

ES STRENGTH

**Female < 120lbs
Ketogenesis
Dietary Recommendations**

Calculated Macros

108g

PROTEIN

8g

CARBS

66g

FAT

Carbs

5%

Fat

95%

108g

PROTEIN

8g

CARBS

66g

FAT

Breakfast Fiber - 0.3g	*Greek Yogurt, Plain (Fat-Free)	176.5g/6.3oz
	*Oatmeal (Uncooked)	3.1g/0.1oz
Lunch Fiber - 3g	Canned Tuna (in water) (Fish)	155.6g/5.5oz
	Brown Rice (Cooked)	0g/0oz
	Beets (Raw)	85.1g/3oz
Meal 3 Fiber - 2.1g	(Raw) Turkey Breast (Skinless)	145.3g/5.1oz
	Sweet Potato (Cooked)	0g/0oz
	*Broccoli (Raw)	85.1g/3oz
Dinner Fiber - 0.9g	(Cooked) Tilapia (Fish)	100g/3.5oz
	Potatoes (Russet, cooked)	0g/0oz
	Summer Squash (Cooked)	85.1g/3oz

Daily Totals

Fiber **6.3g**

Fat **58.7g (remaining)**

108g

PROTEIN



8g

CARBS



66g

FAT

Breakfast Fiber - 0.3g	(Raw) Egg Whites (1 egg)	Qty:7
	*Oatmeal (Uncooked)	3.1g/0.1oz
Lunch Fiber - 5.1g	(Cooked) Chicken Thigh (Skinless & Boneless)	88.7g/3.1oz
	Brown Rice (Cooked)	0g/0oz
	Peas (cooked)	85.1g/3oz
Meal 3 Fiber - 2.7g	*Greek Yogurt, Plain (Low-Fat)	255g/9.1oz
	Sweet Potato (Cooked)	0g/0oz
	Green Beans (Cooked)	85.1g/3oz
Dinner Fiber - 0.9g	(Cooked) Salmon (Fish)	99.6g/3.5oz
	Potatoes (Russet, cooked)	0g/0oz
	Zucchini (Raw)	85.1g/3oz

Daily Totals

Fiber **9g**

Fat **42.9g (remaining)**

108g
PROTEIN



8g
CARBS

66g
FAT

Breakfast Fiber - 0.3g	*Greek Yogurt, Plain (Fat-Free)	176.5g/6.3oz
	*Oatmeal (Uncooked)	3.1g/0.1oz
Lunch Fiber - 0.9g	(Cooked) Chicken Thigh (Skinless & Boneless)	108.1g/3.8oz
	Brown Rice (Cooked)	0g/0oz
	Cucumber	85.1g/3oz
Meal 3 Fiber - 1.8g	(Raw) Chicken Thigh (Skinless & Boneless)	114.8g/4.1oz
	Sweet Potato (Cooked)	0g/0oz
	Asparagus (Raw)	85.1g/3oz
Dinner Fiber - 3g	(Cooked) Top Sirloin (Trimmed) (Beef)	82g/2.9oz
	Potatoes (Russet, cooked)	0g/0oz
	Green Beans (Raw)	85.1g/3oz

Daily Totals

Fiber **6g**

Fat **42.1g (remaining)**

108g
PROTEIN



8g
CARBS



66g
FAT

Breakfast Fiber - 0.3g	(Raw) Egg Whites (1 egg)	Qty:7
	*Oatmeal (Uncooked)	3.1g/0.1oz
Lunch Fiber - 5.1g	(Cooked) Flank Steak (Beef)	84.7g/3oz
	Brown Rice (Cooked)	0g/0oz
	Peas (cooked)	85.1g/3oz
Meal 3 Fiber - 3g	(Cooked) Shrimp (Shellfish)	113.4g/4oz
	Sweet Potato (Cooked)	0g/0oz
	Brussels Sprouts (Raw)	84g/3oz
Dinner Fiber - 0.6g	(Cooked) Top Sirloin (Trimmed) (Beef)	78.9g/2.8oz
	Potatoes (Russet, cooked)	0g/0oz
	Iceberg Lettuce	85.1g/3oz

Daily Totals

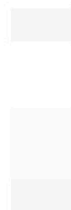
Fiber **9g**

Fat **49.1g (remaining)**

108g
PROTEIN



8g
CARBS



66g
FAT

Breakfast Fiber - 0.3g	*Greek Yogurt, Plain (Fat-Free)	176.5g/6.3oz
	*Oatmeal (Uncooked)	3.1g/0.1oz
Lunch Fiber - 2.1g	Canned Tuna (in water) (Fish)	153.8g/5.4oz
	Brown Rice (Cooked)	0g/0oz
	Okra (cooked)	85.1g/3oz
Meal 3 Fiber - 0.9g	(Raw) Turkey Breast (Skinless)	145.3g/5.1oz
	Sweet Potato (Cooked)	0g/0oz
	*Broccoli (Cooked)	85.1g/3oz
Dinner Fiber - 3g	(Cooked) Salmon (Fish)	104.5g/3.7oz
	Potatoes (Russet, cooked)	0g/0oz
	Beets (Raw)	85.1g/3oz

Daily Totals

Fiber **6.3g**

Fat **54.5g (remaining)**