

## Breakfast — Day 1

PROTEIN (g) CARBS (g) FAT (g) CALORIES

|                            |    |     |   |     |
|----------------------------|----|-----|---|-----|
| Triple Zero Greek Yogurt   | 15 | 10  | 0 | 100 |
| 3 Egg Whites               | 13 | 1   | 0 | 67  |
| 1 Large Egg (White + Yolk) | 6  | 0   | 5 | 70  |
| 2 Slice Whole wheat Bread  | 6  | 22  | 2 | 120 |
| 1 Tbsp Cheddar Cheese      | 2  | 0   | 3 | 37  |
| ½ cup Strawberries         | 0  | 3.5 | 0 | 16  |

**TOTAL 42 36.5 10 410**

## Lunch — Day 1

PROTEIN (g) CARBS (g) FAT (g) CALORIES

|                                       |     |    |    |     |
|---------------------------------------|-----|----|----|-----|
| 2 Chicken Bacon Ranch Wonton Cupcakes | 28  | 20 | 12 | 304 |
| ½ Cup Fresh Green Beans (Cooked)      | 1   | 5  | 0  | 22  |
| ½ Medium Sweet Potato (Baked)         | 0.5 | 10 | 0  | 43  |
| 1 tsp butter                          | 0   | 0  | 4  | 35  |
| 1 Tbsp Cashew Butter                  | 2   | 4  | 7  | 95  |

**TOTAL 31.5 39 23 499**

## Dinner — Day 1

PROTEIN (g) CARBS (g) FAT (g) CALORIES

|                                        |     |     |   |      |
|----------------------------------------|-----|-----|---|------|
| 2 Skinny Meatloaf Muffins w/ BBQ sauce | 36  | 36  | 4 | 230  |
| ½ Cup Brown Rice (Cooked)              | 2   | 22  | 0 | 108  |
| ½ Cup Zucchini (Sauteed)               | 0   | 0.5 | 0 | 7.5  |
| ½ Cup Carrots (Cooked)                 | 0.5 | 3   | 0 | 20.5 |
| 1 Tsp Olive Oil                        | 0   | 0   | 5 | 40   |

**TOTAL** **38.5** **61.5** **9** **406**

## Snacks — Day 1

PROTEIN (g) CARBS (g) FAT (g) CALORIES

|                          |    |    |   |     |
|--------------------------|----|----|---|-----|
| Chewy Protein Bar        | 15 | 12 | 8 | 170 |
| ¼ Cup blueberries        | 0  | 5  | 0 | 21  |
| Triple Zero Greek Yogurt | 15 | 10 | 0 | 100 |

**TOTAL** **30** **27** **8** **291**

## Total Nutrient Content — Day 1

PROTEIN (g) CARBS (g) FAT (g) CALORIES

**142** **164** **50** **1606**

## Breakfast — Day 2

PROTEIN (g) CARBS (g) FAT (g) CALORIES

Omelette or Scramble w/ salsa

|                                |     |     |    |     |
|--------------------------------|-----|-----|----|-----|
| 3 Egg Whites                   | 13  | 1   | 0  | 67  |
| 2 Large Egg (White + Yolk)     | 12  | 0   | 10 | 140 |
| 1 Tbsp Cheddar Cheese          | 2   | 0   | 3  | 37  |
| ½ Medium Bell Pepper (Chopped) | 0.5 | 3.5 | 0  | 18  |
| ¼ Cup Chopped Onion            | 0   | 3   | 0  | 16  |
| ¼ Cup Raw Spinach              | 0   | 0   | 0  | 2   |
| 3 Tbsp Salsa/Picante Sauce     | 0   | 3   | 0  | 15  |
| 2 Slice Whole Wheat Bread      | 6   | 22  | 2  | 120 |

**TOTAL**

**33.5**

**32.5**

**15**

**415**

## Lunch — Day 2

PROTEIN (g) CARBS (g) FAT (g) CALORIES

|                               |     |      |      |     |
|-------------------------------|-----|------|------|-----|
| 4 Buffalo Chicken Cups        | 26  | 18.4 | 10.8 | 280 |
| ½ Medium Sweet Potato (Baked) | 0.5 | 10   | 0    | 43  |
| ½ Cup Zucchini (Sauteed)      | 0   | 0.5  | 0    | 7.5 |
| 1 Tsp Olive Oil               | 0   | 0    | 5    | 40  |
| 10 Medium Spears of Asparagus | 0   | 0    | 0    | 30  |

**TOTAL**

**26.5**

**28.9**

**15.8**

**400.5**

## Dinner — Day 2

PROTEIN (g) CARBS (g) FAT (g) CALORIES

|                                |    |    |   |     |
|--------------------------------|----|----|---|-----|
| 1 Ancho Chili Ground Beef Taco | 25 | 5  | 6 | 171 |
| ½ Cup Brown Rice (Cooked)      | 3  | 22 | 0 | 108 |
| ½ Cup black beans              | 7  | 19 | 0 | 109 |
| ½ cup Mango Slices             | 0  | 7  | 0 | 30  |

|              |           |           |          |            |
|--------------|-----------|-----------|----------|------------|
| <b>TOTAL</b> | <b>27</b> | <b>33</b> | <b>6</b> | <b>418</b> |
|--------------|-----------|-----------|----------|------------|

## Snacks — Day 2

PROTEIN (g) CARBS (g) FAT (g) CALORIES

|                              |    |     |   |      |
|------------------------------|----|-----|---|------|
| Chewy Protein Bar            | 14 | 15  | 7 | 170  |
| ½ Tbsp Natural Peanut Butter | 2  | 1.5 | 4 | 47.5 |
| 1 Cheese Stick               | 7  | 1   | 6 | 80   |
| 1 Medium apple               | 0  | 19  | 0 | 72   |

|              |           |             |           |              |
|--------------|-----------|-------------|-----------|--------------|
| <b>TOTAL</b> | <b>23</b> | <b>36.5</b> | <b>17</b> | <b>369.5</b> |
|--------------|-----------|-------------|-----------|--------------|

## Total Nutrient Content — Day 2

|             |              |             |             |
|-------------|--------------|-------------|-------------|
| PROTEIN (g) | CARBS (g)    | FAT (g)     | CALORIES    |
| <b>110</b>  | <b>130.9</b> | <b>53.8</b> | <b>1603</b> |

## Breakfast — Day 3

PROTEIN (g) CARBS (g) FAT (g) CALORIES

|                                      |    |    |     |     |
|--------------------------------------|----|----|-----|-----|
| Blueberry Protein Pancake (1 Packet) | 15 | 7  | 0.5 | 90  |
| 3 Hard Boiled Eggs                   | 18 | 2  | 15  | 234 |
| 1 Tbsp Maple Syrup                   | 0  | 13 | 0   | 55  |
| 2 Slices of Turkey Bacon             | 2  | 0  | 2   | 30  |

|              |           |           |             |            |
|--------------|-----------|-----------|-------------|------------|
| <b>TOTAL</b> | <b>35</b> | <b>22</b> | <b>15.5</b> | <b>409</b> |
|--------------|-----------|-----------|-------------|------------|

## Lunch — Day 3

PROTEIN (g) CARBS (g) FAT (g) CALORIES

|                                  |      |      |     |      |
|----------------------------------|------|------|-----|------|
| 4 Thai Chicken Salad Wonton Cups | 24.8 | 25.6 | 9.6 | 296  |
| ¼ Cup Seeded Edamame             | 3.5  | 5    | 1   | 45   |
| ½ Cup Carrots (Cooked)           | 0.5  | 3    | 0   | 20.5 |
| ½ Cup Quinoa (Cooked)            | 4    | 20   | 0   | 112  |

|              |             |             |             |              |
|--------------|-------------|-------------|-------------|--------------|
| <b>TOTAL</b> | <b>32.8</b> | <b>53.6</b> | <b>10.6</b> | <b>473.5</b> |
|--------------|-------------|-------------|-------------|--------------|

## Dinner — Day 3

PROTEIN (g) CARBS (g) FAT (g) CALORIES

|                                  |    |    |   |     |
|----------------------------------|----|----|---|-----|
| 1 Garlic Lemon Shrimp Kebab      | 31 | 2  | 7 | 189 |
| ½ Cup Mashed Potatoes            | 4  | 27 | 3 | 100 |
| ½ Cup Fresh Green Beans (Cooked) | 1  | 5  | 0 | 22  |
| ½ Cup Steamed Broccoli           | 1  | 4  | 0 | 31  |
| 1 tsp butter                     | 0  | 0  | 4 | 35  |
| 1 Medium Orange                  | 1  | 15 | 0 | 62  |

**TOTAL** **36.5** **45** **10** **439**

## Snacks — Day 3

PROTEIN (g) CARBS (g) FAT (g) CALORIES

|                                     |    |    |     |     |
|-------------------------------------|----|----|-----|-----|
| 2 Tbsp Hummus                       | 1  | 3  | 2   | 41  |
| 9 Mini Sweet Peppers                | 0  | 3  | 0   | 18  |
| 1 Cheese Stick                      | 7  | 1  | 6   | 80  |
| Cinnamon Oatmeal Raisin Protein Bar | 10 | 19 | 4.5 | 150 |

**TOTAL** **18** **26** **12.5** **289**

## Total Nutrient Content — Day 3

PROTEIN (g) CARBS (g) FAT (g) CALORIES

**122.3** **146.6** **58.6** **1610.5**