

BODY DATA	
WEIGHT (lb)	173
HEIGHT (in)	69
AGE (yrs)	29
BODY FAT	15%
BMR	2811

MACRO NUTRIENT	
PROTEIN	45%
FAT	15%
CARB	40%

GOAL	CALORIES	PROTEIN	FAT	CARB
	2811	316	47	281

MEAL	FOOD	QTY	CALORIES	PROTEIN	FAT	CARB
BRKFST: 7:00 am	PROTEIN PANCAKE	1	400	44	6	43
	n/a	8	0	0	0	0
	n/a	1	0	0	0	0
	TOTAL		400	44	6	43
MID MORN: 9:30 am	TUNA	2	213	42	5	0
	MAYO LO FAT	3	51	0	3	6
	CRACKERS LO FAT	1	60	2	0	13
	FIBER ONE	1	117	2	1	25
TOTAL		441	46	9	44	
LUNCH: 12:00 pm	TILAPIA	6	222	42	6	0
	RICE	0.6	182	4	0	42
	n/a	0	0	0	0	0
TOTAL		404	46	6	42	
MID DAY: 3:00 pm	TUNA	2	213	42	5	0
	MAYO LO FAT	3	51	0	3	6
	CRACKERS LO FAT	3	180	6	0	39
TOTAL		444	48	8	45	
PWO: 6:00 pm	CHICKEN BREAST	4	177	35	4	0
	SWEET POTATO	7	196	7	0	42
	BROCCOLI	1	16	1	0	3
TOTAL		389	43	4	45	
DINNER: 8:00 pm	TILAPIA	6	222	42	6	0
	SWEET POTATO	7	196	7	0	42
	BROCCOLI	1	16	1	0	3
TOTAL		434	50	6	45	
BED: 10:00 pm	PROTEIN POWDER	2	234	48	2	6
	n/a	1	0	0	0	0
	n/a	1	0	0	0	0
TOTAL		234	48	2	6	
DAILY INTAKE TOTALS			2746	325	41	270
DELTA COMPARED TO GOALS			65	-9	6	11
ACTUAL MACRO SPLIT				47%	13%	39%