

**SAMPLE MEAL PLAN - Jessica**  
**Legion of Lu Fitness**

**Breakfast:**

1 turkey sausage (120)  
1/2 c. dry oatmeal (150) cook w /water  
5 strawberries or 3/4 c. blueberries (80)  
Total calories=350

**Meal 3:**

4 oz deli turk  
1 c diced Pineapple (75) or 1.25 c Strawberries  
10 almonds (70)  
Total Calories=265

**Meal 4 :**

4 oz ground turkey or chicken(130)  
1 1/4 c rice (125)  
2 c Broccoli or other veggie (0)  
3 strawberries (50)  
Total calories=375

**Meal 5:**

6 oz ground turkey (180)  
4 oz sweet potato (100)  
10 almonds (70)  
1 c. asparagus (0)  
Total Calories= 350

**Meal 6:**

.5 c protein shake (60)  
1 tbsp pb (90)  
Total Calories=150