

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
		10.5	79	36	540

Snack # 1

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1 large	Banana	0.5	31	1.5	120
1 tbsp	Almond Butter	9.5	3.5	2.5	105
2 slices	Whole Grain Bread	3	38	10	240
		13	72.5	14	465

Lunch

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
8 oz	Chicken breast (grill with non-stick spray)	3	0	52	250
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
		25.5	26.5	58.5	560

Snack # 2

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1 cup	Edamame (out of pod) or 3 cups in pod	6	20	16	200
		6	20	16	200

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
		18.5	34	40	475

Snack # 3

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
		6	16.5	37.5	270

TOTAL:

79.5 fat / 248.5 carbs / 202 protein / 2510 calories