WOOTEN
FITNESS
WORKOUT PLANS | MEAL PLANS | REAL RESULTS

THE MEAL PLAN

FOUR WEEKS / FUEL YOUR PROGRESS

PREMIUM NUTRITION PLAN / WEBSITE SAMPLE

ILLUSTRATIVE ONLY - NOT INDIVIDUAL NUTRITION ADVICE

01 / YOUR NUTRITION PROFILE

Fuel built around your goals.

A realistic preview of the Wooten Fitness meal-planning experience.

PREPARED FOR / ALEX (FICTIONAL CLIENT)

Goal: Support muscle gain and consistent training
Preferences: Omnivore | Prep time: About 30 minutes
Example only: 3 meals + 1 snack daily; portions are illustrative

YOUR NUTRITION SYSTEM

FEATURE	WHAT YOU GET
01 / Daily structure	Repeatable meals and flexible choices
02 / Recipes	Ingredients, serving amounts and preparation
03 / Grocery planning	A consolidated shopping checklist
04 / Progress	Weekly reflection and adjustment prompts

IMPORTANT CONTEXT

This example is not based on a real client assessment. Calorie needs, allergies, medical needs and dietary restrictions require individualized screening.

02 / SAMPLE DAILY MENU

A simple day of eating.

Example menu - amounts and nutrition are not personalized.

MEAL	FOOD	SAMPLE PORTION
Breakfast	Greek yogurt oat bowl	**170 g plain Greek yogurt,** 40 g oats, 100 g berries
Lunch	Chicken rice bowl	**120 g cooked chicken,** 150 g cooked rice, vegetables
Snack	Apple + peanut butter	**1 medium apple,** 1 tbsp peanut butter
Dinner	Salmon and potatoes	**120 g cooked salmon,** 200 g potato, vegetables

MAKE IT WORK FOR YOU

Drink water regularly; adjust intake to activity and conditions.

Include produce, protein, carbohydrate and fats across the day.

Portion sizes are examples, not prescribed calorie or macro targets.

03 / RECIPES AND PREP

Good food. Less guesswork.

Two simple recipes from the example menu.

01 / CHICKEN RICE BOWL

Ingredients (1 serving): 120 g cooked chicken breast, 150 g cooked rice,
1 cup mixed vegetables, 1 tsp olive oil, lemon and seasonings.
Method: Cook chicken to 165 F; cook rice; steam vegetables.
Assemble, drizzle with oil, and season to taste.

02 / SALMON & ROASTED POTATOES

Ingredients (1 serving): 120 g salmon, 200 g potato, 1 cup broccoli,
1 tsp olive oil, lemon, pepper and herbs.
Method: Roast diced potatoes at 425 F until tender. Bake salmon to 145 F.
Steam broccoli and serve with lemon and herbs.

PREP + FOOD SAFETY

Refrigerate perishables promptly at 40 F or below. Use clean utensils,
separate raw and cooked foods, and reheat leftovers to 165 F.
For meal prep, use refrigerated leftovers within 3-4 days or freeze.

04 / SHOPPING AND WEEKLY RHYTHM

Plan once. Eat with purpose.

Example grocery checklist for the sample menu; scale to your needs.

CATEGORY	EXAMPLE SHOPPING LIST
Protein	Chicken breast, salmon, plain Greek yogurt
Grains + starches	Oats, rice, potatoes
Produce	Berries, apples, broccoli, mixed vegetables
Pantry	Peanut butter, olive oil, herbs, lemon

FOUR-WEEK HABIT ROADMAP

WEEK	FOCUS	YOUR ACTION
01	Build a routine	Choose a consistent meal-prep day
02	Stay consistent	Keep convenient ingredients stocked
03	Notice patterns	Record hunger, energy and enjoyment
04	Reflect and refine	Review what worked and adjust

05 / YOUR PROGRESS

Small habits. Real momentum.

Use this page to reflect on your nutrition routine.

WEEK	MEAL PREP	HYDRATION	ENERGY / NOTES
01	[ ]	[ ]	_____
02	[ ]	[ ]	_____
03	[ ]	[ ]	_____
04	[ ]	[ ]	_____

WHAT FELT EASY THIS WEEK?

WHAT WOULD YOU CHANGE NEXT WEEK?

BUILT FOR YOUR GOALS.

YOUR FOOD. YOUR ROUTINE. YOUR PROGRESS.

THIS IS JUST A PREVIEW.

A personalized Wooten Fitness experience can include a nutrition

SAMPLE ONLY / NOT A CUSTOM MEAL PRESCRIPTION

Nutrition content should be reviewed by a qualified professional before commercial use, especially for medical or dietary needs.