



Greco
lean+fit

one on one personal training • athletic training • martial arts

TONY GRECO MEAL PLAN

A HEALTHY MEAL PLAN
IS AN IMPORTANT PART OF
ANY FITNESS PROGRAM.
TO HELP YOU IN YOUR
FAT LOSS AND FITNESS
GOALS, FOLLOW THE
GUIDELINES INSIDE

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Follow a Healthy Meal Plan

A healthy Meal Plan is an important part of any fitness program. To assist you in your fat loss and fitness goals you will find sample menu plans for various calorie levels based on your caloric needs. (See "Determine Your Calorie Needs" chart.) These are just to serve as a guideline. You may substitute other foods of the same nutrient quality for the foods listed (example: a peach may be substituted for a pear, or 3 oz. chicken may be substituted for 3oz. of beef, or calcium fortified low fat soy milk in place of skim milk). Limit caffeine intake to 2 cups of coffee or tea per day. Also include at least 2.5 litres of water every day



Determine Your Calorie Needs

The following charts can be used to determine your calorie needs. Actual calorie needs may vary depending on body composition, age, and activity level (see formula below for more exact calculations). If you are overweight and just beginning an exercise program it is suggested you begin with the lowest calorie level for your weight. It is not recommended to go below 1200 calories for women or 1500 calories for men. If you are diabetic or have other medical conditions, please check with your physician before starting any Meal Plan. Children have different calorie needs and therefore this chart is not appropriate for anyone under age 20.

ACTIVITY LEVELS:

Beginning = No formal exercise routine. (Just starting out)

*Low Activity = Aerobic exercise & Weight training
2 to 3 days per week.*

*Active = Aerobic exercise & Weight training
4 to 5 days per week.*

*Very Active = Aerobic exercise & Weight training
6 to 7 days per week.*

Aerobic and Weight Training Exercises

Female Calorie Levels*

<i>Weight</i>	<i>Beginning</i>	<i>Low Activity</i>	<i>Active</i>	<i>Very Active</i>
100	1200	1400	1600	1700
110	1200	1500	1600	1700
120	1200	1600	1700	1800
130	1300	1600	1700	1800
140	1400	1700	1800	1900
150	1500	1700	1800	1900
160	1600	1700	1900	2000
170	1700	1800	1900	2000
180	1800	1800	1900	2000
190	1900	2000	2000	2000
200	1900	2000	2000	2000
200+	2000	2000	2000	2000

* Based on 795 + 7.18 (kg) women (source: Owens: 1986 Am Journal of Clinical Nutrition)
Formula for exact calorie level = (665.10 + (9.56 x weight in kg) + (1.85 x height in cm) - (4.68 x age in years)) + 200 for weight loss.

