

Date	Sun-Fri									
	CALORIES	FAT	CARBS	PROTEIN		CALORIES	FAT	CARBS	PROTEIN	
GRAMS	-	52.5	215.5	273	TARGET G	-	69.44	187.50	281.25	
CALORIES	2426.5	473	862	1092	TARGET C	2500	625	750.00	1125.00	
Day's %	-	19%	36%	45%	Target %	-	25%	30%	45%	
					Food	FAT	CARBS	PROTEIN	CALORIES	
Common Food MACROS					8:00 am Meal 1 Breakfast					
1 Scp whey	2	3	27	1 whole egg	6	0	7		82	
1 Scp Caseinates	2	3	26	5 egg whites	0	0	20		80	
1 egg	6	0	7	1/2 c of oat meal	2.5	27	6		154.5	
1 egg white	0	0	4	1/4 cup of soy	1	3	2		29	
1 Slic bread	0	18	6	Fish Oil	2					
1/2 oat meal	2.5	27	6	Berries		15				
1/4 soy milk	1	3	2	Total	11.5	45	35		345.5	
1 banana		26		9:30 am Pre WO Supplements						
1tsp Gadrad	0	13	0	10:00 - 11:00 WO						
6oz chickn	2	0	40	11:30 am Meal 2 Shake PWO						
1/2c brown rice	2	72	8	1.5 Scp Whey	3	4.5	40.5		207	
Glutamine	0.3	1	4	.5 Caseinates	1	1.5	13		67	
1 slice of turkey	1	2	11	2 tsp of Gadorade		26			104	
22 Pc of Almonds	14	6	6	Banana		26			104	
1c (120g) Grean Beans	0	9	1.5	Total	4	58	53.5		482	
1/2C Frozen Strawberry	0	7	0	Meal 3						
1/2c Frozen Blueberries		8	0	6oz Chicken Breast	2		40		178	
85g Baby Carrotes	0	8	1	1 C (120g) Grean Beans	0	9	1.5		42	
				Olive oil	2				18	
				Total	4	9	41.5		238	
				Meal 4						
				22 pc of Almonds	14	6	6		174	
				Carrotes	0	8	1		36	
				1Scp Whey	2	3	27		138	
				Total	16	17	34		348	
				Meal 5 Last Meal						
				90oz Chicken Breast	3		60		267	
				1/2 C Brown Rice	2	72	8		338	
				Cooked Viggies	7	10	1		107	
				Total	12	82	69		712	
				Meal 6 Shake						
				1 Scoop of Caseinate	2	3	26		134	
				.5 Scoop of Whey	1	1.5	14		71	
				Fish Oil	2				18	
				Total	5	4.5	40		223	