**Breakfast:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** | **Fat (g)** | **Carbs (g)** | **Prot (g)** | **Calories (g)** |
| White Bread (2 slices) | |  |  |  |  | | --- | --- | --- | --- | | 1.64 |  |  |  | | 25.30 | 3.82 | 133 |
| Whole Wheat Bread (2 slices) | |  |  |  | | --- | --- | --- | | 2.14 |  |  | | 24.51 | 4.75 | |  | | --- | | 135 | |
| Arabic Bread(100g) | 1 | 62 | 10 | 298 |
| Egg Omelet(1) | 7.33 | 0.42 | 6.48 | 93 |
| Poached Egg(1) | 4.95 | 0.38 | 6.26 | 74 |
| Fried Egg(1) | 7.04 | 0.40 | 6.27 | 92 |
| Cheese Biscuit (1) | 5.66 | 12.55 | 2.78 | 112 |
| Egg and Sausage Biscuit(1) | 34.83 | 37.03 | 17.24 | 523 |
| Sausage Biscuit  (1) | 30.24 | 38.10 | 11.53 | 461 |
| Sausage, Egg and Cheese Croissant Sandwich(1) | 38.92 | 26.32 | 19.84 | 539 |
| Bacon, Egg and Cheese Croissant Sandwich(1) | 24.39 | 25.13 | 15.59 | 385 |
| Sausage, Egg and Cheese Croissant Sandwich(1) | 38.92 | 26.32 | 19.84 | 539 |
| English Muffin with Butter(1) | 5.76 | 30.36 | 4.87 | 189 |
| Sausage and Cheese English Muffin(1) | 24.05 | 28.91 | 15.21 | 390 |
| Feta Cheese  (1 oz) | 6.03 | 1.16 | 4.03 | 75 |
| American Cheese(1 oz) | 7.39 | 1.97 | 5.37 | 96 |
| [Cheddar Cheese (1 oz)](https://www.fatsecret.com/calories-nutrition/usda/cheddar-cheese) | 9.28 | 0.36 | 6.97 | 113 |
| Mozzarella Cheese(1 oz) | 5.68 | 1.09 | 7.36 | 86 |
| Mortadella  (1 slice) | 3.81 | 0.46 | 2.46 | 47 |
| Hummus(1 tbsp) | 1.29 | 3.02 | 0.73 | 27 |
| Traditional  (2 tbsp) | 4.5 | 6 | 2 | 70 |
| Original Hummus(3 tbsp) | 5 | 8 | 4 | 90 |
| Labaneh(2 tbsp) | 5 | 2 | 1 | 57 |

**Snacks:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** | **Fat (g)** | **Carbs (g)** | **Prot (g)** | **Calories (g)** |
| Red Apple(1) | 0 | 0 | 0 | 81 |
| Trinh’s Banana(1) | 0 | 27 | 1 | 105 |
| Grapes(1)(92g) | 0 | 15 | 1 | 62 |
| Orange(1) | 0 | 11 | 1 | 45 |
| Strawberry(1)(100g) | 0 | 8 | 1 | 33 |
| Peach(1 row) | 0 | 0 | 0 | 73 |
| Tomato(1)(148g) | 0 | 0 | 0 | 82 |
| Carrot(medium) | 2 | 27 | 0 | 140 |
| Eggplant(100g) | 0.19 | 5.7 | 1.01 | 24 |
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**Exercises:**

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| --- | --- | --- |
| Name | Time(Minutes) | Calories |
| Golf(cart) | 30 | 76 |
| Sleeping | 1 | 66 |
| Resting | 1 | 78 |
| Sitting | 1 |  |
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|  |  |  |
| Walking(3.5/mph) | 30 | 145 |
| Kayaking | 30 | 191 |
| Swimming(moderate) | 30 | 267 |
| Table Tennis(ping pong) | 30 | 152 |
| Bicycling(13/mph) | 30 | 305 |
| Football | 30 | 305 |
| Basketball | 30 | 229 |
| Soccer | 30 | 305 |
| Running(10/mph) | 30 | 610 |

**Lunch:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** | **Fat (g)** | **Carbs (g)** | **Prot (g)** | **Calories (g)** |
| Spaghetti with Meat or Beef(1 cup) | 16.09 | 20.94 | 16.28 | 281 |
| Cheese Burger  (1 sandwich) | 15.15 | 31.75 | 14.77 | 319 |
| Beans(1 cup) | 14.98 | 37.82 | 14.42 | 337 |
| Cheese Pizza(1 piece) | 10.10 | 26.08 | 10.60 | 237 |
| Cheese Pizza with Vegetables  (1 piece) | 8.95 | 30.93 | 9.33 | 242 |
| Malfoof(5 rolls) | 37 | 25 | 0 | 495 |
| Shaurma with Meat(100gm) | 5 | 15 | 33 | 210 |
| Fattoush Salad  (2 cups) | 0 | 0 | 0 | 130 |
| Tabbouleh Salad (50g) | 7 | 34 | 54 | 440 |
| Miskan Chicken  (100g) | 44 | 44 | 270 | 1,608 |
| Shaurma with Chicken(100gm) | 1 | 21 | 5 | 100 |
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**Drink:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** | **Fat (g)** | **Carbs (g)** | **Prot (g)** | **Calories (g)** |
| 1% Fat Milk  (1 cup) | 2.37 | 12.18 | 8.22 | 102 |
| 2% Fat Milk  (1 cup) | 4.81 | 11.4 | 8.05 | 122 |
|  |  |  |  | 146 |
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