

Day 1	fat	carbohydrates	protein	Reference
2 cups of Cooked Oatmeal	7.1g	56.2g	11.9	https://fdc.nal.usda.gov/food-details/173905/nutrients
Sweetened Vanilla Almond Milk	2.5g	15.8g	1g	https://fdc.nal.usda.gov/food-details/168751/nutrients
2 bananas	0.99g	68.5g	3.3g	https://fdc.nal.usda.gov/food-details/173944/nutrients
1.5 cups of orange juice	0.74g	38.7g	2.6g	https://fdc.nal.usda.gov/food-details/169098/nutrients
Roasted Chicken Breast	5g	0	43.4g	https://fdc.nal.usda.gov/food-details/171477/nutrients
Cooked Quinoa	3.6g	39.4g	8.1g	https://fdc.nal.usda.gov/food-details/168917/nutrients

Exo protein bar	32g	46g	20g	https://fdc.nal.usda.gov/food-details/1562327/nutrients
Grilled salmon	23.1g	0g	36.3g	https://fdc.nal.usda.gov/food-details/2706287/nutrients
Cooked Broccoli (Boiled, Drained)	0.64g	11.2g	3.7g	https://fdc.nal.usda.gov/food-details/169967/nutrients
Baked Sweet Potatoes	0.3g	41.4g	4g	https://fdc.nal.usda.gov/food-details/168483/nutrients
A large apple	0.38g	30.8g	0.58g	https://fdc.nal.usda.gov/food-details/171688/nutrients
Total	76.35 g	348 g	134.88 g	//

Day 2	fat	carbohydrates	protein	Reference
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2 Eggs Scrambled	26.8g	3.9g	24.4g	https://fdc.nal.usda.gov/food-details/173272/nutrients
Two tomatoes	0.49g	9.6g	2.2g	https://fdc.nal.usda.gov/food-details/170457/nutrients
2 bananas	0.99g	68.5g	3.3g	https://fdc.nal.usda.gov/food-details/173944/nutrients
Mango	0.63g	24.7g	1.4g	https://fdc.nal.usda.gov/food-details/169910/nutrients
Pineapple	0.2g	21.6g	0.89g	https://fdc.nal.usda.gov/food-details/169124/nutrients
Roasted Turkey Breast	3.5g	0g	51.2g	https://fdc.nal.usda.gov/food-details/171496/nutrients

Two Bread Whole Grain White Toasted	1.8g	37.6g	9.1g	https:// fdc.nal.usda. gov/food- details/ 784594/ nutrients
Two tomatoes	0.49g	9.6g	2.2g	https:// fdc.nal.usda. gov/food- details/ 170457/ nutrients
Sprite	0.1g	49.9g	0.25g	https:// fdc.nal.usda. gov/food- details/ 173206/ nutrients
Beverages, nutritional shake mix, high protein, powder, 200 calorie serving (51g)	5.5g	10.4g	27.3g	https:// fdc.nal.usda. gov/food- details/ 174181/ nutrients
Roasted Chicken Breast	10g	0g	86.9g	https:// fdc.nal.usda. gov/food- details/ 171477/ nutrients
Cooked Spinach (Boiled, Drained)	0.47g	6.8g	5.3g	https:// fdc.nal.usda. gov/food- details/ 168463/ nutrients

Plain Yogurt (Full Fat)	8g	11.4g	8.5g	https:// fdc.nal.usda. gov/food- details/ 171284/ nutrients
75 grams of Strawberries, raw	0.21g	7.8g	0.62g	https:// fdc.nal.usda. gov/food- details/ 2709283/ nutrients
Total	59.18 g	261.8 g	223.56 g	//

Day 3	fat	carbohydrate s	protein	Reference
Vegetable sandwich wrap	18.5g	55.6g	15.3g	https:// fdc.nal.usda. gov/food- details/ 2709136/ nutrients
2 bananas	0.99g	68.5g	3.3g	https:// fdc.nal.usda. gov/food- details/ 173944/ nutrients

Two Kodiak cakes - OATMEAL CHOCOLATE CHIP PROTEIN BALLS, OATMEAL CHOCOLATE CHIP	6g	34g	14g	https://fdc.nal.usda.gov/food-details/2163335/nutrients
Cooked Skirt Steak (Grilled)	29.1g	0g	48.7g	https://fdc.nal.usda.gov/food-details/173379/nutrients
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing	0.67g	15.3g	3.6g	https://fdc.nal.usda.gov/food-details/2709822/nutrients
Dry Roasted Almonds	14.9g	6g	6g	https://fdc.nal.usda.gov/food-details/170158/nutrients
Pasta, whole grain, cooked	2.4g	41.8g	8.3g	https://fdc.nal.usda.gov/food-details/2708358/nutrients

Tomato products, canned, sauce	0.74g	13g	2.9g	https://fdc.nal.usda.gov/food-details/170054/nutrients
1 bar of Chocolate, dark, 70-85% cacao solids	43.1g	46.4g	7.9g	https://fdc.nal.usda.gov/food-details/170273/nutrients
Total	116.4 g	280.6 g	110 g	//