

# ES STRENGTH

**Male > 225lb  
Ketogenic  
Dietary Recommendations**

## Calculated Macros

**214g**

PROTEIN

**21g**

CARBS

**179g**

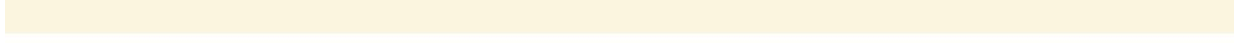
FAT

Carbs

**5%**

Fat

**95%**



**214g**  
PROTEIN



**21g**  
CARBS



**179g**  
FAT

Breakfast Fiber - 0.9g	Egg - Whole - Large	Qty:8
	*Oatmeal (Uncooked)	8.1g/0.3oz
Lunch Fiber - 2g	Canned Tuna (in water) (Fish)	307g/10.8oz
	Brown Rice (Cooked)	9.9g/0.3oz
	Spinach (Raw)	85.1g/3oz
Meal 3 Fiber - 1.5g	(Cooked) 96/4 Ground Beef	186.7g/6.6oz
	Sweet Potato (Cooked)	9.8g/0.3oz
	Celery (Cooked)	85.1g/3oz
Dinner Fiber - 2g	(Cooked) Tilapia (Fish)	194.7g/6.9oz
	Potatoes (Russet, cooked)	13.3g/0.5oz
	Spinach (Raw)	85.1g/3oz



### Daily Totals

Fiber **6.4g**

Fat **122.9g (remaining)**

**214g**  
PROTEIN



**21g**  
CARBS

**179g**  
FAT

Breakfast Fiber - 0.9g	*Greek Yogurt, Plain (Fat-Free)	347.5g/12.4oz
	*Oatmeal (Uncooked)	8.1g/0.3oz
Lunch Fiber - 1.1g	Canned Chicken	228.6g/8.1oz
	Brown Rice (Cooked)	8.6g/0.3oz
	Tomatoes (Raw)	85.1g/3oz
Meal 3 Fiber - 18.2g	Cashew Butter (1 tbs)	Qty:17
	Sweet Potato (Cooked)	9.8g/0.3oz
	Tomatoes (Raw)	85.1g/3oz
Dinner Fiber - 1.6g	(Cooked) Salmon (Fish)	213.7g/7.5oz
	Potatoes (Russet, cooked)	6.4g/0.2oz
	Green Bell Peppers	85.1g/3oz

## Daily Totals

Fiber **21.8g**

Fat **22.7g (remaining)**

**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)**

**214g**  
PROTEIN



**21g**  
CARBS

**179g**  
FAT

Breakfast Fiber - 0.9g	Egg - Whole - Large	Qty:8
	*Oatmeal (Uncooked)	8.1g/0.3oz
Lunch Fiber - 1.1g	(Cooked) Chicken Breast (Skinless)	230.9g/8.1oz
	Brown Rice (Cooked)	12.5g/0.4oz
	Cucumber	85.1g/3oz
Meal 3 Fiber - 1.4g	(Raw) Pork Tenderloin	251.3g/8.9oz
	Sweet Potato (Cooked)	14.2g/0.5oz
	Summer Squash (Cooked)	85.1g/3oz
Dinner Fiber - 1.4g	(Cooked) Top Sirloin (Trimmed) (Beef)	179.5g/6.3oz
	Potatoes (Russet, cooked)	16.8g/0.6oz
	Celery (Raw)	85.1g/3oz

## Daily Totals

Fiber **4.8g**

Fat **121.2g (remaining)**

**214g**  
PROTEIN



**21g**  
CARBS



**179g**  
FAT

Breakfast Fiber - 0.9g	Egg - Whole - Large	Qty:8
	*Oatmeal (Uncooked)	8.1g/0.3oz
Lunch Fiber - 1.8g	(Cooked) 96/4 Ground Beef	181.9g/6.4oz
	Brown Rice (Cooked)	7.7g/0.3oz
	Asparagus (Cooked)	85.1g/3oz
Meal 3 Fiber - 1.3g	Cottage Cheese Fat Free	390.6g/13.8oz
	Sweet Potato (Cooked)	11.2g/0.4oz
	Zucchini (Cooked)	85.1g/3oz
Dinner Fiber - 4.2g	(Cooked) Top Sirloin (Trimmed) (Beef)	167.4g/5.9oz
	Potatoes (Russet, cooked)	0g/0oz
	Peas (Raw)	85.1g/3oz

## Daily Totals

Fiber **8.2g**

Fat **123.2g (remaining)**