

Breakfast

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1 cup	Liquid Egg Whites	0	2	26	130
½ cup	Oats	1	27	5	150
1 cup	Water	0	0	0	0
1.5 cups	Mixed berries	1	26	2	105
		2	55	33	385

Snack # 1

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1 scoop	Protein Powder	1.5	3	24	120
2 cups	Almond or Non-Dairy Milk	5	16	2	120
1 medium	Banana	0	37	1.5	105
		6.5	46	27.5	345

Lunch

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
6 oz.	Lean Ground Beef	16.5	0	33.5	295
1 cup	Whole Wheat Pasta, cooked	1	43.5	8.5	215
3/4 cup	Tomato/Marinara sauce	1.75	18	3	90
½ cup	Mixed vegetables	0.5	12	2.5	60
1 cup	Salad Greens	0	1.5	1	10
		19.75	75	48.5	670

Snack # 2

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

Dinner

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
10 oz.	White Fish (i.e. basa)	6.75	0	33.5	201
1 cup	Mixed Vegetables	0.5	12	2.5	60
1 cup	Salad greens	0	1.5	1	10
1 tsp	Olive Oil	4.5	0	0	40
½ cup	Basmati Rice, cooked	0	20	3	95
		11.75	33.5	40	406

TOTAL:

47.5 fat / 226.5 carbs / 170.5g protein / 2014 calories