



Meal Plan
Bigger/Stronger Camp

Prepared By: Adam Geiger
Email: adam@hiitboxcolorado.com
Created: 03-13-2018

Bulk program



Meal Plan

Bigger/Stronger Camp

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Bulk program

Day 1

Day 1						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	83	1 cups BLUEBERRY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		101	1 large EGG, CHICKEN, SCRAMBLED			
		450	3/4 cups OATS, STEEL CUT (OATMEAL)			
Notes:						
Meal Totals:		Calories: 634	Carbs: 103g (64%)	Protein: 23g (14%)	Fat: 15g (21%)	Fluid: 23oz
10:00 am	Snack	89	2 fruit TANGERINE, MANDARIN, RAW			
		129	3/4 cups CHEESE, COTTAGE 1%			
		91	2 cups COCONUT WATER			
		90	1 bars GRANOLA BAR, OATS 'N HONEY			
Notes:						
Meal Totals:		Calories: 399	Carbs: 60g (57%)	Protein: 29g (28%)	Fat: 7g (15%)	Fluid: 30oz
12:00 pm	Lunch	8	2 oz TOMATO, RAW			
		151	2 roll ROLL, DINNER, WHOLE WHEAT			
		10	2 teaspoons MUSTARD, PREPARED, DIJON			
		107	2 oz TURKEY BREAST, ROASTED			
		2	16 fl oz ICED TEA, UNSWEETENED			
		83	1 cups CARROT, BABY, RAW			
		260	12 crackers TRISCUIT WHEAT CRACKER, LOWER SODIUM			
		67	2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
Notes:						
Meal Totals:		Calories: 688	Carbs: 70g (46%)	Protein: 27g (18%)	Fat: 24g (36%)	Fluid: 23oz
03:00 pm	Snack	91	1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		122	2 large PEACH, RAW			
		210	1 bar NUTRITION BAR 40-30-30, STRAWBERRY YOGURT			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
Notes:						
Meal Totals:		Calories: 423	Carbs: 62g (56%)	Protein: 28g (25%)	Fat: 9g (18%)	Fluid: 26oz
06:00 pm	Dinner	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		153	4 oz TURKEY BREAST, BROILER, MEAT ONLY, ROASTED			
		271	1 1/4 cups BROWN RICE, LONG GRAIN, COOKED			
		154	1 cups MIXED VEGETABLES, BOILED, NO SALT			
		69	2 teaspoons BUTTER			
Notes:						
Meal Totals:		Calories: 647	Carbs: 87g (55%)	Protein: 47g (30%)	Fat: 11g (16%)	Fluid: 34oz
Continued on next page...						



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Time	Meal Label	Calories	Meal Items			
08:00 pm	Snack	238 0 176 34	8 oz YOGURT, FRUIT, LOW FAT 8 fl oz WATER, DRINKING WATER, PURIFIED 1 oz ALMONDS, SLIVERED 2 apricot APRICOT, RAW			
Notes:						
Meal Totals:		Calories: 448	Carbs: 55g (49%)	Protein: 18g (16%)	Fat: 17g (34%)	Fluid: 18oz
		Calories	Carbs	Protein	Fat	Fluid
Day 1 Totals:		3239	437g (55%)	172g (22%)	83g (23%)	154oz



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Day 2

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Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	203	2 large EGG, CHICKEN, SCRAMBLED			
		258	2 1/2 oz CEREAL, RTE, SHREDDED WHEAT, SPOON SIZE			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
Notes:						
Meal Totals:		Calories: 644	Carbs: 83g (50%)	Protein: 42g (25%)	Fat: 18g (24%)	Fluid: 28oz
10:00 am	Snack	122	2 large PEACH, RAW			
		98	2 1/2 cups COCONUT WATER			
		210	1 bar NUTRITION BAR 40-30-30, STRAWBERRY YOGURT			
Notes:						
Meal Totals:		Calories: 430	Carbs: 70g (62%)	Protein: 22g (20%)	Fat: 9g (18%)	Fluid: 28oz
12:00 pm	Lunch	340	2 wrap WRAP, 100% WHOLE WHEAT			
		136	3 oz AVOCADO, RAW			
		21	4 tablespoons SALSA			
		100	1/2 cups REFRIED BEANS, VEGETARIAN			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		80	4 tablespoons 4 MEXICAN CHEESE, SHREDDED, REDUCED FAT			
Notes:						
Meal Totals:		Calories: 677	Carbs: 82g (48%)	Protein: 27g (16%)	Fat: 28g (37%)	Fluid: 21oz
03:00 pm	Snack	135	1 extra-large BANANA, RAW			
		179	6 oz YOGURT, FRUIT, LOW FAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 bars GRANOLA BAR, OATS 'N HONEY			
Notes:						
Meal Totals:		Calories: 404	Carbs: 82g (76%)	Protein: 12g (11%)	Fat: 6g (13%)	Fluid: 27oz
06:00 pm	Dinner	8	1 cups LETTUCE, COS OR ROMAINE, RAW			
		70	2 tablespoons SALAD DRESSING, BALSAMIC ITALIAN VINAIGRETTE			
		77	1 cups PEAS & CARROTS, BOILED, NO SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		75	1 roll ROLL, DINNER, WHOLE WHEAT			
		135	3 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		271	1 1/4 cups BROWN RICE, LONG GRAIN, COOKED			
Notes:						
Meal Totals:		Calories: 636	Carbs: 93g (57%)	Protein: 42g (26%)	Fat: 12g (17%)	Fluid: 33oz
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Day 2

Day 2						
Time	Meal Label	Calories	Meal Items			
08:00 pm	Snack	50 0 172 220	3 apricot APRICOT, RAW 8 fl oz WATER, DRINKING WATER, PURIFIED 1 cups CHEESE, COTTAGE 1% 1 1/4 oz ALMONDS, SLIVERED			
Notes:						
Meal Totals:		Calories: 442	Carbs: 25g (22%)	Protein: 40g (36%)	Fat: 21g (42%)	Fluid: 20oz
		Calories	Carbs	Protein	Fat	Fluid
Day 2 Totals:		3233	435g (52%)	185g (22%)	94g (25%)	157oz



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Day 3

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Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	240	2 muffin ENGLISH MUFFIN, 100% WHOLE WHEAT			
		176	2 tablespoons PEANUT BUTTER			
		110	1 cups ORANGE JUICE			
		61	1 large PEACH, RAW			
		0	12 fl oz WATER, DRINKING WATER, PURIFIED			
		50	1 tablespoons JAM			
Notes:						
Meal Totals:		Calories: 637	Carbs: 102g (62%)	Protein: 21g (13%)	Fat: 18g (25%)	Fluid: 26oz
10:00 am	Snack	78	2 cups COCONUT WATER			
		135	1 extra-large BANANA, RAW			
		210	1 bar NUTRITION BAR 40-30-30, STRAWBERRY YOGURT			
Notes:						
Meal Totals:		Calories: 423	Carbs: 71g (64%)	Protein: 20g (18%)	Fat: 9g (18%)	Fluid: 19oz
12:00 pm	Snack	2	16 fl oz ICED TEA, UNSWEETENED			
		135	3 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		340	2 wrap WRAP, 100% WHOLE WHEAT			
		10	2 teaspoons MUSTARD, PREPARED, DIJON			
		67	2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
		110	1 large APPLE W/SKIN, RAW			
Notes:						
Meal Totals:		Calories: 667	Carbs: 86g (52%)	Protein: 39g (24%)	Fat: 18g (24%)	Fluid: 28oz
03:00 pm	Snack	130	6 crackers TRISCUIT WHEAT CRACKER, LOWER SODIUM			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		83	1 cups CARROT, BABY, RAW			
		108	4 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		80	1 piece STRING CHEESE			
Notes:						
Meal Totals:		Calories: 401	Carbs: 32g (40%)	Protein: 13g (16%)	Fat: 16g (44%)	Fluid: 18oz
06:00 pm	Dinner	46	1/2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		41	1/2 cups BROCCOLI, BOILED, NO SALT			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		599	CHEESY ITALIAN MEATBALL CASSEROLE (TOTALS) (1.5 Servings)			
Notes:						
Meal Totals:		Calories: 686	Carbs: 74g (43%)	Protein: 41g (24%)	Fat: 25g (33%)	Fluid: 16oz
Continued on next page...						



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Day 3

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Time	Meal Label	Calories	Meal Items			
08:00 pm	Snack	34 238 0 180	2 apricot APRICOT, RAW 8 oz YOGURT, FRUIT, LOW FAT 8 fl oz WATER, DRINKING WATER, PURIFIED 2 bars GRANOLA BAR, OATS 'N HONEY			
Notes:						
Meal Totals:		Calories: 452	Carbs: 79g (69%)	Protein: 16g (14%)	Fat: 9g (18%)	Fluid: 18oz
		Calories	Carbs	Protein	Fat	Fluid
Day 3 Totals:		3266	444g (55%)	150g (19%)	95g (26%)	125oz



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Day 4

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Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	176	1 oz ALMONDS, SLIVERED			
		300	1/2 cups OATS, STEEL CUT (OATMEAL)			
		83	1 cups BLUEBERRY, RAW			
		91	1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
Notes:						
Meal Totals:		Calories: 650	Carbs: 91g (56%)	Protein: 27g (17%)	Fat: 20g (28%)	Fluid: 22oz
10:00 am	Snack	172	1 cups CHEESE, COTTAGE 1%			
		91	2 cups COCONUT WATER			
		89	2 fruit TANGERINE, MANDARIN, RAW			
		90	1 bars GRANOLA BAR, OATS 'N HONEY			
Notes:						
Meal Totals:		Calories: 442	Carbs: 62g (53%)	Protein: 37g (32%)	Fat: 8g (15%)	Fluid: 31oz
12:00 pm	Lunch	599	CHEESY ITALIAN MEATBALL CASSEROLE (TOTALS) (1.5 Servings)			
		35	1 tablespoons SALAD DRESSING, BALSAMIC ITALIAN VINAIGRETTE			
		8	1 cups LETTUCE, COS OR ROMAINE, RAW			
		34	1/2 cups GREEN PEA, BOILED, NO ADDED SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Notes:						
Meal Totals:		Calories: 676	Carbs: 72g (42%)	Protein: 37g (22%)	Fat: 28g (37%)	Fluid: 21oz
03:00 pm	Snack	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		210	1 bar NUTRITION BAR 40-30-30, STRAWBERRY YOGURT			
		135	1 extra-large BANANA, RAW			
		80	1 piece STRING CHEESE			
Notes:						
Meal Totals:		Calories: 425	Carbs: 57g (51%)	Protein: 24g (21%)	Fat: 14g (28%)	Fluid: 21oz
06:00 pm	Dinner	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		264	10 oz POTATO, BAKED, FLESH & SKIN			
		52	1 1/2 teaspoons BUTTER			
		75	1 roll ROLL, DINNER, WHOLE WHEAT			
		154	1 cups MIXED VEGETABLES, BOILED, NO SALT			
		115	3 oz TURKEY BREST, BROILER, MEAT ONLY, ROASTED			
Notes:						
Meal Totals:		Calories: 660	Carbs: 105g (64%)	Protein: 42g (25%)	Fat: 8g (11%)	Fluid: 36oz
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Day 4

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Time	Meal Label	Calories	Meal Items			
08:00 pm	Snack	176 0 238	1 oz ALMONDS, SLIVERED 8 fl oz WATER, DRINKING WATER, PURIFIED 8 oz YOGURT, FRUIT, LOW FAT			
Notes:						
Meal Totals:		Calories: 414	Carbs: 47g (46%)	Protein: 17g (17%)	Fat: 17g (37%)	Fluid: 15oz
		Calories	Carbs	Protein	Fat	Fluid
Day 4 Totals:		3267	434g (52%)	184g (22%)	95g (26%)	146oz



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Day 5

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Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		258	2 1/2 oz CEREAL, RTE, SHREDDED WHEAT, SPOON SIZE			
		203	2 large EGG, CHICKEN, SCRAMBLED			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
Notes:						
Meal Totals:		Calories: 644	Carbs: 83g (50%)	Protein: 42g (25%)	Fat: 18g (24%)	Fluid: 28oz
10:00 am	Snack	172	1 cups CHEESE, COTTAGE 1%			
		91	2 cups COCONUT WATER			
		83	1 cups BLUEBERRY, RAW			
		90	1 bars GRANOLA BAR, OATS 'N HONEY			
Notes:						
Meal Totals:		Calories: 436	Carbs: 61g (54%)	Protein: 37g (33%)	Fat: 7g (14%)	Fluid: 30oz
12:00 pm	Lunch	8	2 oz TOMATO, RAW			
		133	4 1/2 oz HAM LUNCH MEAT, LOWFAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		226	3 roll ROLL, DINNER, WHOLE WHEAT			
		15	3 teaspoons MUSTARD, PREPARED, DIJON			
		160	2 piece STRING CHEESE			
		8	1 cups LETTUCE, COS OR ROMAINE, RAW			
70	2 tablespoons SALAD DRESSING, BALSAMIC ITALIAN VINAIGRETTE					
Notes:						
Meal Totals:		Calories: 620	Carbs: 58g (36%)	Protein: 43g (27%)	Fat: 26g (37%)	Fluid: 26oz
03:00 pm	Snack	325	15 crackers TRISCUIT WHEAT CRACKER, LOWER SODIUM			
		54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		83	1 cups CARROT, BABY, RAW			
Notes:						
Meal Totals:		Calories: 462	Carbs: 73g (61%)	Protein: 11g (9%)	Fat: 16g (30%)	Fluid: 25oz
06:00 pm	Dinner	90	2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		100	1/2 cups REFRIED BEANS, VEGETARIAN			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		484	CREAMY TACO ROLL (TOTALS) (1.5 Servings)			
Notes:						
Meal Totals:		Calories: 674	Carbs: 66g (38%)	Protein: 36g (21%)	Fat: 32g (41%)	Fluid: 18oz
Continued on next page...						



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Day 5

Day 5						
Time	Meal Label	Calories	Meal Items			
08:00 pm	Snack	262 135 0	1 cups VANILLA PUDDING, NONFAT, RTE 1 extra-large BANANA, RAW 8 fl oz WATER, DRINKING WATER, PURIFIED			
Notes:						
Meal Totals:		Calories: 397	Carbs: 99g (91%)	Protein: 8g (7%)	Fat: 1g (2%)	Fluid: 21oz
		Calories	Carbs	Protein	Fat	Fluid
Day 5 Totals:		3233	440g (52%)	177g (21%)	100g (27%)	148oz



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Day 6

Day 6						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	340	2 wrap WRAP, 100% WHOLE WHEAT			
		21	4 tablespoons SALSA			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		101	1 large EGG, CHICKEN, SCRAMBLED			
		110	1 cups ORANGE JUICE			
		91	2 oz AVOCADO, RAW			
Notes:						
Meal Totals:		Calories: 663	Carbs: 89g (54%)	Protein: 21g (13%)	Fat: 25g (34%)	Fluid: 22oz
10:00 am	Snack	195	9 crackers TRISCUIT WHEAT CRACKER, LOWER SODIUM			
		129	3/4 cups CHEESE, COTTAGE 1%			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		135	1 extra-large BANANA, RAW			
Notes:						
Meal Totals:		Calories: 459	Carbs: 69g (56%)	Protein: 30g (24%)	Fat: 11g (20%)	Fluid: 27oz
12:00 pm	Lunch	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		90	2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		100	1/2 cups REFRIED BEANS, VEGETARIAN			
		484	CREAMY TACO ROLL (TOTALS) (1.5 Servings)			
Notes:						
Meal Totals:		Calories: 674	Carbs: 66g (38%)	Protein: 36g (21%)	Fat: 32g (41%)	Fluid: 18oz
03:00 pm	Snack	176	2 tablespoons PEANUT BUTTER			
		137	1 1/2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		110	1 large APPLE W/SKIN, RAW			
Notes:						
Meal Totals:		Calories: 423	Carbs: 48g (45%)	Protein: 22g (21%)	Fat: 16g (34%)	Fluid: 19oz
06:00 pm	Dinner	123	4 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		283	8 oz PASTA, MACARONI WHOLE WHEAT, COOKED			
		100	2 tablespoons CHEESE, PARMESAN			
		83	1 cups BROCCOLI, BOILED, NO SALT			
		60	3/4 cups MARINARA SAUCE, LOW SODIUM			
Notes:						
Meal Totals:		Calories: 649	Carbs: 89g (52%)	Protein: 47g (27%)	Fat: 16g (21%)	Fluid: 33oz
Continued on next page...						



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Day 6

Day 6						
Time	Meal Label	Calories	Meal Items			
08:00 pm	Snack	122 59 210	2 large PEACH, RAW 1 1/2 cups COCONUT WATER 1 bar NUTRITION BAR 40-30-30, STRAWBERRY YOGURT			
Notes:						
Meal Totals:		Calories: 391	Carbs: 62g (61%)	Protein: 20g (20%)	Fat: 9g (20%)	Fluid: 21oz
		Calories	Carbs	Protein	Fat	Fluid
Day 6 Totals:		3259	423g (50%)	176g (21%)	109g (29%)	140oz



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Day 7

Day 7						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	203	2 large EGG, CHICKEN, SCRAMBLED			
		240	2 muffin ENGLISH MUFFIN, 100% WHOLE WHEAT			
		110	1 cups ORANGE JUICE			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		91	2 oz AVOCADO, RAW			
Notes:						
Meal Totals:		Calories: 644	Carbs: 79g (47%)	Protein: 29g (17%)	Fat: 26g (35%)	Fluid: 22oz
10:00 am	Snack	238	8 oz YOGURT, FRUIT, LOW FAT			
		135	1 extra-large BANANA, RAW			
		91	2 cups COCONUT WATER			
Notes:						
Meal Totals:		Calories: 464	Carbs: 95g (78%)	Protein: 16g (13%)	Fat: 5g (9%)	Fluid: 28oz
12:00 pm	Lunch	176	2 tablespoons PEANUT BUTTER			
		2	16 fl oz ICED TEA, UNSWEETENED			
		100	2 tablespoons JAM			
		55	1/2 large APPLE W/SKIN, RAW			
		320	4 slice 100% WHOLE WHEAT BREAD			
Notes:						
Meal Totals:		Calories: 653	Carbs: 100g (61%)	Protein: 22g (13%)	Fat: 19g (26%)	Fluid: 22oz
03:00 pm	Snack	83	1 cups CARROT, BABY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		81	3 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		260	12 crackers TRISCUIT WHEAT CRACKER, LOWER SODIUM			
Notes:						
Meal Totals:		Calories: 424	Carbs: 47g (54%)	Protein: 8g (9%)	Fat: 14g (36%)	Fluid: 18oz
06:00 pm	Dinner	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		180	4 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		77	1 cups PEAS & CARROTS, BOILED, NO SALT			
		75	1 roll ROLL, DINNER, WHOLE WHEAT			
		8	1 cups LETTUCE, COS OR ROMAINE, RAW			
		35	1 tablespoons SALAD DRESSING, BALSAMIC ITALIAN VINAIGRETTE			
		69	2 teaspoons BUTTER			
		211	8 oz POTATO, BAKED, FLESH & SKIN			
Notes:						
Meal Totals:		Calories: 655	Carbs: 83g (49%)	Protein: 51g (30%)	Fat: 15g (20%)	Fluid: 34oz
Continued on next page...						



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Day 7

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Time	Meal Label	Calories	Meal Items			
08:00 pm	Snack	34	2 apricot APRICOT, RAW			
		44	1/4 oz ALMONDS, SLIVERED			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		172	1 cups CHEESE, COTTAGE 1%			
		180	2 bars GRANOLA BAR, OATS 'N HONEY			
Notes:						
Meal Totals:		Calories: 430	Carbs: 45g (40%)	Protein: 38g (34%)	Fat: 13g (26%)	Fluid: 20oz
		Calories	Carbs	Protein	Fat	Fluid
Day 7 Totals:		3270	449g (55%)	164g (20%)	92g (25%)	144oz



Recipes

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Prepared By: Adam Geiger

Email: adam@hiitboxcolorado.com

Created: 03-13-2018

Cheesy Italian Meatball Casserole (totals) (serves 4)

Ingredients

- 6 oz Cheese, Ricotta
- 8 oz Pasta Sauce, Six Cheese
- 6 oz Meatballs, Italian Style
- 2/3 cups Mozzarella Cheese, Shredded, Reduced Fat
- 6 oz Penne Pasta, Dry

Instructions

1. Cook pasta according to package directions; drain. Return to pan. Stir in Cheese pasta sauce, meatballs, and tomato sauce. Transfer to an ungreased glass baking dish or 3-quart rectangular casserole.
2. Bake, covered, in a 350 degrees F oven for 30 minutes. Meanwhile, in a small bowl combine ricotta cheese and Parmesan cheese. Uncover pasta mixture and spoon ricotta mixture in mounds over pasta mixture. Cover loosely; bake about 10 minutes more or until heated through.
3. Top with mozzarella cheese and bake, uncovered, for 5 minutes more.



Recipes

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Created: 03-13-2018

Creamy Taco Roll (totals) (serves 4)

Ingredients

- 4 tablespoons Olive, Black, Pitted
- 4 tablespoons Green Chiles, Chopped
- 4 teaspoons Taco Seasoning Mix
- 4 teaspoons Salsa
- 6 tablespoons Sour Cream
- 6 tablespoons Cream Cheese, Plain, Soft
- 4 tortilla Tortilla Wrap, Flour

Instructions

1. Beat cream cheese, sour cream, salsa, and taco seasoning together with an electric mixer in a bowl until smooth. Add optional Hot Sauce to mix. Fold in green chiles & black olives (optional to add onions)
2. Spread a thin layer of cream cheese mixture onto each flour tortilla. Roll up each tortilla. Chill for 30 minutes; cut into bite-sized slices to serve.



Meal Plan Shopping List

Category	Quantity	Item
Accompaniments	3/4 cups	Marinara Sauce, Low Sodium Amy's Kitchen
	3 tablespoons	Jam Smucker's
	4 teaspoons	Mayonnaise, Olive Oil, Artisan Spectrum
	6 tablespoons	Salad Dressing, Balsamic Italian Vinaigrette Wish-Bone
	7 teaspoons	Mustard, Prepared, Dijon Grey Poupon
Beverages	3 cups	Orange Juice
	6 cups	Coconut Water
	8 cups	Milk, Cow's, Nonfat Vit-d Added (skim)
	8 cups	Coconut Water
	48 fl oz	Iced Tea, Unsweetened Generic
	388 fl oz	Water, Drinking Water, Purified
Bread	4 muffin	English Muffin, 100% Whole Wheat Thomas'
	4 slice	100% Whole Wheat Bread Sara Lee
	6 wrap	Wrap, 100% Whole Wheat Sahara
	8 roll	Roll, Dinner, Whole Wheat
Cereal and Grain Products	1 1/4 cups	Oats, Steel Cut (oatmeal) Quaker
	2 1/2 cups	Brown Rice, Long Grain, Cooked
Cereals, Ready to Eat	8 oz	Pasta, Macaroni Whole Wheat, Cooked
	5 oz	Cereal, Rte, Shredded Wheat, Spoon Size Post
Cookies & Crackers	54 crackers	Triscuit Wheat Cracker, Lower Sodium Triscuit
Dairy Products	2 tablespoons	Cheese, Parmesan
	4 piece	String Cheese Kraft
	4 tablespoons	4 Mexican Cheese, Shredded, Reduced Fat Sargento
	5 1/2 cups	Cheese, Cottage 1%
	5 1/2 teaspoons	Butter
	8 large	Egg, Chicken, Scrambled
Desserts	38 oz	Yogurt, Fruit, Low Fat
	1 cups	Vanilla Pudding, Nonfat, Rte
Finfish and Shellfish Products	4 oz	Salmon, Atlantic, Wild, Baked Or Broiled
Fruits	2 1/2 large	Apple W/skin, Raw
	3 cups	Blueberry, Raw
	4 fruit	Tangerine, Mandarin, Raw
	6 extra-large	Banana, Raw
	7 large	Peach, Raw
	7 oz	Avocado, Raw

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Meal Plan Shopping List

Category	Quantity	Item
	9 apricot	Apricot, Raw
Legumes	1/2 cups	Green Pea, Boiled, No Added Salt
	1 1/2 cups	Refried Beans, Vegetarian Old El Paso
	6 tablespoons	Peanut Butter
	9 tablespoons	Hummus (seasoned Mashed Chickpea)
Nuts and Seeds	4 1/2 oz	Almonds, Slivered Blue Diamond
Poultry	2 oz	Turkey Breast, Roasted
	7 oz	Turkey Breast, Broiler, Meat Only, Roasted
	14 oz	Chicken, Broiler, Breast, Meat, Roasted
Sausages and Lunch Meats	4 1/2 oz	Ham Lunch Meat, Lowfat Oscar Mayer
Side Dishes	2 cups	Mixed Vegetables, Boiled, No Salt
Snacks	8 bars	Granola Bar, Oats 'n Honey Nature Valley
Sport and Diet Nutritionals	5 bar	Nutrition Bar 40-30-30, Strawberry Yogurt Zone Perfect
Vegetables	1 cups	Carrot, Baby, Raw
	1 1/2 cups	Broccoli, Boiled, No Salt
	2 cups	Peas & Carrots, Boiled, No Salt
	2 leaf	Lettuce, Cos Or Romaine, Raw
	3 cups	Carrot, Baby, Raw
	4 cups	Lettuce, Cos Or Romaine, Raw
	4 oz	Tomato, Raw
	8 oz	Potato, Baked, Flesh & Skin
	10 oz	Potato, Baked, Flesh & Skin


















Recipe Shopping List

Category	Quantity	Item
Bread	4 tortilla	Tortilla Wrap, Flour La Tortilla Factory
Accompaniments	4 tablespoons	Olive, Black, Pitted Lindsay
	8 oz	Pasta Sauce, Six Cheese Ragu
	8 teaspoons	Salsa
Cereal and Grain Products	6 oz	Penne Pasta, Dry De Boles
Dairy Products	2/3 cups	Mozzarella Cheese, Shredded, Reduced Fat Kraft
	6 oz	Cheese, Ricotta
	6 tablespoons	Cream Cheese, Plain, Soft Philadelphia Brand
	6 tablespoons	Sour Cream
Entrees	6 oz	Meatballs, Italian Style Rosina
Ingredients	4 teaspoons	Taco Seasoning Mix Lawry's
Vegetables	4 tablespoons	Green Chiles, Chopped Old El Paso







Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines

 Golf Ball ¼ cup 1 oz 2 tbsp	 Tennis Ball 1/3 cup	 Computer Mouse ½ cup	 Baseball 1 cup	 Rounded Handful ½ cup 1 oz dried goods
 Hockey Puck 3 oz muffin or biscuit	 Matchbox 1 oz serving of meat	 Deck of Cards 3 oz of chicken, meat, or fish	 Thin Paperback Book 8 oz serving of meat	 Thumb 1 tsp
 Poker Chip 1 tbsp	 Shot Glass 1 oz 2 tbsp	 CD 1 slice of bread 1 oz lunch meat	 3 Dice 1 ½ oz cheese	 Kids' School Milk Carton 8 oz drink

Useful Examples

 Bread & Grains 1 cup of cereal = 1 baseball ½ cup cooked rice = computer mouse ½ cup cooked paste = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	 Fruits & Vegetables ½ cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	 Meats, Fish & Nuts 3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball ¼ cup almonds = about 23 almonds ¼ cup pistachios = about 24 pistachios
 Dairy & Cheese 1 ½ oz cheese = stacked dice 1 cup yogurt = baseball ½ cup ice cream = computer mouse	 Fats & Oils 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	 Sweets & Treats 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox