

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
1.5 scoop (47g)	Protein Powder	2.5	5	36	180
2 cups	Almond or Non-Dairy Milk	5	16	2	120
1 large	Banana	0	31	1.5	120
1/3 cup	Oats	2	18	3	100
		9.5	70	42.5	520

Lunch

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
10 oz.	Lean Ground Beef	28	0	56	493
2 cups	Whole Wheat Pasta, cooked	2	85	16.5	425
1.5 cups	Tomato/Marinara sauce	5	36	6	180
½ cup	Mixed vegetables	0.5	12	2.5	60
1 cup	Salad Greens	0	1.5	1	10
		35.5	134.5	82	1168

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
1/2 cup	Granola	2	38	5	200
10	Almonds	6	2	2.5	70
		8	56	35	445

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:

71.5g fat / 350g carbs / 235.5g protein / 2978 calories