

## Breakfast

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1 scoop	Protein Powder	1.5	3	24	120
0.5 cup	Oats	3	27	5	150
1 cup	Unsweetened Almond Milk	2.5	1	1	30
1/2 cup	Mixed berries	0.5	7	0.5	30
		<b>7.5</b>	<b>38</b>	<b>30.5</b>	<b>330</b>

## Snack # 1

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1/2 cup	2% Plain Greek yogurt	2.5	7.5	10	94
1/4 cup	Mixed Berries	0	3.5	0	15
12	Almonds	7	3	3	83
		<b>9.5</b>	<b>14</b>	<b>13</b>	<b>192</b>

## Lunch

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
4 oz	Chicken breast (grill with non-stick spray)	1.5	0	26	124
2 cups	Mixed greens	0	3	2	20
1 tbsp	Balsamic Vinegar	0	3	0	15
1/2 cup	Mixed vegetables	0	6	1.5	30
		<b>1.5</b>	<b>12</b>	<b>29.5</b>	<b>189</b>

## Snack # 2

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
1 teaspoon	Peanut butter	2.5	1.5	1	30
		<b>6.5</b>	<b>5.5</b>	<b>26</b>	<b>180</b>

## Dinner

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
5 oz.	(Wild) Salmon	15	0	28	259
1 cup	Mixed Vegetables	0.5	12	2.5	60
1 cup	Salad greens w/ lemon juice	0	1.5	1	10
		<b>15.5</b>	<b>13.5</b>	<b>31.5</b>	<b>329</b>

TOTAL:

40.5g fat / 83g carbs / 130.5g protein / 1220 calories