

Breakfast

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1/2 cup	Liquid Egg Whites	0	1	13	60
½ cup	Oats	1	27	5	150
1 cup	Water	0	0	0	0
1/2 cup	Mixed berries	0	7	0.5	30
		1	35	18.5	230

Snack # 1

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1 scoop	Protein Powder	1.5	3	24	120
1 cup	Unsweetened Almond milk	2.5	1	1	30
		4	4	25	150

Lunch

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
4 oz.	Lean Ground Beef	11	0	22.5	198
1/2 cup	Whole Wheat Pasta, cooked	0.5	23	2	109
1/3 cup	Tomato/Marinara sauce	0.5	7.5	1	32
½ cup	Mixed vegetables	0.5	12	2.5	60
1 cup	Salad Greens	0	1.5	1	10
		12.5	44	29	409

Snack # 2

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1/2 cup	0% Plain Greek yogurt	0	3.5	9	50
½ cup	Mixed Berries	0	7	0.5	25
8	Almonds	5	2	2	55
		5	12.5	11.5	130

Dinner

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
6 oz.	White Fish (i.e. basa)	4	0	20	120
1 cup	Mixed Vegetables	0.5	12	2.5	60
1 cup	Salad greens	0	1.5	1	10
½ cup	Basmati Rice, cooked	0	20	3	95
		4.5	33.5	26.5	285

TOTAL:

27g fat / 129g carbs / 110.5g protein / 1204 calories