

## Breakfast

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
<b>1/2 cup</b>	Liquid Egg Whites	0	1	13	60
<b>½ cup</b>	Oats	1	27	5	150
<b>1 cup</b>	Water	0	0	0	0
<b>1/2 cup</b>	Mixed berries	0	7	0.5	30
		<b>1</b>	<b>35</b>	<b>18.5</b>	<b>230</b>

## Snack # 1

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
<b>1 scoop</b>	Protein Powder	1.5	3	24	120
<b>1 cup</b>	Unsweetened Almond milk	2.5	1	1	30
<b>1 medium</b>	Banana	0	37	1.5	105
		<b>4</b>	<b>41</b>	<b>26.5</b>	<b>255</b>

## Lunch

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
<b>5 oz.</b>	Lean Ground Beef	14	0	28	245
<b>3/4 cup</b>	Whole Wheat Pasta, cooked	1	34	5.5	160
<b>1/2 cup</b>	Tomato/Marinara sauce	1	12	2	60
<b>½ cup</b>	Mixed vegetables	0.5	12	2.5	60
<b>1 cup</b>	Salad Greens	0	1.5	1	10
		<b>16.5</b>	<b>59.5</b>	<b>39</b>	<b>535</b>

## Snack # 2

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
<b>1 cup</b>	0% Plain Greek yogurt	0	7	18	100
<b>½ cup</b>	Mixed Berries	0	7	0.5	25
<b>12</b>	Almonds	7.5	3	3	83
		<b>7.5</b>	<b>17</b>	<b>21.5</b>	<b>208</b>

## Dinner

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
<b>6 oz.</b>	White Fish (i.e. basa)	4	0	20	120
<b>1 cup</b>	Mixed Vegetables	0.5	12	2.5	60
<b>1 cup</b>	Salad greens	0	1.5	1	10
<b>½ cup</b>	Basmati Rice, cooked	0	20	3	95
		<b>4.5</b>	<b>33.5</b>	<b>26.5</b>	<b>285</b>

TOTAL:

33.5 fat / 186 carbs / 132g protein / 1513 calories