

# EE STRENGTH

**Female > 150lbs  
Ketogenesis  
Dietary Recommendations**

## Calculated Macros

**150g**

PROTEIN

**13g**

CARBS

**105g**

FAT

Carbs

**5%**

Fat

**95%**

**150g**  
PROTEIN



**13g**  
CARBS

**105g**  
FAT

Breakfast Fiber - 0.6g	*Greek Yogurt, Plain (Fat-Free)	244.3g/8.7oz
	*Oatmeal (Uncooked)	5.1g/0.2oz
Lunch Fiber - 1.8g	Canned Tuna (in water) (Fish)	217.1g/7.7oz
	Brown Rice (Cooked)	0g/0oz
	Kale (Cooked)	85.1g/3oz
Meal 3 Fiber - 3g	(Raw) 96/4 Ground Beef	171.5g/6.1oz
	Sweet Potato (Cooked)	0g/0oz
	Beets (Cooked)	85.1g/3oz
Dinner Fiber - 2.1g	(Cooked) Tilapia (Fish)	134.5g/4.7oz
	Potatoes (Russet, cooked)	0g/0oz
	*Broccoli (Raw)	85.1g/3oz

## Daily Totals

Fiber **7.5g**

Fat **92.7g (remaining)**

**150g**  
PROTEIN



**13g**  
CARBS



**105g**  
FAT

Breakfast Fiber - 0.6g	*Greek Yogurt, Plain (Fat-Free)	244.3g/8.7oz
	*Oatmeal (Uncooked)	5.1g/0.2oz
Lunch Fiber - 0.6g	(Cooked) Chicken Breast (Skinless)	146.5g/5.2oz
	Brown Rice (Cooked)	0g/0oz
	Iceberg Lettuce	85.1g/3oz
Meal 3 Fiber - 2.1g	(Raw) 99/1 Ground Turkey	159.6g/5.6oz
	Sweet Potato (Cooked)	0g/0oz
	Carrots, Baby (Raw)	85.1g/3oz
Dinner Fiber - 1.3g	(Cooked) Tilapia (Fish)	140.9g/5oz
	Potatoes (Russet, cooked)	5.2g/0.2oz
	Celery (Raw)	85.1g/3oz

## Daily Totals

Fiber **4.5g**

Fat **94.7g (remaining)**

**150g**

PROTEIN

**13g**

CARBS

**105g**

FAT

Breakfast Fiber - 0.6g	(Raw) Egg Whites (1 egg)	Qty:10
	*Oatmeal (Uncooked)	5.1g/0.2oz
Lunch Fiber - 2.1g	Canned Tuna (in water) (Fish)	211.7g/7.5oz
	Brown Rice (Cooked)	0g/0oz
	*Broccoli (Raw)	85.1g/3oz
Meal 3 Fiber - 1.9g	(Raw) Chicken Thigh (Skinless & Boneless)	160.4g/5.7oz
	Sweet Potato (Cooked)	1.5g/0.1oz
	Spinach (Raw)	85.1g/3oz
Dinner Fiber - 1.3g	(Cooked) Salmon (Fish)	149g/5.3oz
	Potatoes (Russet, cooked)	5.2g/0.2oz
	Celery (Raw)	85.1g/3oz

## Daily Totals

Fiber **5.8g**

Fat **78.6g (remaining)**

**150g**  
PROTEIN



**13g**  
CARBS



**105g**  
FAT

Breakfast Fiber - 0.6g	Egg - Whole - Large	Qty:6
	*Oatmeal (Uncooked)	5.1g/0.2oz
Lunch Fiber - 1.2g	(Raw) Ground Beef (93/7)	174.4g/6.1oz
	Brown Rice (Cooked)	0g/0oz
	Celery (Cooked)	85.1g/3oz
Meal 3 Fiber - 4.2g	Canned Tuna (in oil) (Fish)	187.1g/6.6oz
	Sweet Potato (Cooked)	0g/0oz
	Peas (Raw)	85.1g/3oz
Dinner Fiber - 0.6g	(Cooked) Tilapia (Fish)	128.7g/4.5oz
	Potatoes (Russet, cooked)	0g/0oz
	Iceberg Lettuce	85.1g/3oz

## Daily Totals

Fiber **6.6g**

Fat **40.5g (remaining)**

**150g**  
PROTEIN



**13g**  
CARBS



**105g**  
FAT

Breakfast Fiber - 0.6g	Egg - Whole - Large	Qty:6
	*Oatmeal (Uncooked)	5.1g/0.2oz
Lunch Fiber - 4.2g	*Greek Yogurt, Plain (Low-Fat)	330g/11.8oz
	Brown Rice (Cooked)	0g/0oz
	Peas (Raw)	85.1g/3oz
Meal 3 Fiber - 0.9g	Liquid Egg Whites (3 tbs)	Qty:7
	Sweet Potato (Cooked)	0g/0oz
	Tomatoes (Raw)	85.1g/3oz
Dinner Fiber - 1.5g	(Cooked) Tilapia (Fish)	141.4g/5oz
	Potatoes (Russet, cooked)	0g/0oz
	Green Bell Peppers	85.1g/3oz

## Daily Totals

Fiber **7.2g**

Fat **64.2g (remaining)**