

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	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
		<b>720</b>	<b>61.5</b>	<b>44</b>	<b>41.75</b>	<b>11</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	1.5 (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
		<b>650</b>	<b>55.75</b>	<b>38</b>	<b>30.75</b>	<b>11.5</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
Clif Builders Bar	1 Bar	295	20	29	11	2	27	39	34
		<b>295</b>	<b>20</b>	<b>29</b>	<b>11</b>	<b>2</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 20 oz. water	1.5 (Scoop)	177	32	6	3	0	71	14	15
Kiwi	2 (whole)	98	2	20	1	4	8	83	9
		<b>275</b>	<b>34</b>	<b>26</b>	<b>4</b>	<b>4</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	2 (Scoop)	236	42	8	4	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	24 oz.	0	0	0	0	0	0	0	0
		<b>477</b>	<b>54.25</b>	<b>47.5</b>	<b>8.5</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>3048</b>	<b>254.5</b>	<b>228.5</b>	<b>134</b>	<b>51.5</b>	<b>32.5</b>	<b>29</b>	<b>38.5</b>