

BODY DATA	
WEIGHT (lb)	173
HEIGHT (in)	69
AGE (yrs)	29
BMR	3144

MACRO NUTRIENT SPLIT	
PROTEIN	55%
FAT	20%
CARB	25%

GOAL	CALORIES	PROTEIN	FAT	CARB
	3144	432	70	196

MEAL	FOOD	QTY	CALORIES	PROTEIN	FAT	CARB
BRKFST: 7:00 am	EGG (WHOLE)	2	138	12	10	0
	EGG WHITES	4	96	24	0	0
	PROTEIN POWDER	1	117	24	1	3
	TOTAL		351	60	11	3
MID MORN: 9:30 am	TUNA	2.5	266	53	6	0
	MAYO LO FAT	3	51	0	3	6
	CRACKERS	2	120	4	0	26
	TOTAL		437	57	9	32
LUNCH: 12:00 pm	GROUND BEEF	6	267	44	10	0
	n/a		0	0	0	0
	GREEN BEANS	2.5	29	1	0	6
	TOTAL		296	45	10	6
MID DAY: 3:00 pm	CHICKEN BREAST	6	265	53	6	0
	BROCCOLI	2.5	40	3	0	8
	n/a		0	0	0	0
	TOTAL		305	55	6	8
PWO: 6:00 pm	PROTEIN POWDER	2	234	48	2	6
	DEXTROSE	2	400	0	0	100
	n/a		0	0	0	0
	TOTAL		634	48	2	106
DINNER: 8:00 pm	SALMON	8	408	48	24	0
	n/a		0	0	0	0
	GREEN BEANS	2.5	29	1	0	6
	TOTAL		437	49	24	6
BED: 10:00 pm	PROTEIN POWDER	1.5	176	36	2	5
	n/a		0	0	0	0
	OLIVE OIL	1	126	0	14	0
	TOTAL		302	36	16	5
DAILY INTAKE TOTALS			2762	350	78	164
DELTA COMPARED TO GOALS			381	82	-9	32
ACTUAL MACRO SPLIT				51%	26%	24%