.13mg 535.12mg 15.1g 23g

Brian Danley Fitness

Meal Plan

Wednesday

Brian

Meal 1: (Protein Shake)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Milk, Whole, 0.5 cups	75	4g	6g	4g	60mg	17.5mg	0g	2.5g
Whey & Oats (<i>Muscle Feast</i>), 0.5 scoop	65	7.5g	7g	0.75g	8.5mg	7mg	1.25g	0.18g
Banana (Frozen), 0.25 med	26.25	0.33g	6.75g	0.1g	0.25mg	0mg	0.78g	0.03g
+ Whey & Oats Supplement								
Meal Totals:	166.25	11.83g	19.75 g	4.85g	68.75mg	24.5mg	2.03g	2.7g

Meal 2: (Snack)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Yogurt, Greek, Plain (<i>Greek Gods</i>), 0.5 cup	110	4.5g	7.5g	7g	75mg	25mg	0g	4.5g
Peanut Butter, Smooth (<i>Laura Scudders</i>), 1 Tbsp	100	3.5g	3g	8g	52.5mg	0mg	1g	1.25g
Meal Totals:	210	8g	10.5 g	15g	127.5mg	25mg	1g	5.75g

Meal 3: (Breakfast)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Milk, Whole, 0.33 cups	49.5	2.64g	3.96g	2.64g	39.6mg	11.55mg	0g	1.65g
Orange Juice (<i>Tropicana 50</i>), 4 oz	25	0g	6.5g	0g	5mg	0mg	0g	0g
Coffee, 3 Cup	6	0g	0g	0g	0mg	0mg	0g	0g
Oatmeal, Old-Fashioned (<i>Safeway</i>), 0.33 cup	99	3.3g	18.48g	1.65g	0mg	0mg	2.64g	0.33g
Egg, Large, Whole, 1 whole	72	6.3g	1g	5g	70mg	186mg	0g	1.6g
Creatine (<i>Muscle Feast</i>), 1 scoops	0	0g	0g	0g	0mg	0mg	0g	0g
Multivitamin (<i>Centrum</i>), 1 capsule	0	0g	0g	0g	0mg	0mg	0g	0g
Meal Totals:	281.5	13.24g	36.44 g	9.29g	109.6mg	197.55mg	2.64g	3.58g

Meal 4: (Lunch/Pre-Post Workout)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Water, 8 cup	0	0g	0g	0g	0mg	0mg	0g	0g
Tuna, White, Canned In Water (<i>Starkist</i>), 2.5 oz	66.67	13.33g	0g	0.42g	166.67mg	20.83mg	0g	0g
Builders Protein Bar (<i>Clif</i>), 0.5 package	135	10g	14.5g	4.5g	100mg	0mg	2g	3g
Anabolic Recover (<i>Muscle Feast</i>), 0.5 scoop	65	8g	8g	0.15g	8mg	3.5mg	0g	0.08g
BCAA (<i>Muscle Feast</i>), 2 scoops	0	0g	0g	0g	0mg	0mg	0g	0g
Beta Alanine (<i>Muscle Feast</i>), 1 scoop	0	2.7g	0g	0g	0mg	0mg	0g	0g
Creatine (<i>Muscle Feast</i>), 3 scoops	0	0g	0g	0g	0mg	0mg	0g	0g
Glutamine (<i>Muscle Feast</i>), 2 scoops	0	5.4g	0g	0g	0mg	0mg	0g	0g
Milk, Whole, 0.5 cups	75	4g	6g	4g	60mg	17.5mg	0g	2.5g
Broccoli, Raw, 0.5 Cup	15	1.25g	2.9g	0.15g	14.5mg	0mg	1.15g	0g
Meal Totals:	356.67	44.68g	31.4 g	9.22g	349.17mg	41.83mg	3.15g	5.58g

Meal 5: (Dinner)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Pepper, Black, 0.5 tbsp	0	0g	3.2g	0g	0mg	0mg	0g	0g
Egg, Large, Whole, 1 whole	72	6.3g	1g	5g	70mg	186mg	0g	1.6g
Milk, Whole, 0.25 cups	37.5	2g	3g	2g	30mg	8.75mg	0g	1.25g
Cheese, Swiss, Reduced Fat Deli Style (<i>Sargento</i>), 1 Slice	60	7g	0g	4g	30mg	15mg	0g	2g
Black Beans (<i>Bushs</i>), 0.25 cup	60	3.5g	11.5g	0.25g	240mg	0mg	3g	0g
Tortilla (<i>Mission</i>), 0.5 tortilla	75	2g	11.5g	2g	155mg	0mg	2.5g	0.75g
Soymilk, Chocolate (<i>Silk</i>), 0.5 cup	60	2.5g	9.5g	1.5g	47.5mg	0mg	1g	0.25g
Water, 1 cup	0	0g	0g	0g	0mg	0mg	0g	0g
Meal Totals:	364.5	23.3g	39.7 g	14.75g	572.5mg	209.75mg	6.5g	5.85g

Meal 6: (Snack)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Lowfat Cottage Cheese (<i>Knudsen</i>), 0.33 cup	59.4	7.26g	3.96g	1.65g	277.2mg	9.9mg	0g	0.99g
Tea, Brewed, 1 Cup	2	0g	0.7g	0g	7mg	0mg	0g	0g
Milk, Whole, 0.25 cups	37.5	2g	3g	2g	30mg	8.75mg	0g	1.25g
Honey (<i>Wild Mountain</i>), 0.25 Tbsp	15	0g	4.25g	0g	0mg	0mg	0g	0g

Meal Totals: 113.9 9.26g 11.91 g 3.65g 314.2mg 18.65mg 0g 2.24g

Meal 7: (Protein Shake)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Milk, Whole, 0.5 cups	75	4g	6g	4g	60mg	17.5mg	0g	2.5g
Banana (Frozen), 0.25 med	26.25	0.33g	6.75g	0.1g	0.25mg	0mg	0.78g	0.03g
Casein (Muscle Feast), 0.5 scoop + Casein Supplement	43	9.5g	0.5g	0.2g	9mg	0.5mg	0g	0.1g

Meal Totals: 144.25 13.83g 13.25 g 4.3g 69.25mg 18mg 0.78g 2.63g

Day Totals: 1637.07 124.14g 162.95g 61.06g 1610.97mg 535.28mg 16.1g 28.33g

Meal Totals: 144.25 13.83g 13.25 g 4.3g 69.25mg 18mg 0.78g 2.63g

Day Totals: 1488.73 109.88g 143.95g 54.32g 1657.13mg 535.12mg 15.1g 23g

Brian Danley Fitness

Meal Plan

Friday

Brian

Meal 1: (Protein Shake)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Milk, Whole, 0.5 cups	75	4g	6g	4g	60mg	17.5mg	0g	2.5g
Whey & Oats (<i>Muscle Feast</i>), 0.5 scoop	65	7.5g	7g	0.75g	8.5mg	7mg	1.25g	0.18g
Banana (Frozen), 0.25 med	26.25	0.33g	6.75g	0.1g	0.25mg	0mg	0.78g	0.03g
+ Whey & Oats Supplement								
Meal Totals:	166.25	11.83g	19.75 g	4.85g	68.75mg	24.5mg	2.03g	2.7g

Meal 2: (Snack)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Yogurt, Greek, Plain (<i>Greek Gods</i>), 0.5 cup	110	4.5g	7.5g	7g	75mg	25mg	0g	4.5g
Peanut Butter, Smooth (<i>Laura Scudders</i>), 1 Tbsp	100	3.5g	3g	8g	52.5mg	0mg	1g	1.25g
Meal Totals:	210	8g	10.5 g	15g	127.5mg	25mg	1g	5.75g

Meal 3: (Breakfast)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Milk, Whole, 0.33 cups	49.5	2.64g	3.96g	2.64g	39.6mg	11.55mg	0g	1.65g
Orange Juice (<i>Tropicana 50</i>), 4 oz	25	0g	6.5g	0g	5mg	0mg	0g	0g
Coffee, 3 Cup	6	0g	0g	0g	0mg	0mg	0g	0g
Oatmeal, Old-Fashioned (<i>Safeway</i>), 0.33 cup	99	3.3g	18.48g	1.65g	0mg	0mg	2.64g	0.33g
Egg, Large, Whole, 1 whole	72	6.3g	1g	5g	70mg	186mg	0g	1.6g
Creatine (<i>Muscle Feast</i>), 1 scoops	0	0g	0g	0g	0mg	0mg	0g	0g
Multivitamin (<i>Centrum</i>), 1 capsule	0	0g	0g	0g	0mg	0mg	0g	0g
Meal Totals:	281.5	13.24g	36.44 g	9.29g	109.6mg	197.55mg	2.64g	3.58g

Meal 4: (Lunch/Pre-Post Workout)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Water, 8 cup	0	0g	0g	0g	0mg	0mg	0g	0g
Tuna, White, Canned In Water (<i>Starkist</i>), 2.5 oz	66.67	13.33g	0g	0.42g	166.67mg	20.83mg	0g	0g
Builders Protein Bar (<i>Clif</i>), 0.5 package	135	10g	14.5g	4.5g	100mg	0mg	2g	3g
Anabolic Recover (<i>Muscle Feast</i>), 0.5 scoop	65	8g	8g	0.15g	8mg	3.5mg	0g	0.08g
BCAA (<i>Muscle Feast</i>), 2 scoops	0	0g	0g	0g	0mg	0mg	0g	0g
Beta Alanine (<i>Muscle Feast</i>), 1 scoop	0	2.7g	0g	0g	0mg	0mg	0g	0g
Creatine (<i>Muscle Feast</i>), 3 scoops	0	0g	0g	0g	0mg	0mg	0g	0g
Glutamine (<i>Muscle Feast</i>), 2 scoops	0	5.4g	0g	0g	0mg	0mg	0g	0g
Milk, Whole, 0.5 cups	75	4g	6g	4g	60mg	17.5mg	0g	2.5g
Broccoli, Raw, 0.5 Cup	15	1.25g	2.9g	0.15g	14.5mg	0mg	1.15g	0g
Meal Totals:	356.67	44.68g	31.4 g	9.22g	349.17mg	41.83mg	3.15g	5.58g

Meal 5: (Dinner)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Pepper, Black, 0.5 tbsp	0	0g	3.2g	0g	0mg	0mg	0g	0g
Egg, Large, Whole, 1 whole	72	6.3g	1g	5g	70mg	186mg	0g	1.6g
Milk, Whole, 0.25 cups	37.5	2g	3g	2g	30mg	8.75mg	0g	1.25g
Cheese, Swiss, Reduced Fat Deli Style (<i>Sargento</i>), 1 Slice	60	7g	0g	4g	30mg	15mg	0g	2g
Black Beans (<i>Bushs</i>), 0.25 cup	60	3.5g	11.5g	0.25g	240mg	0mg	3g	0g
Tortilla (<i>Mission</i>), 0.5 tortilla	75	2g	11.5g	2g	155mg	0mg	2.5g	0.75g
Soymilk, Chocolate (<i>Silk</i>), 0.5 cup	60	2.5g	9.5g	1.5g	47.5mg	0mg	1g	0.25g
Water, 1 cup	0	0g	0g	0g	0mg	0mg	0g	0g
Meal Totals:	364.5	23.3g	39.7 g	14.75g	572.5mg	209.75mg	6.5g	5.85g

Meal 6: (Snack)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Lowfat Cottage Cheese (<i>Knudsen</i>), 0.33 cup	59.4	7.26g	3.96g	1.65g	277.2mg	9.9mg	0g	0.99g
Tea, Brewed, 1 Cup	2	0g	0.7g	0g	7mg	0mg	0g	0g
Milk, Whole, 0.25 cups	37.5	2g	3g	2g	30mg	8.75mg	0g	1.25g
Honey (<i>Wild Mountain</i>), 0.25 Tbsp	15	0g	4.25g	0g	0mg	0mg	0g	0g

Meal Totals: 113.9 9.26g 11.91 g 3.65g 314.2mg 18.65mg 0g 2.24g

Meal 7: (Protein Shake)

	<u>Calories</u>	<u>Protein</u>	<u>Carbos</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Fiber</u>	<u>Sat Fat</u>
Milk, Whole, 0.5 cups	75	4g	6g	4g	60mg	17.5mg	0g	2.5g
Banana (Frozen), 0.25 med	26.25	0.33g	6.75g	0.1g	0.25mg	0mg	0.78g	0.03g
Casein (Muscle Feast), 0.5 scoop + Casein Supplement	43	9.5g	0.5g	0.2g	9mg	0.5mg	0g	0.1g

Meal Totals: 144.25 13.83g 13.25 g 4.3g 69.25mg 18mg 0.78g 2.63g

Day Totals: 1637.07 124.14g 162.95g 61.06g 1610.97mg 535.28mg 16.1g 28.33g

Meal Totals: 144.25 13.83g 13.25 g 4.3g 69.25mg 18mg 0.78g 2.63g

Day Totals: 1488.73 109.88g 143.95g 54.32g 1657.13mg 535.12mg 15.1g 23g

Meal Totals: 144.25 13.83g 13.25 g 4.3g 69.25mg 18mg 0.78g 2.63g

Day Totals: 1488.73 109.88g 143.95g 54.32g 1657.13mg 535.12mg 15.1g 23g

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