

EE STRENGTH

**Female > 150lbs
Average Carb
Dietary Recommendations**

Calculated Macros

150g

PROTEIN

124g

CARBS

55g

FAT

Carbs

50%

Fat

50%

150g
PROTEIN



124g
CARBS

55g
FAT

| | | |
|---------------------------|---------------------------------------|--------------|
| Breakfast Fiber - 5.2g | *Greek Yogurt, Plain (Fat-Free) | 196.4g/7oz |
| | *Oatmeal (Uncooked) | 47.5g/1.7oz |
| Lunch Fiber - 3.3g | (Cooked) Chicken Breast (Skinless) | 150g/5.3oz |
| | Brown Rice (Cooked) | 119g/4.2oz |
| | Celery (Cooked) | 85.1g/3oz |
| Meal 3 Fiber - 6.5g | (Raw) Chicken Breast (Skinless) | 149.6g/5.3oz |
| | Sweet Potato (Cooked) | 109g/3.8oz |
| | Butternut Squash (Cooked) | 85.1g/3oz |
| Dinner Fiber - 3.2g | (Cooked) Top Sirloin (Trimmed) (Beef) | 108.1g/3.8oz |
| | Potatoes (Russet, cooked) | 163.7g/5.8oz |
| | Zucchini (Raw) | 85.1g/3oz |

Daily Totals

Fiber **18.2g**

Fat **40.8g (remaining)**

150g
PROTEIN



124g
CARBS



55g
FAT

| | | |
|---------------------------|---------------------------------|--------------|
| Breakfast Fiber - 5.2g | *Greek Yogurt, Plain (Fat-Free) | 196.4g/7oz |
| | *Oatmeal (Uncooked) | 47.5g/1.7oz |
| Lunch Fiber - 4.7g | (cooked) 90/10 Ground Turkey | 138.9g/4.9oz |
| | Brown Rice (Cooked) | 94.5g/3.3oz |
| | Beets (Raw) | 85.1g/3oz |
| Meal 3 Fiber - 6.7g | (Raw) Pork Tenderloin | 158.4g/5.6oz |
| | Sweet Potato (Cooked) | 129.5g/4.6oz |
| | Cauliflower (Raw) | 85.1g/3oz |
| Dinner Fiber - 4.9g | (Cooked) Tilapia (Fish) | 118.8g/4.2oz |
| | Potatoes (Russet, cooked) | 136g/4.8oz |
| | Kale (Raw) | 85.1g/3oz |

Daily Totals

Fiber **21.4g**

Fat **28.7g (remaining)**

150g
PROTEIN



124g
CARBS

55g
FAT

| | | |
|---------------------------|---|--------------|
| Breakfast Fiber - 5.2g | (Raw) Egg Whites (1 egg) | Qty:8 |
| | *Oatmeal (Uncooked) | 47.5g/1.7oz |
| Lunch Fiber - 4.6g | (Cooked) Chicken Thigh (Skinless & Boneless) | 136.7g/4.8oz |
| | Brown Rice (Cooked) | 106.1g/3.7oz |
| | Okra (raw) | 85.1g/3oz |
| Meal 3 Fiber - 6.8g | (Raw) 96/4 Ground Beef | 156.9g/5.5oz |
| | Sweet Potato (Cooked) | 132.5g/4.7oz |
| | Okra (cooked) | 85.1g/3oz |
| Dinner Fiber - 5g | (Cooked) Tilapia (Fish) | 120.4g/4.2oz |
| | Potatoes (Russet, cooked) | 144.6g/5.1oz |
| | Brussels Sprouts (Cooked) | 85.1g/3oz |

Daily Totals

Fiber **21.6g**

Fat **25.9g (remaining)**

150g
PROTEIN



124g
CARBS



55g
FAT

| | | |
|---------------------------|---------------------------------|--------------|
| Breakfast Fiber - 5.2g | *Greek Yogurt, Plain (Fat-Free) | 196.4g/7oz |
| | *Oatmeal (Uncooked) | 47.5g/1.7oz |
| Lunch Fiber - 3.4g | Tempeh (Cooked) | 190.7g/6.7oz |
| | Brown Rice (Cooked) | 122.9g/4.3oz |
| | Celery (Raw) | 85.1g/3oz |
| Meal 3 Fiber - 7.1g | Cottage Cheese Fat Free | 247.4g/8.7oz |
| | Sweet Potato (Cooked) | 133.9g/4.7oz |
| | Cauliflower (Cooked) | 85.1g/3oz |
| Dinner Fiber - 5.8g | (Cooked) Tilapia (Fish) | 117.5g/4.1oz |
| | Potatoes (Russet, cooked) | 109.9g/3.9oz |
| | Peas (Raw) | 85.1g/3oz |

Daily Totals

Fiber **21.4g**

Fat **25.3g (remaining)**

150g
PROTEIN



124g
CARBS

55g
FAT

| | | |
|---------------------------|---------------------------------|---------------|
| Breakfast Fiber - 5.2g | *Greek Yogurt, Plain (Fat-Free) | 196.4g/7oz |
| | *Oatmeal (Uncooked) | 47.5g/1.7oz |
| Lunch Fiber - 3.5g | Cottage Cheese Low Fat (1%) | 325.7g/11.5oz |
| | Brown Rice (Cooked) | 115.1g/4.1oz |
| | Green Bell Peppers | 85.1g/3oz |
| Meal 3 Fiber - 6.8g | (Raw) Tilapia (Fish) | 130.7g/4.6oz |
| | Sweet Potato (Cooked) | 132.5g/4.7oz |
| | Okra (cooked) | 85.1g/3oz |
| Dinner Fiber - 6.5g | (Cooked) Tilapia (Fish) | 115.9g/4.1oz |
| | Potatoes (Russet, cooked) | 101.3g/3.6oz |
| | Peas (cooked) | 85.1g/3oz |

Daily Totals

Fiber **22g**

Fat **38.7g (remaining)**