

Breakfast

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
3/4 cup	Egg whites (cook with non-stick spray)	0	0	18	90
1 cup	Spinach	0	1	1	7
1/2	Tomato	0	2.5	0.5	11
½ medium (85g)	Avocado	12.5	7.5	2	135
1 cup	Strawberries	0.5	11.5	1	50
		13	22.5	22.5	293

Snack # 1

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1/2 cup	Cucumber	0	2	0	8
3 oz.	Turkey slices	1.5	1	19	90
1 slice	Whole grain toast	1.5	19	5	120
		3	22	24	218

Lunch

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
6 oz	Chicken breast (grill with non-stick spray)	2	0	39	185
1 cup	Mixed greens	0	1.5	1	10
1 cup	Mixed vegetables	0.5	12	2.5	60
2 tbsp	Hummus	6	5	1	70
4 oz	Sweet Potato	0	23	2	100
		8.5	41.5	45.5	425

Snack # 2

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1/2 scoop	Protein Powder	1	1.5	12	60
1 cup	Unsweetened Almond Milk	2.5	1	1	30
1 medium	Banana	0	27	1	105
		3.5	29.5	14	195

Dinner

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
4 oz.	(Wild) Salmon	12	0	22.5	207
1 cup	Mixed Vegetables	0.5	12	2.5	60
1 cup	Salad greens	0	1.5	1	10
1/2 cup	Basmati Rice, cooked	0	20	3	95
		12.5	33.5	29	372

TOTAL:

40.5g fat / 149g carbs / 135g protein / 1503 calories