

DAY A

Meal	Food	Amount	Unit	Food Group	Grams g	Protein g	Carbohydrates g	Fat Total Lipids g	Calories kcal			
1 Breakfast	cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	0.5	cup, cooked	breakfast cereals	117	2.77	13.65	1.59	79.56			
1 Breakfast	egg, chicken, whole, fresh or frozen, raw	1	large eggs	dairy and egg products	50	6.155	0.29	4.94	72.5			
2 Mid Morning Snack	cheese, cottage, lowfat, 1% milkfat	0.5	cup (not packed)	dairy and egg products	113	14	3.07	1.15	81.36			
2 Mid Morning Snack	Whey Protein (average nutrients)	0.5	scoop	supplements	17	13	2	1	70			
3 Lunch	beans, snap, green, frozen, all styles, unprepared	1	cup	vegetables and vegetable products	124	2.23	9.4	0.26	40.92			
3 Lunch	chicken, broilers or fryers, breast, meat only, cooked, roasted	4	oz	poultry products	113.31	35.15	0	4.05	186.96			
4 Afternoon Snack	egg, chicken, whole, boiled in shell, hard-cooked	1	large egg	dairy and egg products	50	6.29	0.56	5.3	77.5			
4 Afternoon Snack	snacks, rice cakes, brown rice, plain, unsalted	1	cake	snacks	9	0.74	7.33	0.25	34.83			
5 Dinner	asparagus, frozen, cooked, boiled, drained, without salt	8	spears	vegetables and vegetable products	120	3.54	2.29	0.506	21.6			
5 Dinner	chicken, broilers or fryers, breast, meat only, cooked, roasted	6	oz	poultry products	169.97	52.72	0	6.075	280.45			
6 Late Snack	cheese, cottage, lowfat, 1% milkfat	0.5	cup (not packed)	dairy and egg products	113	14	3.07	1.15	81.36			
Post work out shake	Whey Protein (average nutrients)	1	scoop	supplements	34	26	4	2	140			
TOTALS:	Calories kcal	Protein g	Carbohydrates g	Fat Total Lipids g	Protein %	Carbohydrates %	Fat Total Lipids %	Fat Calories	Protein Calories	Carbohydrate Calories	Fibre Total Diet g	Sugars Total g
DAY TOTALS	1167.05	176.60	45.66	28.27	61.77	15.97	22.25	254.44	706.4	182.65	9.25	9.59