	Day 1	calories	grams D	Day 2	calories	gram	ns Day 3	calories	grams Day 4		calories gran	ns Day 5	calories	grams Day 6	calories g	rams Da	ay 7	calories grai	ns Day 8	alories	grams Day 9	calories gro	ms Day 10	calories	grams [	Day 11	calories	grams	Day 12	calories	grams
Bfast	Bfast - Lemon Blueberry Oats	530	_	Bfast - Muesli	580	132	2 Bfast - Fruit and Nut Granola	580		Strawberry Coco Oats	600 14	18 Bfast - Choc Coco Granola	590		580		ast - Lemon Blueberry Oats	530 1	4 Bfast - Muesli	580	132 Bfast - Fruit and Nut Granola	580	14 Bfast - Strawberry Coco Oats	600		Bfast - Choc Coco Granola	590		Bfast - Double Choc Granola	580	114
Drink	Bfast - Coffee Mix	40	20 B	Bfast - Coffee Mix	40	20	0 Bfast - Coffee Mix	40	20 Bfast - C	Coffee Mix	40 2	20 Bfast - Coffee Mix	40	20 Bfast - Coffee Mix	40	20 Bfa	ast - Coffee Mix	40	20 Bfast - Coffee Mix	40	20 Bfast - Coffee Mix	40	20 Bfast - Coffee Mix	40	20 E	Bfast - Coffee Mix	40	20 B	Bfast - Coffee Mix	40	20
Snack	Snack - Nature Bar	200	57 S	Snack - Blazin Trail Mix	200	38	8 Snack - Nature Bar	200	57 Snack - 1	Nature Bar	200 5	57 Snack - Blazin Trail Mix	200	38 Snack - Nature Bar	200	57 Sn	nack - Blazin Trail Mix	200	88 Snack - Berry Protein Blend	200	38 Snack - Nature Bar	200	57 Snack - Nature Bar	200	57 5	Snack - Blazin Trail Mix	200	38 S	Snack - Nature Bar	200	57
Lunch	unch - Berry Protein Blend	800	150 L	unch - Tabbouleh & Pita	590	202	22 Lunch - PB Choc Shake	560	120 Lunch - I	Blazin Trail Mix	800 15	50 Lunch - Parm Ramen	600	130 Lunch - Hot Peanuts	800	125 Lu	ınch - PB Choc Shake	560 1	20 Lunch - Parm Ramen	600	130 Lunch - PB Choc Shake	560	20 Lunch - Blazin Trail Mix	800	150 l	Lunch - Tabbouleh & Pita	590	202 L	Lunch - PB Choc Shake	560	120
Add		0	0 C	Dil - 2 tbsp	260	30	Lunch - Banana Chips	240	60		0	0 Oil - 2 tbsp	260	30	0	0 Lu	ınch - Banana Chips	240	60 Oil - 2 tbsp	260	30 Lunch - Banana Chips	240	60	0	0 (	Oil - 2 tbsp	260	30 L	Lunch - Almonds	240	46
Snack	Snack - Nature Bar	200	57 S	Snack - Blazin Trail Mix	200	38	88 Snack - Nature Bar	200	57 Snack - 1	Nature Bar	200 5	57 Snack - Blazin Trail Mix	200	38 Snack - Nature Bar	200	57 Sn	nack - Blazin Trail Mix	200	88 Snack - Berry Protein Blend	200	38 Snack - Nature Bar	200	57 Snack - Nature Bar	200	57 5	Snack - Blazin Trail Mix	200	38 S	Snack - Nature Bar	200	57
Dinner	Dinner - Beans and Rice	660	164 C	Dinner - Red Curry Couscous	600	140	0 Dinner - Spud Bomb	650	150 Dinner -	- Tomato Couscous	600 15	50 Dinner - Peanut Ramen	650	150 Dinner - Basil Orzo	650	150 Dir	nner - Beans and Rice	660 1	54 Dinner - Red Curry Couscous	600	140 Dinner - Spud Bomb	650	50 Dinner - Tomato Couscous	600	150	Dinner - Peanut Ramen	650		Dinner - Basil Orzo	650	150
Dinner Add	Dil - 2 tbsp	260	30 C	Dil - 2 tbsp	260	30	0 Oil - 2 tbsp	260	30 Oil - 2 tb	bsp	260 3	30 Oil - 2 tbsp	260	30 Oil - 2 tbsp	260	30 Oil	l - 2 tbsp	260	30 Oil - 2 tbsp	260	30 Oil - 2 tbsp	260	30 Oil - 2 tbsp	260	30 (	Oil - 2 tbsp	260	30 C	Oil - 2 tbsp	260	30
Total		2,690	632		2,730	630	30	2,730	608		<b>2,700</b> 61	12	2,800	548	2,730	553		<b>2,690</b> 6	24	2,740	558	2,730	08	2,700	612		2,790	620		2,730	594
		121	1.39		123	1.39	9	127	1.34		125 <b>1.</b> 3	35	145	1.21	140	1.22		122 1.	88	139	1.23	127 <b>1</b>	34	125	1.35		128	1.37		130	1.31
		cal	grams									+																			
		cal/oz	pounds																												
												<del> </del>				-															