

## Breakfast

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1 scoop	Protein Powder	1.5	3	24	120
1 cup	Oats	6	54	10	300
1 cup	Almond or Non-dairy Milk	2.5	8	1	60
1 cup	Mixed berries	0.5	14	1	60
		<b>10.5</b>	<b>79</b>	<b>36</b>	<b>540</b>

## 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
		<b>3</b>	<b>22</b>	<b>24</b>	<b>218</b>

## 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
1 Small (150g)	Avocado	22	13	3	240
		<b>24.5</b>	<b>26.5</b>	<b>45.5</b>	<b>495</b>

## Snack # 2

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1.5 scoops	Protein Powder	2.5	4.5	36	180
1.5 cups	Almond Milk	3.5	12	1.5	90
½ cup	Mixed Berries	0	7	0.5	30
		<b>6</b>	<b>23.5</b>	<b>38</b>	<b>300</b>

## Dinner

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
6 oz.	(Wild) Salmon	18	0.5	33.5	310
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
		<b>18.5</b>	<b>34</b>	<b>40</b>	<b>475</b>

TOTAL:

62.5g fat / 185g carbs / 183.5g protein / 2028 calories