

Breakfast

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1 scoop	Protein Powder	1.5	3	24	120
0.5 cup	Oats	3	27	5	150
1 cup	Unsweetened Almond Milk	2.5	1	1	30
1/2 cup	Mixed berries	0.5	7	0.5	30
		7.5	38	30.5	330

Snack # 1

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1/2 cup	Cucumber	0	2	0	8
2 oz.	Turkey slices	1	0	13	61
1/2 cup	Mixed berries	0.5	7	0.5	30
		1.5	9	13.5	98

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
2 tbsp	Hummus	6	5	1	70
4 oz	Sweet Potato	0	23	2	100
		8.5	41.5	45.5	425

Snack # 2

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
12	Almonds	7	3	3	83

Dinner

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
4 oz.	(Wild) Salmon	12	0	22.5	207
1 cup	Mixed Vegetables	0.5	12	2.5	60
1 cup	Salad greens	0	1.5	1	10
		12.5	13.5	26	277

TOTAL:

37 g fat / 105g carbs / 118.5g protein / 1213 calories