

	Meal	Food Item	Quantity	Protein (g)	Carbs (g)	Fat (g)
	Meal 1	Rolled Oats	40g	5	23	2
	Whey Protein	30g (1 scoop)	25	2	1	
	Peanut Butter	25g	6	6	15	
	Subtotal	36	31	18		
	Meal 2	White Rice (cooked)	225g	5	61	0
	Chicken Breast (boneless, skinless)	150g	33	0	3	
	Mixed Vegetables (frozen)	100g	2	6	1	
	Ghee	5g	0	0	5	
	Subtotal	40	67	9		
	Meal 3	White Rice (cooked)	225g	5	61	0
	Chicken Breast (boneless, skinless)	150g	33	0	3	
	Mixed Vegetables (frozen)	100g	2	6	1	
	Ghee	5g	0	0	5	
	Subtotal	40	67	9		
	Meal 4	Whole Eggs	3 (150g)	18	1	15
	Egg Whites	From 3 eggs (~100g)	11	0	0	
	White Bread	2 slices (~60g)	6	28	2	
	Subtotal	35	29	17		
	Meal 5	Whey Protein	30g (1 scoop)	25	2	1
	Banana	100g	1	23	0	
	Almonds	20g	4	4	11	
	Subtotal	30	29	12		