

Food	Quantity	Unit	Kcal	Cho	Fat	Pro
Meal 1						
Egg White	6	white	103	1	0	22
Egg	3	whole	210	0	14	21
Cheese	25	g	102	0	8	6
Vegetables	1	C	30	4	0	2
			445	5	22	51
Meal 2						
Chicken	150	g	185	0	6	33
Cashews	40	g	226	11	18	7
Vegetables	1	C	30	4	0	2
			441	15	24	42
Meal 3						
99% lean ground turkey	150	g	161	0	1	38
Cheese	25	g	102	0	8	6
Olive Oil	2	tsp	80	0	9	0
Vegetables	1	C	30	4	0	2
			373	4	18	46
Meal 4						
96% Lean Ground Beef	125	g	154	0	5	26
Egg	1	whole	70	0	5	7
Potato	280	g	225	50	0	0
			449	50	10	33
Meal 5						
Fruity Pebbles	74	g	301	63	3	3
Trutein Protein Powder	45	g	159	7	1	32
Unsweetened Almond Milk	1	C	30	1	3	1
			490	71	7	36
Meal 6						
Nonfat Greek Yogurt	280	g	160	14	0	27
Oatmeal	70	g	262	47	4	11
English Muffin	1	whole	120	25	1	4
Banana	67	g	60	15	0	1
			602	101	5	43
Total			2,800	246	86	251
			Kcal	Cho	Fat	Pro

Food	Quantity	Unit	Kcal	Cho	Fat	Pro
Meal 1						
Egg White	6	whites	103	1	0	22
Egg	2	whole	140	1	10	13
Lender Plain Bagel	1	whole	210	40	2	8
Banana	67	g	60	15	0	1
			513	57	12	44
Meal 2						
Trutein Protein Powder	39	g	132	6	2	26
Unsweetened Almond Milk	1	C	30	1	3	1
Strawberries	175	g	60	13	0	1
Oatmeal	50	g	188	34	3	8
Natural Peanut Butter	17	g	101	4	9	4
			511	58	17	40
Meal 3						
Chicken	150	g	185	0	6	33
Whole Grain Flat Out Wrap	2	wrap	220	42	4	16
Mayonaise	1	tbsp	100	0	11	0
			505	42	21	49
Meal 4						
96% Lean Ground Beef	125	g	154	0	5	26
Egg	1	whole	70	0	5	7
Cheese	25	g	102	0	8	6
Vegetables	1	C	30	4	0	2
			356	4	18	41
Meal 5						
Chicken	150	g	185	0	6	33
Almonds	26	g	151	6	13	5
Vegetabes	1	C	30	4	0	2
			366	10	19	40
Meal 6						
Lowfat Cottage Cheese	226	g	180	8	6	28
Trutein Protein Powder	25	g	88	4	1	18
Peanut Butter	34	g	202	7	17	9
			470	19	24	55
Total			2,721	190	111	269
			Kcal	Cho	Fat	Pro

WEEKEND TRAINING

Food	Quantity	Unit	Kcal	Cho	Fat	Pro
Meal 1						
Egg White	5	white	86	1	0	18
Egg	2	whole	140	0	10	14
Lender Plain Bagel	1	whole	210	40	2	8
Butter	2	tsp	68	0	8	0
			504	41	20	40
Meal 2						
Fruity Pebbles	74	g	301	63	3	3
Trutein Protein Powder	45	g	159	7	1	32
Unsweetened Almond Milk	1	C	30	1	3	1
			490	71	7	36
Meal 3						
Nonfat Greek Yogurt	280	g	160	14	0	27
Oatmeal	70	g	262	47	4	11
English Muffin	1	whole	120	25	1	4
Banana	67	g	60	15	0	1
			602	101	5	43
Meal 4						
99% lean ground turkey	150	g	161	0	1	38
Potato	200	g	149	35	0	4
Cheese	32	g	124	0	10	8
Vegetables	1	C	30	4	0	2
			464	39	11	52
Meal 5						
Chicken	150	g	185	0	6	33
Cashews	40	g	226	11	18	7
Vegetables	1	C	30	4	0	2
			441	15	24	42
Meal 6						
Egg White	6	white	103	1	0	22
Egg	3	whole	210	0	14	21
Vegetables	1	C	30	4	0	2
			343	5	14	45
Total			2,844	272	81	258
			Kcal	Cho	Fat	Pro