

Breakfast		Calories	Protein	Carbs	Fat
Beachbody - Chocolate Shakeology, 1 packet (48g)		150	18	17	1
Bell Plantation - Pb2 Powdered Peanut Butter, 2 T (12g)		45	5	5	2
Gnc - Amplified Wheybolic Extreme 60 Protein Shake - Chocolate, 1 scoops (79g)		93	20	2	0
Add Food Quick Tools		288	43	24	3
Snack					
Jack Link's - Original Beef Jerky, 1 oz		80	15	3	1
Generic - Fruit - Fuji Apple - Medium, 1 apple		72	1	22	0
Add Food Quick Tools		152	16	25	1
Lunch					
Oscar Meyer Rotisserie Chicken Breast - Lunch Meat, 3 oz.		90	20	0	2
Carrots - Baby, raw, 15 medium		53	1	12	0
Mustard French's - Classic Yellow Mustard, 2 tsp		0	0	0	0
LaTortilla Factory - Smart & Delicious Tortillas High Fiber 12g, Low Carb, Whole Wheat 9", 1 tortilla		80	8	18	3
Add Food Quick Tools		223	29	30	5
Snack					
Almonds - Raw Almonds , 15 Almonds		129	5	5	10
Peaches - Raw, 1 medium (2-1/2" dia) (approx 4 per lb)		38	1	9	0
Add Food Quick Tools		167	6	14	10
Dinner					
Great Value - Chicken Breast, Skinless, Boneless, 6 oz		165	30	0	4
Vegetables - Green Beans -Steamed, 2 cup cooked (4.4 oz)		68	5	20	1
Add Food Quick Tools		253	35	20	5
Snack					
Gnc - Amplified Wheybolic Extreme 60 Protein Shake - Chocolate, 1.5 scoops (79g)		140	30	3	0
Add Food Quick Tools		140	30	3	0
		Totals	159	116	24
		Your Daily Goal	163	98	29
		Remaining	4	-18	5
		Calories	Protein	Carbs	Fat

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Food for Fitness United States. Agricultural Research Service, 1963

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