

BREAKFAST

Food	Category	Serving	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Notes
Upon Waking								
Water	Drink	8 oz.	0	0	0	0	0	
Creatine	Supplement	1 tspn	0	0	0	0	0	
Brazil Nuts	Fat	2 kernel	66	2	2	6	0	Good for +T
Option 1 (Mon, Wed, Thu, Sat)								
Eggs	Protein	4 eggs (large)	284	24	0	16	884	
Butter	Fat	1 tbsp	100	0	0	11	30	
Bread	Carb	2 slices	152	8	26	2	0	Go for the seeded ones for +T
Avocado	Fruit	1/2 fruit	113	1	6	10	0	
Water	Drink	8 oz.	0	0	0	0	0	
Multi-vitamin	Supplement	1 pill	0	0	0	0	0	Vit A: 3500 IU, Vit D: 600 IU
Total:			649	33	32	39	914	104 g, 37% Fat

Option 2 (Tue, Fri)								
Oatmeal	Carb	1/3 cup (uncooked)	204	6	36	4	0	
Yogurt (whole)	Protein	5 oz.	190	12	29	2	20	
Almonds	Fat	1 oz.	162	6	6	14	0	
Avocado	Fruit	1/2 fruit	113	1	6	10	0	
Water	Drink	8 oz.	0	0	0	0	0	
Multi-vitamin	Supplement	1 pill	0	0	0	0	0	Vit A: 3500 IU, Vit D: 600 IU
Total:			669	25	77	30	20	132 g, 22% Fat

SNACK 1

Food	Category	Serving	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Notes
Option 1								
Whey	Protein	1 scoop	120	23	3	1	65	
Milk (whole)	Drink	2 cups	292	16	26	16	48	
Banana	Fruit	1 fruit	105	1	27	0	0	
Peanut Butter	Fat	2 tbsp	188	8	6	16	0	
Sunflower Seeds	Fat	1 oz.	135	5	5	12	0	
Water	Drink	8 oz.	0	0	0	0	0	
Total:			840	53	67	45	113	165 g, 27% Fat

LUNCH

Food	Category	Serving	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Notes
Option 1								
Tuna (canned)	Protein	4 oz.	100	20	0	1	40	
Mayonnaise	Fat	2 tbsp	114	0	8	10	8	
Relish	Garnish	1 tbsp	20	0	5	0	0	
Bread	Carb	2 slices	152	8	26	2	0	Go for the seeded ones for +T
Avocado	Fruit	1/2 fruit	113	1	6	10	0	
Water	Drink	16 oz.	0	0	0	0	0	
Total:			499	29	45	23	48	97 g, 23% Fat

SNACK 2

Food	Category	Serving	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Notes
Option 1								

Milk (whole)	Drink	2 cups	292	16	26	16	48	
Turkey Jerky	Protein	1 oz.	69	13	4	1	25	
Pecan	Fat	1 oz.	193	3	4	20	0	
Chocolate	Fat	8 g	42	0	5	3	1	
Water	Drink	8 oz.	0	0	0	0	0	
Total:			596	32	39	40	74	111 g, 36% Fat

DINNER

Food	Category	Serving	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Notes
Option 1								
Beef - Ground (80%)	Protein	3 oz.	210	21	0	6	70	
Garlic	Garnish	1 clove	0	0	0	0	0	Good for +T
Cheese (cheddar)	Fat	1 oz.	113	7	1	9	29	
Bread	Carb	2 slices	152	8	26	2	0	Go for the seeded ones for +T
Mayonnaise	Fat	1 tbsp	57	0	4	5	4	
Broccoli	Vegetable	1 cup (cooked)	54	4	12	0	0	
Water	Drink	16 oz.	0	0	0	0	0	
Total:			586	40	43	22	103	105 g, 20.9% Fat

Option 2								
Chicken - Breast	Protein	6 oz.	142	27	0	3	73	
Quinoa	Carb	1 cup	222	8	39	4	0	
Butter	Fat	1 tbsp	100	0	0	11	30	
Asparagus	Vegetable	4 spears	11	2	1	0	0	Vit E
Total:			475	37	40	18	103	95 g, 18.9% Fat

Option 2								
Red Beans	Protein	1/2 cup	44	3	7	0	0	
Brown Rice	Carb	1/2 cup	108	3	22	1	0	
Andouille Sausage	Fat	1 link	285	16	4	23	47	
Garlic	Garnish	1 clove	0	0	0	0	0	Good for +T
Broccoli	Vegetable	1 cup (cooked)	54	4	12	0	0	
Total:			491	26	45	24	47	95 g, 25.2% Fat

SNACK 3

Food	Category	Serving	Calories	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Notes
Option 1								
Whey	Protein	1 scoop	120	23	3	1	65	
Milk (whole)	Drink	2 cups	292	16	26	16	48	
Brazil Nuts	Fat	2 kernel	66	2	2	6	0	Good for +T
Water	Drink	8 oz.	0	0	0	0	0	
Glutamine	Supplement	1 tspn	0	0	0	0	0	
Total:			478	41	31	23	113	95 g, 24% Fat

TOTALS

			3553	214	259	194	1309	667 g, 29.09% Fat
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