

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
18	Almonds	11	4	4.5	125

Lunch

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
8 oz	Chicken breast (grill with non-stick spray)	3	1	52	246
2 cups	Mixed greens	0	3	2	20
1 tbsp	Balsamic Vinegar	0	3	0	15
1 cup	Mixed vegetables	0.5	12	2.5	60
1 Small (150g)	Avocado	22	13	3	240
1/3 cup	Quinoa, cooked	1	14	2.5	75
		26.5	46	62	656

Snack # 2

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1.5 cups	2% Plain Greek yogurt	8	24	32	300
½ cup	Mixed Berries	0	7	0.5	30
		8	31	32.5	330

Dinner

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
8 oz.	(Wild) Salmon	24.5	0.5	45	415
1 cup	Mixed Vegetables	0.5	12	2.5	60
1 cup	Salad greens w/ lemon juice	0	1.5	1	10
		25	14	48.5	485

Snack # 3

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
1 scoop	Protein Powder	1.5	3	24	120
1 cup	Unsweetened Almond Milk	2.5	1	1	30
1 tbsp	Peanut butter	7.5	4	4	95
		11.5	8	29	245

TOTAL:

110.5g fat / 175.5g carbs / 215g protein / 2531 calories