CUTTING PROGRAM

# BREAKFAST

* 1 cup oatmeal – 166cal, 3.6g fat, 28g carbohydrates, 4g fiber, 6g protein
* 1 cup blueberries – 84cal, 21g carbohydrates, 3.6 fiber, 1.0g protein
* 4 slices extra lean turkey bacon – 80cal, 2g fat, 12g protein
* 5 egg whites – 86cal, 1.2g carbohydrates, 18g protein

TOTAL = 416cal, 5.6g fat, 50.2g carbohydrates, 37g protein

## SNACK

* 1 large apple – 120cal, 31.8g carbohydrates, 5.5g fiber, 23g sugars
* 2 Tbsp peanut butter – 188cal, 16g fat, 6.9g carbohydrates, 2.6g fiber, 7.7g protein
* 1 scoop isolate protein – 105cal, 25g protein

TOTAL = 413cal, 16g fat, 38.7g carbohydrates, 32.7g protein

## LUNCH

* 8oz. sirloin steak – 415cal, 13.1g fat, 69.3 protein
* 1 cup brown rice – 218cal, 1.6g fat, 45.8g carbohydrates, 3.5g fiber, 4.5g protein
* 1 cup raw broccoli – 30cal, 5.8g carbohydrates, 2.3g fiber, 1.5g sugar, 2.5g protein

TOTAL = 663cal, 14.7g fat, 51.6g carbohydrates, 76.3g protein

## SNACK

* 1 cup low fat cottage cheese – 163cal, 2.3g fat, 6.1g carbohydrates, 28g protein
* 1 oz. walnuts – 185cal, 18.5g fat, 3.9g carbohydrates, 1.9g fiber, 4.3g protein

TOTAL = 348cal, 20.8g fat, 10g carbohydrates, 32.3g protein

## DINNER

* 8 oz. tilapia fillets – 289cal, 6g fat, 59.1g protein
* 2 cups spinach – 14cal, 2.2g carbohydrates, 1.7g protein
* 1.5 oz. low fat balsamic vinaigrette – 35cal, 2.5g fat, 3g carbohydrates

TOTAL = 338cal, 8.5g fat, 5.2g carbohydrates, 60.8g protein

## SNACK

* 1 cup non fat Greek yogurt – 120cal, 7g carbohydrates, 22g protein
* 1 scoop casein protein – 130cal, 2g fat, 3g carbohydrates, 24g protein

TOTAL = 250cal, 2g fat, 10 carbohydrates, 46g protein

## DAILY TOTAL =

2,428cal, 67.6g fat, 165g carbohydrates, 285.1g protein