

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
		7.5	38	30.5	330

Snack # 1

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1 cup	2% Plain Greek yogurt	5	15	20	188
1/4 cup	Mixed Berries	0	3.5	0	15
15	Almonds	9	3.5	4	104
		14	22	24	307

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 cup	Mixed vegetables	0.5	12	2.5	60
½ small (85g)	Avocado	12.5	7.5	2	136
		14.5	25.5	32.5	355

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
		6.5	5.5	26	180

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
		15.5	13.5	31.5	329

TOTAL:

58g fat / 104.5g carbs / 144.5g protein / 1501 calories