

Calories	Protein	Carbs	Fats	Sugar
1913	203	139	61	26

Pre-Workout – 8:00 AM

name	quantity	cal	prot	carb	fat	sugar
Coffee	1 * items	-	-	-	-	-
	Total	0.00	0.00	0.00	0.00	0.00

Post-Workout Shake – 9:30 AM

name	quantity	cal	prot	carb	fat	sugar
Whey Isolate Protein Mix, Vanilla	1 * scoop	170.0	35.0	2.0	1.5	1.0
Banana	1 * unit	105.0	1.0	27.0	-	14.4
	Total	275.00	36.00	29.00	1.50	15.40

First Meal – 10:00 AM

name	quantity	cal	prot	carb	fat	sugar
Full Eggs	3 * unit	240.0	21.0	-	18.0	-
Egg Whites, Solids	2 * unit	26.0	8.0	-	-	-
Green vegetables	100 * grams	20.0	-	5.0	-	-
Avocado	50 * grams	80.0	1.0	4.5	7.5	-
	Total	366.00	30.00	9.50	25.50	0.00

Second Meal – 1:00 PM

name	quantity	cal	prot	carb	fat	sugar
ExtraLean Beef (95/5)	150 * grams	205.5	31.5	-	7.5	-
Green vegetables	100 * grams	20.0	-	5.0	-	-
Balsamic vinegar	15 * grams	10.0	-	2.0	-	-
Sweet Potatoes	150 * grams	135.0	3.0	30.8	-	-
	Total	370.50	34.50	37.80	7.50	0.00

Snack – 4:00 PM

name	quantity	cal	prot	carb	fat	sugar
Fat free greek yogurt (plain 0 %)	200 * grams	114.3	20.6	6.9	-	6.8
Almonds	15 * grams	87.0	3.3	3.0	7.5	-
Blueberries	30 * grams	17.1	0.3	4.2	-	3.0
	Total	218.40	24.20	14.10	7.50	9.80

Third Meal – 6:00 PM

name	quantity	cal	prot	carb	fat	sugar
Chicken Breast, cooked	150 * grams	226.5	43.5	-	4.5	-
Rice, jasmine, cooked	100 * grams	120.0	3.0	26.0	-	-
Green vegetables	100 * grams	20.0	-	5.0	-	-
Olive oil, extra virgin	1 * tbsp	126.0	-	-	14.0	-
	Total	492.50	46.50	31.00	18.50	0.00

Snack (Quand tu as faim entre 9:30 am et 6 pm)

name	quantity	cal	prot	carb	fat	sugar
Isolate Protein	1 * scoop	120.0	30.0	-	-	-
Mixed berries	126 * grams	70.0	1.0	17.0	-	-
	Total	190.00	31.00	17.00	0.00	0.00

Nutrition Summary

Calories	Protein	Carbs	Fats	Sugar
1913	203	139	61	26