

	Day 1	calories	grams	Day 2	calories	grams	Day 3	calories	grams	Day 4	calories	grams	Day 5	calories	grams	Day 6	calories	grams	Day 7	calories	grams	Day 8	calories	grams	Day 9	calories	grams	Day 10	calories	grams	Day 11	calories	grams	Day 12	calories	grams
Bfast	Bfast - Lemon Blueberry Oats	530	154	Bfast - Muesli	580	132	Bfast - Fruit and Nut Granola	580	114	Bfast - Strawberry Coco Oats	600	148	Bfast - Choc Coco Granola	590	112	Bfast - Double Choc Granola	580	114	Bfast - Lemon Blueberry Oats	530	154	Bfast - Muesli	580	132	Bfast - Fruit and Nut Granola	580	114	Bfast - Strawberry Coco Oats	600	148	Bfast - Choc Coco Granola	590	112	Bfast - Double Choc Granola	580	114
Drink	Bfast - Coffee Mix	40	20	Bfast - Coffee Mix	40	20	Bfast - Coffee Mix	40	20	Bfast - Coffee Mix	40	20	Bfast - Coffee Mix	40	20	Bfast - Coffee Mix	40	20	Bfast - Coffee Mix	40	20	Bfast - Coffee Mix	40	20	Bfast - Coffee Mix	40	20	Bfast - Coffee Mix	40	20	Bfast - Coffee Mix	40	20	Bfast - Coffee Mix	40	20
Snack	Snack - Nature Bar	200	57	Snack - Blazin Trail Mix	200	38	Snack - Nature Bar	200	57	Snack - Nature Bar	200	57	Snack - Blazin Trail Mix	200	38	Snack - Nature Bar	200	57	Snack - Blazin Trail Mix	200	38	Snack - Berry Protein Blend	200	38	Snack - Nature Bar	200	57	Snack - Nature Bar	200	57	Snack - Blazin Trail Mix	200	38	Snack - Nature Bar	200	57
Lunch	Lunch - Berry Protein Blend	800	150	Lunch - Tabbouleh & Pita	590	202	Lunch - PB Choc Shake	560	120	Lunch - Blazin Trail Mix	800	150	Lunch - Parm Ramen	600	130	Lunch - Hot Peanuts	800	125	Lunch - PB Choc Shake	560	120	Lunch - Parm Ramen	600	130	Lunch - PB Choc Shake	560	120	Lunch - Blazin Trail Mix	800	150	Lunch - Tabbouleh & Pita	590	202	Lunch - PB Choc Shake	560	120
Add		0	0	Oil - 2 tbsp	260	30	Lunch - Banana Chips	240	60		0	0	Oil - 2 tbsp	260	30		0	0	Lunch - Banana Chips	240	60	Oil - 2 tbsp	260	30	Lunch - Banana Chips	240	60		0	0	Oil - 2 tbsp	260	30	Lunch - Almonds	240	46
Snack	Snack - Nature Bar	200	57	Snack - Blazin Trail Mix	200	38	Snack - Nature Bar	200	57	Snack - Nature Bar	200	57	Snack - Blazin Trail Mix	200	38	Snack - Nature Bar	200	57	Snack - Blazin Trail Mix	200	38	Snack - Berry Protein Blend	200	38	Snack - Nature Bar	200	57	Snack - Nature Bar	200	57	Snack - Blazin Trail Mix	200	38	Snack - Nature Bar	200	57
Dinner	Dinner - Beans and Rice	660	164	Dinner - Red Curry Couscous	600	140	Dinner - Spud Bomb	650	150	Dinner - Tomato Couscous	600	150	Dinner - Peanut Ramen	650	150	Dinner - Basil Orzo	650	150	Dinner - Beans and Rice	660	164	Dinner - Red Curry Couscous	600	140	Dinner - Spud Bomb	650	150	Dinner - Tomato Couscous	600	150	Dinner - Peanut Ramen	650	150	Dinner - Basil Orzo	650	150
Add	Oil - 2 tbsp	260	30	Oil - 2 tbsp	260	30	Oil - 2 tbsp	260	30	Oil - 2 tbsp	260	30	Oil - 2 tbsp	260	30	Oil - 2 tbsp	260	30	Oil - 2 tbsp	260	30	Oil - 2 tbsp	260	30	Oil - 2 tbsp	260	30	Oil - 2 tbsp	260	30	Oil - 2 tbsp	260	30	Oil - 2 tbsp	260	30
Total		2,690	632		2,730	630		2,730	608		2,700	612		2,800	548		2,730	553		2,690	624		2,740	558		2,730	608		2,700	612		2,790	620		2,730	594
		121	1.39		123	1.39		127	1.34		125	1.35		145	1.21		140	1.22		122	1.38		139	1.23		127	1.34		125	1.35		128	1.37		130	1.31
		cal	grams																																	
		cal/oz	pounds																																	