

11:30 AM

Breakfast #1	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Morning Star Farms Chik'n Strips	2 (24 strips)	280	46	24	7	4	66	11	23
Coconut Oil	1.5 (Tablespoons)	190	0	0	21	0	0	0	100
Annie's Goddess Dressing	2 (Tablespoons)	120	1	2	12	0	3	7	90
Broccoli (Steamed)	2 (Cups)	40	2	8	0	4	20	80	0
		630	49	34	40	8			

Also at this time: Vit. B12, Black Coffee

12:30 PM

Breakfast #2 (Smoothie)	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Protein Powder	1 (Scoop)	118	21	4	2	0	71	14	15
Firm Tofu	1.25 (1/4 Block)	79	8.75	2.5	3.75	1	44	13	43
Peanut Butter	2 (Tablespoons)	196	8	5	16	3	16	10	74
Blueberries	3/4 Cup (140 g)	80	1	19	0	4	5	95	0
Baby Spinach	1 (1/5 container)	20	2	3	0	2	40	60	0
Creatine Monohydrate	1 (5 g)	0	0	0	0	0	0	0	0
L-Glutamine	1 (5 g)	0	0	0	0	0	0	0	0
Filtered Water	20 oz.	0	0	0	0	0	0	0	0
		493	40.75	33.5	21.75	10			

Also at this time: Vit. D, Zinc, Glucosamine, Omega 3

2:30 PM

Snack #1	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Clif Builders Bar	1 Bar	295	20	29	11	2	27	39	34
		295	20	29	11	2			

Also around this time: (Optional*) Cup of Coffee

4:00 PM

Snack #2	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Protein Shake with 16 oz. water	1.5 (Scoop)	177	32	6	3	0	71	14	15
Kiwi	2 (whole)	98	2	20	1	4	8	83	9
		275	34	26	4	4			

Also at this time: (optional) Add 5g of Creatine and 5g of Glutamine to the shake

5:00 PM

Snack #3	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Silk Almond Yogurt, Unsweet	3/4 Cup	199	6	10	15	6	12	20	68
Blueberries	1/2 Cup (93 g)	53	1	13	0	2.5	5	95	0
Walnuts (pieces)	1/4 Cup (28g)	194	4	4	18	2	8	8	84
		446	11	27	33	10.5			

8:30 PM

Post Workout Protein Bar	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
NuGo Slim Chocolate Mint	1 Bar	185	18	17	5	6	39	37	24
		185	18	17	5	6			

9:00 PM

Post Workout Smoothie	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Protein Powder	1 (Scoop)	118	21	4	2	0	71	14	15
Firm Tofu	1.25 (1/4 Block)	79	8.75	2.5	3.75	1	44	13	43
Mango (Frozen)	1/2 (Cup)	42	0.5	11	0.25	1	4	91	5
Banana (Frozen)	1 (whole)	100	1	23	0.5	2.5	4	92	4
Baby Spinach	1 (1/5 container)	20	2	3	0	2	40	60	0
Creatine Monohydrate	1 (5 g)	0	0	0	0	0	0	0	0
L-Glutamine	1 (5 g)	0	0	0	0	0	0	0	0
Filtered Water	20 oz.	0	0	0	0	0	0	0	0
		359	33.25	43.5	6.5	6.5			

Also at this time: Magnesium, Glucosamine

	Calories	Protein	Carb	Fat	Fiber	Protein	Carb	Fat
TOTAL FOR THE DAY	2683	206	210	121.25	47	30	30.5	39.5