

THURSDAY				
Breakfast				
Food	Calories	Carbs	Fat	Protein
Bagel	270	51	3	12
Cream Cheese	70	2	6	2
TOTAL	340	53	9	14
Lunch				
Food	Calories	Carbs	Fat	Protein
Boca Chicken Sandwich	235	44	11.5	17
Chips	140	36	14	4
TOTAL	375	80	25.5	21
Dinner				
Food	Calories	Carbs	Fat	Protein
Chik'n Burrito	500	71	8.5	32
TOTAL	500	71	8.5	32
Snacks				
Food	Calories	Carbs	Fat	Protein
Banana	110	28	0	1
Chips	140	36	14	4
TOTAL	250	64	14	5
Water				
Amount	24oz			
TOTAL FOR THURSDAY	Calories	Carbs	Fat	Protein
	1,465	268	57	72

FRIDAY			
Breakfast			
Food	Calories	Carbs	Fat
Oatmeal	300	54	6
Berry Mix	80	19	0.5
TOTAL	380	73	6.5
Lunch			
Food	Calories	Carbs	Fat
Gardein Soup	200	27	4
Buttered Toast	150	20	5.5
TOTAL	350	47	9.5
Dinner			
Food	Calories	Carbs	Fat
Meatless beef tacos	350	45	11.5
TOTAL	350	45	11.5
Snacks			
Food	Calories	Carbs	Fat
Chips	280	36	14
Oreos	160	25	7
TOTAL	440	61	21
Water			
Amount	36oz		
TOTAL FOR FRIDAY	Calories	Carbs	Fat
	1,520	226	48.5

SATURDAY				
Breakfast				
Food	Calories	Carbs	Fat	Protein
Oatmeal	300	54	6	10
Berry Mix	80	19	0.5	1
TOTAL	380	73	6.5	11
Morning Snack				
Food	Calories	Carbs	Fat	Protein
Bagel	270	51	3	12
Cream Cheese	70	2	6	2
TOTAL	340	53	9	14
Lunch				
Food	Calories	Carbs	Fat	Protein
Boca Chicken Sandwich	235	44	11.5	17
Carrots	25	6	0	0.5
Grapes	100	27	0	1
Chips	140	36	14	4
TOTAL	500	113	25.5	22.5
Post-Workout Snack				
Food	Calories	Carbs	Fat	Protein
PB & Banana Sandwich	440	56	18.5	13
TOTAL	440	56	18.5	13
Dinner				
Food	Calories	Carbs	Fat	Protein
Chik'n Burrito	500	71	8.5	32
Sweet Potato Chips	150	15	10	1
TOTAL	650	86	18.5	33
Snacks				
Food	Calories	Carbs	Fat	Protein
Hippeas	260	34	10	8
Oatmeal Hunk	110	15	5	1
TOTAL	370	49	15	9
Water				
Amount	75oz			
IDEAL TOTAL FOR ACTIVE DAYS	Calories	Carbs	Fat	Protein
	2,680	430	93	102.5