

8:00 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
		590	47	20	38.25	4			

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	1.5 (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	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
		552	51.75	35.5	22.75	10			

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	2 (4 oz/half package)	193	36	10	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
		359	38	18	15	5			

3:30 PM

Lunch #2	Serving	Calories	Grams (g)				Percentage (%)		
			Protein	Carb	Fat	Fiber	Protein	Carb	Fat
Gardein Beefless Ground	2 (1.5 Cups)	240	36	18	4	10	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
		406	39	24	18	13			

6:00 PM

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

8:00 PM

Dinner	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 (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	48	39	22	6.5			

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	1.5 (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			

Calories	Protein	Carb	Fat	Fiber	Protein	Carb	Fat	
TOTAL FOR THE DAY	2957	291.75	188.5	124	46.5	38.5	24.5	37