

## Breakfast

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
<b>2 scoops</b>	Protein Powder	3.5	6	48	240
<b>1 cup</b>	Oats	6	54	10	300
<b>1 cup</b>	Almond or Non-dairy Milk	2.5	8	1	60
<b>1 cup</b>	Mixed berries	0.5	14	1	60
		<b>12.5</b>	<b>82</b>	<b>60</b>	<b>660</b>

## Snack # 1

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
<b>1 large</b>	Banana	0.5	31	1.5	120
<b>2 tbsp</b>	Almond Butter	19.25	7	5	210
<b>2 slices</b>	Whole Grain Bread	3	38	10	240
		<b>22.75</b>	<b>76</b>	<b>16.5</b>	<b>570</b>

## Lunch

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
<b>8 oz</b>	Chicken breast (grill with non-stick spray)	3	0	52	250
<b>1 cup</b>	Mixed greens	0	1.5	1	10
<b>1 cup</b>	Mixed vegetables	0.5	12	2.5	60
<b>1 Small (150g)</b>	Avocado	22	13	3	240
		<b>25.5</b>	<b>26.5</b>	<b>58.5</b>	<b>560</b>

## Snack # 2

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
<b>1 cup</b>	Edamame (out of pod) or 3 cups in pod	6	20	16	200
<b>1 tbsp</b>	Pumpkin seeds	3.75	0.75	2.25	45
		<b>9.75</b>	<b>20.75</b>	<b>18.25</b>	<b>245</b>

## Dinner

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
<b>8 oz.</b>	(Wild) Salmon	24.5	0.5	45	415
<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>25</b>	<b>34</b>	<b>51.5</b>	<b>580</b>

## Snack # 3

Portion	Food Item	Fat (g)	Carb (g)	Protein (g)	Calories
<b>2 scoops</b>	Protein Powder	3.5	6	48	240
<b>2 cups</b>	Almond Milk	5	16	2	120
		<b>8.5</b>	<b>22</b>	<b>50</b>	<b>360</b>

TOTAL:

104 fat / 262 carbs / 254.75g protein / 2975 calories