

4 WEEK PLAN

FOR: Alyssa Frietchen



THE PRO FIT

MEAL ONE - PRE WORKOUT

Total: Protein: 33g, Carbs: 39g, Fats: 23g, Calories: 500



WHAT TO EAT

Protein: 2 whole eggs, 3 slices turkey bacon

[Protein: 26g, Fat: 15g, Carbs: 3g, Calories: 255]

Carbs: 3/4 cup oatmeal

Fats: 1 tbsp almond butter

[Protein: 7g, Carbs: 36g, Fats: 8g, Calories: 245]

NOTES: We have slightly increased Your carbs from 1/2 cup of oatmeal to 3/4. Let me know if it's too much. We have added 1 extra Turkey bacon slide and some almond butter

SUPPLEMENTS

BEFORE MEAL:

Digestive Aid

AFTER MEAL:

2 Fluid Ounces of Aloe Vera

2 Fluid Ounces of Apple Cider Vinegar

NOTES:

NOTES:

MEAL TWO - POST WORKOUT

Total: Protein: 27g, Carbs: 38.5g, Fats: 22g, Calories: 446



WHAT TO EAT

Protein: 4oz salmon

[Protein: 22g, Fat: 13g, Carbs: 0g, Calories: 206]

Carbs: 3/4 cup cooked brown jasmine rice

[Protein: 4g, Carbs: 34g, Fats: 1.5g, Calories: 160]

Fats: 1/4 avocado

[Protein: 1g, Carbs: 4.5g, Fats: 7.5g, Calories: 80]

NOTES: Consume this meal AFTER working out
You can move meals around to accommodate this.

SUPPLEMENTS

BEFORE MEAL:

Digestive Aid

AFTER MEAL:

1000 mcg biotin
1 multivitamin

NOTES:

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MEAL THREE - MID DAY SNACK

Total: Protein: 31g, Carbs: 30g, Fats: 3g, Calories: 239



WHAT TO EAT

Protein: 4oz chicken breast

[Protein: 28g, Fat: 3g, Carbs: 0g, Calories: 120]

Carbs: 4oz Sweet potato

[Protein: 2g, Carbs: 23g, Fats: 0g, Calories: 103]

1 cup of Cucumber

[Protein: 1g, Carbs: 4g, Fats: 0g, Calories: 16]

NOTES: Consume this meal AFTER working out
You can move meals around to accommodate this.

NOTES:

SUPPLEMENTS

BEFORE MEAL:

AFTER MEAL:

1000 mg fish oil

NOTES:

MEAL FOUR - AFTERNOON

Total: Protein: 26.5g, Carbs: 21g, Fats: 5g 233 calories



WHAT TO EAT

Protein: 4oz chicken breast

[Protein: 28g, Fat: 3g, Carbs: 0g, Calories: 120]

Carbs: 1/3 cup cooked brown jasmine rice

[Protein: 1.5g, Carbs: 15g, Fats: 0.5g, Calories: 70]

Veggies: 1 cup zucchini

[Protein: 2g, Carbs: 6g, Fats: 0.5g, Calories: 33]

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SUPPLEMENTS

BEFORE MEAL:

Digestion Aid

AFTER MEAL:

1000 mg fish oil

NOTES:

MEAL FIVE - DINNER

Total: Protein: 26.5g, Carbs: 21g, Fats: 5g 208 calories



WHAT TO EAT

Protein: 4oz chicken breast

[Protein: 28g, Fat: 3g, Carbs: 0g, Calories: 120]

Fruit: 80g blueberries

[Protein: 0.6g, Carbs: 10g, Fats: 0.3g, Calories: 47]

Veggies: 1 cup green beans

[Protein: 2g, Carbs: 10g, Fats: 0g, Calories: 44]

Fats: 1/2 avocado

[Protein: 2g, Carbs: 9g, Fats: 15g, Calories: 160]

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SUPPLEMENTS

BEFORE MEAL:

Digestion Aid

AFTER MEAL:

1000 mg fish oil

NOTES:

CLIENT IMPORANT NOTES



CHECK-INS

- Continue check-in's EVERY FRIDAY before your first meal.
- Welcome to the team! Your latest meal plans, training plans and other documents will be found there.
- Use this link www.theprofitcoaching.com/login to log into your account. Using the email frietchenphotography@gmail.com
- Continue using <https://theprofitcoaching.com/prep-check-in/>
- 4 weeks to go! Keep pushing through these next 3 weeks

NOTES:

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UPDATES

- Last week, your meal plan was set to 1470 k/cal with a split of 35% protein 40% carbs and 25% protein
- This week we will be increasing your calories by 14% for a total of 220.5
- Your new calorie goal will be 1684.5 k/cal
- We will increase your carbs and fats slightly
- [09/01 check-in's confirmed you went from 104 to 101.8 with calorie increase]

NOTES:

**YOU GET ONE CHEAT MEAL THIS WEEKEND
:) MAKE IT COUNT**