

EE STRENGTH

**Female 120 – 150lbs
Average Carb
Dietary Recommendations**

Calculated Macros

140g

PROTEIN

62g

CARBS

27g

FAT

Carbs

50%

Fat

50%

140g
PROTEIN

62g
CARBS

27g
FAT

Breakfast Fiber - 2.6g	Egg - Whole - Large	Qty:5
	*Oatmeal (Uncooked)	23.8g/0.8oz
Lunch Fiber - 2.9g	(Cooked) Chicken Breast (Skinless)	140.4g/5oz
	Brown Rice (Cooked)	47.3g/1.7oz
	Cauliflower (Raw)	85.1g/3oz
Meal 3 Fiber - 4.4g	(Cooked) Turkey Breast (Skinless)	110.5g/3.9oz
	Sweet Potato (Cooked)	39.1g/1.4oz
	Brussels Sprouts (Raw)	84g/3oz
Dinner Fiber - 3.3g	(Cooked) Top Sirloin (Trimmed) (Beef)	113.6g/4oz
	Potatoes (Russet, cooked)	39.3g/1.4oz
	Butternut Squash (Cooked)	85.1g/3oz

Daily Totals

Fiber **13.2g**

Fat **-8.7g (remaining)**

140g
PROTEIN



62g
CARBS

27g
FAT

Breakfast Fiber - 2.6g	*Greek Yogurt, Plain (Fat-Free)	206.5g/7.4oz
	*Oatmeal (Uncooked)	23.8g/0.8oz
Lunch Fiber - 2.8g	Canned Chicken	146.6g/5.2oz
	Brown Rice (Cooked)	36.9g/1.3oz
	Eggplant (Cooked)	85.1g/3oz
Meal 3 Fiber - 4.6g	(cooked) 90/10 Ground Turkey	125.6g/4.4oz
	Sweet Potato (Cooked)	46.4g/1.6oz
	Brussels Sprouts (Cooked)	85.1g/3oz
Dinner Fiber - 4.5g	(Cooked) Top Sirloin (Trimmed) (Beef)	102.7g/3.6oz
	Potatoes (Russet, cooked)	20.3g/0.7oz
	Peas (Raw)	85.1g/3oz

Daily Totals

Fiber **14.5g**

Fat **2.7g (remaining)**

140g
PROTEIN



62g
CARBS

27g
FAT

Breakfast Fiber - 2.6g	(Raw) Egg Whites (1 egg)	Qty:8
	*Oatmeal (Uncooked)	23.8g/0.8oz
Lunch Fiber - 2.1g	Canned Chicken	145.2g/5.1oz
	Brown Rice (Cooked)	52.4g/1.8oz
	Celery (Cooked)	85.1g/3oz
Meal 3 Fiber - 3g	Liquid Egg Whites (3 tbs)	Qty:6
	Sweet Potato (Cooked)	59.6g/2.1oz
	Tomatoes (Raw)	85.1g/3oz
Dinner Fiber - 1.7g	(Cooked) Tilapia (Fish)	120.4g/4.2oz
	Potatoes (Russet, cooked)	55g/1.9oz
	*Broccoli (Cooked)	85.1g/3oz

Daily Totals

Fiber **9.4g**

Fat **17.9g (remaining)**

140g
PROTEIN



62g
CARBS

27g
FAT

Breakfast Fiber - 2.6g	Egg - Whole - Large	Qty:5
	*Oatmeal (Uncooked)	23.8g/0.8oz
Lunch Fiber - 2.4g	Canned Tuna (in water) (Fish)	201.3g/7.1oz
	Brown Rice (Cooked)	48.5g/1.7oz
	Green Bell Peppers	85.1g/3oz
Meal 3 Fiber - 4.3g	(Cooked) Flank Steak (Beef)	125.9g/4.4oz
	Sweet Potato (Cooked)	45g/1.6oz
	Okra (raw)	85.1g/3oz
Dinner Fiber - 1.7g	(Cooked) Tilapia (Fish)	120.4g/4.2oz
	Potatoes (Russet, cooked)	55g/1.9oz
	*Broccoli (Cooked)	85.1g/3oz

Daily Totals

Fiber **10.9g**

Fat **-18.9g (remaining)**

140g
PROTEIN



62g
CARBS

27g
FAT

Breakfast Fiber - 2.6g	(Raw) Egg Whites (1 egg)	Qty:8
	*Oatmeal (Uncooked)	23.8g/0.8oz
Lunch Fiber - 5.3g	(Raw) Salmon (Fish)	147.8g/5.2oz
	Brown Rice (Cooked)	8.6g/0.3oz
	Peas (cooked)	85.1g/3oz
Meal 3 Fiber - 3.7g	(Raw) Chicken Breast (Skinless)	138.5g/4.9oz
	Sweet Potato (Cooked)	58.6g/2.1oz
	Asparagus (Cooked)	85.1g/3oz
Dinner Fiber - 3.5g	(Cooked) Tilapia (Fish)	124g/4.4oz
	Potatoes (Russet, cooked)	53.2g/1.9oz
	Okra (raw)	85.1g/3oz

Daily Totals

Fiber **15g**

Fat **-0.7g (remaining)**