

Goals for: Alfred Kirkland Start Date

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EATING PLAN							
Meal #1	Item	Amount	Unit of Meas.	Fat(gm)	Carb(gm)	Prot(gm)	Totals
	Cream of Rice	0.00	Cup(cooked)	0	0	0	
	Egg Whites	4.00		0	0	12	
	Eggs, Whole	1.00		4.5	1	6	
	Grits	0.00	Serving	0	0	0	
	Lean Beef	0.00	Ounce (oz)	0	0	0	
	Oatmeal	0.50	Cup(Uncooked)	4.5	40.5	7.5	
	Strawberries	3.00		0	9.75	0.75	
	EAS Protein Shake	1.00	1 Shake	2	4	20	
	MyoPlex bar	0.00	1 Bar	0	0	0	
	Power Pancakes	0.00	1 Pancake	0	0	0	
	Designer Whey	0.00	Scoop	0	0	0	
	Mass Aminos	0.00	Tablet	0	0	0	
	Ultra 40	0.00	Tablet	0	0	0	
Total Grams				11	55.25	46.25	
Total Calories				99	221	185	505.00
% Total Calories				19.60%	43.76%	36.63%	

MEAL #2	Item	Amount	Unit of Meas.	Fat(gm)	Carb(gm)	Prot(gm)	Totals
	Chicken	0.00	Ounce (oz)	0	0	0	
	Cottage Cheese 1%	0.00	Cup	0	0	0	
	Cream of Rice	0.00	Cup(cooked)	0	0	0	
	Egg Whites	0.00		0	0	0	
	Eggs, Whole	0.00		0	0	0	
	Lean Beef	0.00	Ounce (oz)	0	0	0	
	Rice (Brown)	0.00	Cup(Cooked)	0.00	0.00	0	
	Sweet Potato	0.00	Ounce (oz)	0	0	0	
	Tuna	0.00	Ounce (oz)	0	0	0	
	Turkey	0.00	Ounce (oz)	0	0	0	
	Strawberries	0.00		0	0	0	
	Vegetables(Frz.)	0.00	Cup	0	0	0	
	EAS Protein Shake	2.00	1 Shake	4	8	40	
This is a protein bar	EAS Carb Advantage	1.00	1 Bar	4	4	24	
	Designer Whey	0.00	Scoop	0	0	0	
	Mass Aminos	0.00	Tablet	0	0	0	
	Ultra 40	0.00	Tablet	0	0	0	
Total Grams				8.00	12.00	64	
Total Calories				72.00	48.00	256	376.00
% Total Calories				19.15%	12.77%	68.09%	

MEAL #3	Item	Amount	Unit of Meas.	Fat(gm)	Carb(gm)	Prot(gm)	Totals
	Chicken	0.00	Ounce (oz)	0	0	0	
	Cottage Cheese 1%	0.00	Cup	0	0	0	
	Cream of Rice	0.00	Cup(cooked)	0	0	0	
	Egg Whites	0.00		0	0	0	
	Eggs, Whole	0.00		0	0	0	
	Lean Beef	0.00	Ounce (oz)	0	0	0	
	Rice (Brown)	0.50	Cup(Cooked)	1.34	25.34	2	
	Sweet Potato	0.00	Ounce (oz)	0	0	0	
	Tuna	5.00	Ounce (oz)	1.65	0	36.5	
	Turkey	0.00	Ounce (oz)	0	0	0	
	Vegetables(Frz.)	1.00	Cup	0	4	2	
	MyoPlex Shake	0.00	1 Shake	0	0	0	
	MyoPlex bar	0.00	1 Bar	0	0	0	
	Designer Whey	0.00	Scoop	0	0	0	
	Mass Aminos	0.00	Tablet	0	0	0	
	Ultra 40	0.00	Tablet	0	0	0	
Total Grams				2.99	29.34	40.5	
Total Calories				26.87	117.34	162	306.21
% Total Calories				8.77%	38.32%	52.91%	

MEAL #4	Item	Amount	Unit of Meas.	Fat(gm)	Carb(gm)	Prot(gm)	Totals
	Chicken	4.00	Ounce (oz)	8	0	32.8	
	Cottage Cheese 1%	0.00	Cup	0	0	0	
	Cream of Rice	0.00	Cup(cooked)	0	0	0	
	Egg Whites	0.00		0	0	0	
	Eggs, Whole	0.00		0	0	0	
	Lean Beef	0.00	Ounce (oz)	0	0	0	
	Oatmeal	0.00	Cup(Uncooked)	0	0	0	
	Rice (Brown)	0.00	Cup(cooked)	0	0	0	
	Sweet Potato	4.00	Ounce (oz)	0	33.6	3	
	Tuna	0.00	Ounce (oz)	0	0	0	
	Turkey	0.00	Ounce (oz)	0	0	0	
	Vegetables(Frz.)	1.00	Cup	0	4	2	
	MyoPlex Shake	0.00	1 Shake	0	0	0	
	EAS Carb Advantage	0.00	1 Bar	0	0	0	
	Designer Whey	0.00	Scoop	0	0	0	
	Mass Aminos	0.00	Tablet	0	0	0	
	Ultra 40	0.00	Tablet	0	0	0	
Total Grams				8	37.6	37.8	
Total Calories				72	150.4	151.2	373.6
% Total Calories				19.27%	40.26%	40.47%	

MEAL #5	Item	Amount	Unit of Meas.	Fat(gm)	Carb(gm)	Prot(gm)	Totals
	Chicken	0.00	Ounce (oz)	0	0	0	
	Cottage Cheese 1%	0.00	Cup	0	0	0	
	Cream of Rice	0.00	Cup(cooked)	0	0	0	
	Egg Whites	8.00		0	0	24	
	Eggs, Whole	1.00		4.5	1	6	
	Lean Beef	0.00	Ounce (oz)	0	0	0	
	Oatmeal	0.00	Cup(Uncooked)	0	0	0	
	Rice (Brown)	0.00	Cup(Uncooked)	0	0	0	
	Sweet Potato	0.00	Ounce (oz)	0	0	0	
	Tuna	0.00	Ounce (oz)	0	0	0	
	Turkey	0.00	Ounce (oz)	0	0	0	
	Vegetables(Frz.)	2.00	Cup	0	8	4	
	Strawberries	0.00		0	0	0	
	MyoPlex Shake	0.00	1 Shake	0	0	0	
	MyoPlex bar	0.00	1 Bar	0	0	0	
	Designer Whey	0.00	Scoop	0	0	0	
	Mass Aminos	0.00	Tablet	0	0	0	
	Ultra 40	0.00	Tablet	0	0	0	
Total Grams				4.5	9	34	
Total Calories				40.5	36	136	212.5
% Total Calories				19.06%	16.94%	64.00%	

TOTAL GRAMS				34.485	143.185	222.55	
TOTAL CALORIES				310.365	572.74	890.2	1773.305
% TOTAL CALORIES				17.50%	32.30%	50.20%	