



Greco
lean+fit

one on one personal training • athletic training • martial arts

TONY GRECO
**MEAL PLAN
INFORMATION**



www.grecoleanandfit.com

Guideline 1:

Healthy Substitutions

All I want you to do at this level is one thing: Stop eating foods that you know aren't healthy and start, replacing them with foods that I like to call "clean." Use your common sense to eliminate foods that we all know can't possibly be part of a sound nutritional program. Let me break it down for you: Fried chicken is bad, baked chicken is good. Ben and Jerry aren't your friends — instead, try nonfat frozen yogurt made by some guys with no recognizable names.

To make this easy for you, simply look at the protein, carbohydrate, and fat list provided below. This is the time to trade your poor food choices for healthier ones. For example, don't eat that sausage, but substitute it for healthier protein sources like chicken or turkey.

Let's take a look at a sample day of eating, and how you can make some healthy choices. You won't even believe how many calories you'll save. During this level, you'll just be making little adjustments, which will prime you for bigger changes to come.

Poor Choices

BREAKFAST	Calories
3 eggs	225
Hash browns	320
Buttered bagel	400
Coffee with cream and sugar	100

LUNCH	Calories
Ham and cheese sandwich on white bread with mayo	460
Candy bar	250
Regular cola	200

DINNER	Calories
Chicken caesar salad	630
Dinner roll	214
Chocolate-chip cookie	190
Regular cola	200

SNACK	Calories
1 cup ice cream	500

TOTAL CALORIES 3689

Good Choices

BREAKFAST	Calories
5 egg whites	85
Oatmeal	150
Banana	105
Coffee with nonfat creamer and sugar substitute	23

LUNCH	Calories
Turkey sandwich on rye bread with nonfat mayo	328
Apple	81
Sugar-free beverage	0

DINNER	Calories
Grilled chicken breast	215
Yam	160
Large bowl of strawberries	92
Sugar-free beverage	0

SNACK	Calories
1 cup strawberries	46

TOTAL CALORIES 1285

Guideline 2:

Meal Frequency

Eat 3 meals per day. Feel free to add a snack when you get hungry, but be sure to pick smart snacks such as fresh fruit.

Guideline 3:

Cheat Meals

One day a week, you're entitled to have one meal of anything that you want to eat. Anything. Pizza? Yes. Cheeseburger and French fries? You got it. Ice cream for dessert? Indulge! Whatever you want is yours, once a week