

Sustenance

Meal One (8:00-9:00)

3 - Whole Eggs

2 - Turkey Bacon

½ cup- Rice

Meal Two (12:00)

6oz- Ground Beef

1 cup - Green Bean

½ cup - Rice

Snack

Chocolate Rice Cakes

Meal Three (16:00-17:00)

4 - oz - Chicken Breast

1 cup - Green Bean

½ cup - Rice

Carbohydrates provide 4 calories per gram, protein provides 4 calories per gram, and fat provides 9 calories per gram.