

Breakfast

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1	Egg yolk	5	1	3	55
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
		7	56	36	440

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 large	Banana	0	31	1.5	120
1/4 cup	Oats	1.25	13.5	2.5	75
		7.75	63.5	30	435

Lunch

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
8 oz.	Lean Ground Beef	22.5	0	45	394
1.5 cups	Whole Wheat Pasta, cooked	1.5	65	12.5	325
1 cup	Tomato/Marinara sauce	2.5	24	4	120
½ cup	Mixed vegetables	0.5	12	2.5	60
1 cup	Salad Greens	0	1.5	1	10
		27	102.5	65	909

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
¼ cup	Granola	1.5	19	2.5	100
10	Almonds	6	2	2.5	70
		7.5	37	32.5	345

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:

61g fat / 292.5g carbs / 203.5g protein / 2534 calories