

Breakfast

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
3 slices	Whole Grain Toast Bread	6	57	15	300
½ cup	Liquid Egg Whites	0	0	12.5	60
½ cup	Almond or Non-Dairy Milk	1	4	0.5	30
½ tsp	Cinnamon	0	1	0	3
½ cup	Mixed berries	0	7	0.5	30
2 tbsp	Pure Maple Syrup	0	26.5	0	105
		7	96.5	28.5	528

Snack # 1

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1.5 scoop (47g)	Protein Powder	2.5	5	36	180
2 cups	Almond or Non-Dairy Milk	5	16	2	120
1 large	Banana	0	31	1.5	120
1/3 cup	Oats	2	18	3	100
		9.5	70	42.5	520

Lunch

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1.5 cups	Brown Rice (cooked)	2.5	68	7.5	320
6 oz.	Chicken Breast, skinless	2	0	40	188
½ cup	Mixed Vegetables	0	12	2.5	65
1 tbsp	Raw Honey	0	17	0	64
2 cloves	Garlic, Minced	0	2	0	9
1 tbsp	Sesame seeds	3	1	1	30
		7.5	100	51	678

Snack # 2

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1.5 cups	0% Plain Greek yogurt	0	10.5	27	150
½ cup	Mixed Berries	0	5.5	0.5	25
1/2 cup	Granola	2	38	5	200
		2	54	32.5	375

Dinner

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
8 oz.	Sirloin or Flank Steak	29	0	64	535
7 oz.	Potato	4	38	3	206
1 cup	Broccoli	0	6	2.5	31
		33	44	69.5	772

Snack # 3

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
¾ cup	Oats	4.5	41.5	8	230
1.5 scoop	Protein Powder	2.5	4.5	36	180
1.5 cups	Almond or Non-dairy milk	3.75	12	1.5	90
½ large	Apple	0	15	0.5	56
1 tbsp	Raw Honey	0	17	0	64
		10.75	90	46	620

TOTAL:

69.75g fat / 454.5g carb / 270g protein / 3500 calories