

11:30 AM

Breakfast #1	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Morning Star Farms Chik'n Strips	1.5 (18 strips)	210	34.5	18	5.25	3	66	11	23
Coconut Oil	1 (Tablespoon)	130	0	0	21	0	0	0	100
Annie's Goddess Dressing	1.5 (Tablespoons)	90	1	1.5	12	0	3	7	90
Broccoli (Steamed)	1.5 (Cups)	30	1.5	6	0	3	20	80	0
		<b>460</b>	<b>37</b>	<b>25.5</b>	<b>38.25</b>	<b>6</b>			

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	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
		<b>395</b>	<b>36.75</b>	<b>31</b>	<b>13.75</b>	<b>8.5</b>			

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
NuGo Slim Chocolate Mint	1 Bar	185	18	17	5	6	39	37	24
		<b>185</b>	<b>18</b>	<b>17</b>	<b>5</b>	<b>6</b>			

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 (Scoop)	118	21	4	2	0	71	14	15
Kiwi	1 (whole)	49	1	10	0.5	2	8	83	9
		<b>167</b>	<b>22</b>	<b>14</b>	<b>2.5</b>	<b>2</b>			

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
		<b>446</b>	<b>11</b>	<b>27</b>	<b>33</b>	<b>10.5</b>			

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
		<b>185</b>	<b>18</b>	<b>17</b>	<b>5</b>	<b>6</b>			

9:00 PM

Post Workout 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
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
		<b>418</b>	<b>44.25</b>	<b>45.5</b>	<b>7.5</b>	<b>6.5</b>			

Also at this time: Magnesium, Glucosamine

Calories	Protein	Carb	Fat	Fiber	Protein	Carb	Fat
<b>TOTAL FOR THE DAY</b>	<b>2256</b>	<b>187</b>	<b>177</b>	<b>105</b>	<b>45.5</b>	<b>31</b>	<b>29.5</b>