

8:00 AM

Breakfast #1	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Morning Star Farms Chik'n Strips	1 (12 strips)	140	23	12	3.5	2	66	11	23
Coconut Oil	1 (Tablespoon)	126	0	0	14	0	0	0	100
Annie's Goddess Dressing	1.5 (Tablespoons)	90	1	1.5	12	0	3	7	90
		356	24	13.5	29.5	2			

Also at this time: Vit. B12, Black Coffee

10:30 AM

Breakfast #2 (Smoothie)	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Protein Powder	1 (Scoop)	118	21	2	2.5	2	74	7	19
Firm Tofu	1.25 (1/4 Block)	79	8.75	2.5	3.75	1	44	13	43
Peanut Butter	1 (Tablespoons)	98	4	2.5	8	1.5	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
		395	36.75	29	14.25	10.5			

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

1:00 PM

Lunch #1	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Upton's Traditional Seitan	1.5 (3 oz/one-third package)	145	27	7.5	1	1	75	21	4
Coconut Oil	1 (Tablespoon)	126	0	0	14	0	0	0	100
Broccoli (Steamed)	2 (Cups)	40	2	8	0	4	20	80	0
		311	29	15.5	15	5			

3:30 PM

Lunch #2	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Gardein Beefless Ground	1.33 (1 Cup)	145	24	12	2.5	6	59	26	15
Coconut Oil	1 (Tablespoon)	126	0	0	14	0	0	0	100
Riced Cauliflower	1 Heaping Cup, Boiled	36	3	6	0	3	33.5	66.5	0
		307	27	18	16.5	9			

6:00 PM

Evening Snack	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Kiwi	1 (whole)	49	1	10	0.5	2	8	83	9
Protein Shake with 16 oz. water	1 (Scoop)	120	21	2	2.5	2	74	7	19
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
		172	22	12	3	4			

8:00 PM

Dinner	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Morning Star Farms Chik'n Strips	1 (12 strips)	140	23	12	3.5	1	66	11	23
Coconut Oil	1 (Tablespoon)	126	0	0	14	0	0	0	100
BBQ Sauce	1 (2 Tablespoons)	42	0	8	0	0	0	100	0
Kale (Steamed)	3 (Cups)	30	2	3	1	2.5	28	41	31
		338	25	23	18.5	3.5			

Also at this time: Magnesium, Glucosamine

10:30 PM

Bedtime Snack	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Protein Shake with 16 oz. water	1 (Scoop)	118	21	2	2.5	2	74	7	19
Kiwi	1 (whole)	49	1	10	0.5	2	8	83	9
		167	22	12	3	4			

	Calories	Protein	Carb	Fat	Fiber	Protein	Carb	Fat
TOTAL FOR THE DAY	2046	185.75	123	99.75	38	35	23	42