

Basal Metabolic Rate (BMR) Test Total Calories: _____

The BMR Test provides the number of calories you burn a you energy throughout the day (down to the gram of carbohy increase your metabolic rate.

Any questions: e-mail DJFit2770@yahoo.com

Weekly Nutritional Plan

| | Monday | Tuesday | |
|------------------|--|---|--------------------------------|
| Morning Exercise | Cardio Program | Cardio Program | Ca |
| Meal 1 | 3 Egg Whites 1 cup Spinach, Green Beans, or Broccoli 1oz. Chicken or Ground Turkey 1 medium Apple | 2 Egg Whites 15 grams Protein Powder 1/4 cup Applesauce | 3 E 1 c Be 1oz 1 m |
| Meal 2 | 1/2 cup Oatmeal 20g Lo Carb Protein Powder | 20g Lo Carb Shake 1/4 cup Berries | 1/2 20 Pro |
| 3 | 20g Lo Carb Shake | 4oz. Ground Turkey (can make as patty with 1 egg white & 1/4 | 20 |