

Date	Sun-Fri								
	CALORIES	FAT	CARBS	PROTEIN		CALORIES	FAT	CARBS	PROTEIN
GRAMS	-	54.5	186.5	250	TARGET G	-	69.44	187.50	281.25
CALORIES	2236.5	491	746	1000	TARGET C	2500	625	750.00	1125.00
Day's %	-	22%	33%	45%	Target %	-	25%	30%	45%

Common Food MACROS					Food	FAT	CARBS	PROTEIN	CALORIES
					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							
1tsp Gadrad	0	13	0	9:30 am Pre WO Supplements					
6oz chickn	2	0	40	10:00 - 11:00 WO					
1/2c brown rice	2	72	8	11:30 am Meal 2 Shake PWO					
Glutamine	0.3	1	4	1.5 Scp Whey	3	4.5	40.5		207
1 slice of turkey	1	2	11	.5 Caseinates	1	1.5	13		67
22 Pc of Almonds	14	6	6	1C of Oat Meal	5	54	12		309
1c (120g) Grean Beans	0	9	1.5	Total	9	60	65.5		583
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
					Asparagus	0	8	1	36
					4 egg whites	0	0	16	64
					Total	14	14	23	274
					Meal 5 Last Meal				
					60oz Chicken Breast	2		40	178
					1/2 C Brown Rice cooked	0	49	5	216
					Cooked Viggies	7	5	1	87
					Flaxseed Oil	2			18
					Total	11	54	46	481
					Meal 6 Shake				
					1.5 Scoop of Caseinate	3	4.5	39	201
					Fish Oil	2			18
					Total	5	4.5	39	219