

11:30 AM

Breakfast #1	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Morning Star Farms Chik'n Strips	2.5 (30 strips)	350	57.5	30	8.75	5	66	11	23
Coconut Oil	1.5 (Tablespoons)	190	0	0	21	0	0	100	
Annie's Goddess Dressing	2 (Tablespoons)	120	1	2	12	0	3	7	90
Broccoli (Steamed)	3 (Cups)	60	3	12	0	6	20	80	0
		720	61.5	44	41.75	11			

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	1.5 (Scoop)	177	32	6	3	0	71	14	15
Firm Tofu	1.25 (1/4 Block)	79	8.75	2.5	3.75	1	44	13	43
Peanut Butter	3 (Tablespoons)	294	12	7.5	24	4.5	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
		650	55.75	38	30.75	11.5			

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
		177	32	6	3	0			

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
		252	7	23	15	8.5			

6:30 PM

Dinner	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Morning Star Farms Chik'n Strips	2 (24 strips)	280	47	24	7	4	66	11	23
Coconut Oil	1 (Tablespoon)	126	0	0	14	0	0	0	100
BBQ Sauce	1.5 (3 Tablespoons)	64	0	12	0	0	0	100	0
Kale (Steamed)	3 (Cups)	30	2	3	1	2.5	28	41	31
		500	49	39	22	6.5			

9:00 PM

Snack #3	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
		177	32	6	3	0			

Also at this time: Magnesium, Glucosamine

Calories	Protein	Carb	Fat	Fiber	Protein	Carb	Fat
TOTAL FOR THE DAY	2771	257.25	185	126.5	39.5	35.5	25.5