

Breakfast

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
2 scoops	Protein Powder	3	6	48	240
1 cup	Oats	6	54	10	300
1 cup	Unsweetened Almond Milk	2.5	1	1	30
¼ cup	Mixed berries	0	3.5	0	15
1 tbsp	Chia seeds	4	4	2	60
		15.5	68.5	61	645

Snack # 1

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
½ cup	Almonds	30	12	12	340
		30	12	12	340

Lunch

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
8 oz	Chicken breast (non-stick spray)	3	1	52	246
2 cups	Mixed greens	0	3	2	20
1 tbsp	Olive Oil	13.5	0	0	120
1 tbsp	Balsamic Vinegar	0	3	0	15
1 cup	Mixed vegetables	0.5	12	2.5	60
1 Small (150g)	Avocado	22	13	3	240
½ cup	Quinoa, cooked	2	21	4	120
		41	53	63.5	821

Snack # 2

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1.5 cups	2% Plain Greek yogurt	8	24	32	300
½ cup	Mixed Berries	0	7	0.5	30
1 tbsp	Chia seeds	4	4	2	60
		12	35	34.5	390

Dinner

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
8 oz.	(Wild) Salmon	24.5	0.5	45	415
1 cup	Mixed Vegetables	0.5	12	2.5	60
1 cup	Salad greens w/ lemon juice	0	1.5	1	10
		25	14	48.5	485

Snack # 3

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
2 tbsp	Peanut butter	15	8	8	190
		19	12	33	340

TOTAL:

142.5g fat / 194.5g carbs / 252.5 protein / 3021 calories