

Day 1	Quantity , Amount	Calories	carbohy drates	protein	fat	Referen ce
Cooked Oatmeal	2 cups, 468g	248	56.2g	11.88g	7.12g	https:// fdc.nal.u sda.gov/ food- details/ 173905/ nutrients
Sweeten ed Vanilla Almond Milk	1 cup, 240g	182.4	15.8g	1.01g	2.5g	https:// fdc.nal.u sda.gov/ food- details/ 168751/ nutrients
Bananas	2 cups - sliced, 300g	268	3.28g	0.99g	68.4g	https:// fdc.nal.u sda.gov/ food- details/ 173944/ nutrients
Orange Juice	1.5 cups, 372g	168	38.7g	2.61g	0.744g	https:// fdc.nal.u sda.gov/ food- details/ 169098/ nutrients
Roasted Chicken Breast	1 cup - chopped or diced, 140 g	231	0	43.4g	5g	https:// fdc.nal.u sda.gov/ food- details/ 171477/ nutrients

Cooked Quinoa	1 cup, 185 g	222	39.4g	8.14g	3.55g	https://fdc.nal.usda.gov/food-details/168917/nutrients
Protein bar	2 60g servings, 120g	520	46g	20g	32g	https://fdc.nal.usda.gov/food-details/1562327/nutrients
Grilled salmon	Quantity not specified, 140 g	363	0g	36.3g	23.1g	https://fdc.nal.usda.gov/food-details/2706287/nutrients
Cooked Broccoli (Boiled, Drained)	1 cup, 156g	54.6	11.2g	3.72g	0.64g	https://fdc.nal.usda.gov/food-details/169967/nutrients
Baked Sweet Potatoes	1 cup, 200g	180	41.4g	4.02g	0.3g	https://fdc.nal.usda.gov/food-details/168483/nutrients

Apple	1 large, 223g	116	30.8g	0.58g	0.38g	https:// fdc.nal.u sda.gov/ food- details/ 171688/ nutrients
Total	//	2553	282.78g	132.65g	143.73g	//

Day 2	Quantity , amount	Calories	carbohy drates	protein	fat	Referen ce
Scrambl ed Eggs	3 large, 183g	273	2.95g	18.27g	20.13	https:// fdc.nal.u sda.gov/ food- details/ 172187/ nutrients
Tomatoe s	2 medium whole, 246g	44.2	9.56g	2.16g	0.492g	https:// fdc.nal.u sda.gov/ food- details/ 170457/ nutrients
Bananas	2 cups - sliced, 300g	268	3.28g	0.99g	68.4g	https:// fdc.nal.u sda.gov/ food- details/ 173944/ nutrients

Mango	1 cup, 165g	99	24.8g	1.35g	0.627g	https:// fdc.nal.usda.gov/ food- details/ 169910/ nutrients
Pineapple	1 slice, 166g	83	21.7g	0.896g	0.199g	https:// fdc.nal.usda.gov/ food- details/ 169124/ nutrients
Roasted Turkey Breast	6 oz, 170g	250	0g	51.2g	3.54g	https:// fdc.nal.usda.gov/ food- details/ 171496/ nutrients
Bread Whole grain White Toasted	4	408	75.2g	18.2g	3.6g	https:// fdc.nal.usda.gov/ food- details/ 784594/ nutrients
Tomatoes	2 medium whole, 246g	44.2	9.56g	2.16g	0.492g	https:// fdc.nal.usda.gov/ food- details/ 170457/ nutrients

Sprite	1 serving 16 fl oz, 492 g	197	49.7g	0.246g	0.098g	https:// fdc.nal.usda.gov/ food- details/ 173206/ nutrients
Beverages, nutritional shake mix, high protein, powder	200 calorie serving, (51g)	200	10.4g	27.3g	5.5g	https:// fdc.nal.usda.gov/ food- details/ 174181/ nutrients
Roasted Chicken Breast	2 cups - chopped or diced, 280 g	462	0	86.8g	10g	https:// fdc.nal.usda.gov/ food- details/ 171477/ nutrients
Cooked Spinach (Boiled, Drained)	1 cup, 180g	41.4	6.75g	5.35g	0.468g	https:// fdc.nal.usda.gov/ food- details/ 168463/ nutrients
Plain Yogurt (Full Fat)	1 cup 8 fl oz, 215g	149	11.4g	8.5g	7.96g	https:// fdc.nal.usda.gov/ food- details/ 171284/ nutrients

Strawberries, raw	Quantity not specified, 100 g	36	7.96g	0.64g	0.22g	https://fdc.nal.usda.gov/food-details/2709283/nutrients
Total	//	2554.8	234.24g	230.15g	128.44g	//

Day 3	Quantity, amount	Calories	carbohydrates	protein	fat	Reference
Vegetable sandwich wrap	1 sandwich, any size (165g)	264	32.5g	8.94g	10.8g	https://fdc.nal.usda.gov/food-details/2709136/nutrients
Bananas	2 cups, sliced (300g)	268	68.4g	3.28g	0.99g	https://fdc.nal.usda.gov/food-details/173944/nutrients
Oatmeal chocolate chip protein balls	2	240	34g	13.98g	6g	https://fdc.nal.usda.gov/food-details/2163335/nutrients

Cooked Skirt Steak (Grilled)	1 steak (175g)	469	0g	50g	29.9g	https://fdc.nal.usda.gov/food-details/173379/nutrients
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing	336 g	314	15.38g	3.6g	0.672g	https://fdc.nal.usda.gov/food-details/2709822/nutrients
Dry Roasted Almonds	1, (28 g)	170	5.95g	5.95g	14.9g	https://fdc.nal.usda.gov/food-details/170158/nutrients
Pasta, wholegrain, cooked	1 cup, cooked (140g)	207	41.8g	8.33g	2.38g	https://fdc.nal.usda.gov/food-details/2708358/nutrients

Tomato products , canned, sauce	1 cup (245g)	58.8	13g	2.94g	0.735g	https:// fdc.nal.usda.gov/ food- details/ 170054/ nutrients
Chocolate, dark, 70-85% cacao solids	1 bar	604	46.4g	7.87g	43g	https:// fdc.nal.usda.gov/ food- details/ 170273/ nutrients
Total	//	2594.8	257.43g	104.89g	109.38g	//