

E3 STRENGTH

**Male > 225lb
Moderate – Low Carb
Dietary Recommendations**

Calculated Macros

214g

PROTEIN

85g

CARBS

151g

FAT

Carbs

20%

Fat

80%

Moderate Carb

214g
PROTEIN



85g
CARBS



151g
FAT

Breakfast Fiber - 3.6g	*Greek Yogurt, Plain (Fat-Free)	319.8g/11.4oz
	*Oatmeal (Uncooked)	32.6g/1.2oz
Lunch Fiber - 2.6g	(Cooked) 96/4 Ground Beef	181.4g/6.4oz
	Brown Rice (Cooked)	81.2g/2.9oz
	Celery (Raw)	85.1g/3oz
Meal 3 Fiber - 3.5g	(Raw) Ground Beef (93/7)	234g/8.3oz
	Sweet Potato (Cooked)	74.8g/2.6oz
	*Broccoli (Cooked)	85.1g/3oz
Dinner Fiber - 3.9g	(Cooked) Salmon (Fish)	203.2g/7.2oz
	Potatoes (Russet, cooked)	86.8g/3.1oz
	Okra (raw)	85.1g/3oz

Daily Totals

Fiber **13.7g**

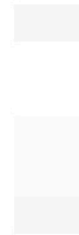
Fat **108.5g (remaining)**

Moderate Carb

214g
PROTEIN



85g
CARBS



151g
FAT

Breakfast Fiber - 3.6g	Egg - Whole - Large	Qty:7
	*Oatmeal (Uncooked)	32.6g/1.2oz
Lunch Fiber - 3.2g	Canned Tuna (in water) (Fish)	298.2g/10.5oz
	Brown Rice (Cooked)	78.6g/2.8oz
	Spinach (Raw)	85.1g/3oz
Meal 3 Fiber - 6.4g	(Raw) Ground Turkey (93% Lean)	224.9g/7.9oz
	Sweet Potato (Cooked)	38.1g/1.3oz
	Peas (cooked)	85.1g/3oz
Dinner Fiber - 3.1g	(Cooked) Salmon (Fish)	199.7g/7oz
	Potatoes (Russet, cooked)	102.9g/3.6oz
	Asparagus (Cooked)	85.1g/3oz

Daily Totals

Fiber **16.3g**

Fat **81.6g (remaining)**

Moderate Carb

214g
PROTEIN

85g
CARBS

151g
FAT

Breakfast Fiber - 3.6g	(Raw) Egg Whites (1 egg)	Qty:13
	*Oatmeal (Uncooked)	32.6g/1.2oz
Lunch Fiber - 2.3g	Canned Tuna (in water) (Fish)	307.2g/10.8oz
	Brown Rice (Cooked)	78.6g/2.8oz
	Zucchini (Cooked)	85.1g/3oz
Meal 3 Fiber - 5.6g	(Cooked) Ground Turkey (93% Lean)	252.1g/8.9oz
	Sweet Potato (Cooked)	74.8g/2.6oz
	Brussels Sprouts (Cooked)	85.1g/3oz
Dinner Fiber - 5g	(Cooked) Salmon (Fish)	193.8g/6.8oz
	Potatoes (Russet, cooked)	53.8g/1.9oz
	Peas (Raw)	85.1g/3oz

Daily Totals

Fiber **16.5g**

Fat **111.7g (remaining)**

Moderate Carb

214g
PROTEIN



85g
CARBS



151g
FAT

Breakfast Fiber - 3.6g	Egg - Whole - Large	Qty:7
	*Oatmeal (Uncooked)	32.6g/1.2oz
Lunch Fiber - 4g	Canned Tuna (in water) (Fish)	293.4g/10.4oz
	Brown Rice (Cooked)	59.3g/2.1oz
	Kale (Raw)	85.1g/3oz
Meal 3 Fiber - 4.3g	(Raw) Salmon (Fish)	253.8g/9oz
	Sweet Potato (Cooked)	88g/3.1oz
	Celery (Cooked)	85.1g/3oz
Dinner Fiber - 3.2g	(Cooked) Salmon (Fish)	206.3g/7.3oz
	Potatoes (Russet, cooked)	78.1g/2.8oz
	Carrots, Baby (Raw)	85.1g/3oz

Daily Totals

Fiber **15.1g**

Fat **64g (remaining)**

Moderate Carb

214g
PROTEIN



85g
CARBS

151g
FAT

Breakfast Fiber - 3.6g	(Raw) Egg Whites (1 egg)	Qty:13
	*Oatmeal (Uncooked)	32.6g/1.2oz
Lunch Fiber - 2.1g	Cottage Cheese Fat Free	370.9g/13.1oz
	Brown Rice (Cooked)	65.7g/2.3oz
	*Broccoli (Cooked)	85.1g/3oz
Meal 3 Fiber - 4.6g	(Raw) Pork Tenderloin	246.3g/8.7oz
	Sweet Potato (Cooked)	63.1g/2.2oz
	Carrots (cooked)	85.1g/3oz
Dinner Fiber - 3.5g	(Cooked) Tilapia (Fish)	190.2g/6.7oz
	Potatoes (Russet, cooked)	97.2g/3.4oz
	Cauliflower (Raw)	85.1g/3oz

Daily Totals

Fiber **13.7g**

Fat **136.1g (remaining)**