

ES STRENGTH

**Female 120 – 150lbs
Ketogenesis
Dietary Recommendations**

Calculated Macros

140g

PROTEIN

6g

CARBS

52g

FAT

Carbs

5%

Fat

95%

140g
PROTEIN



6g
CARBS

52g
FAT

Breakfast Fiber - 0.3g	(Raw) Egg Whites (1 egg)	Qty:9
	*Oatmeal (Uncooked)	2.3g/0.1oz
Lunch Fiber - 1.2g	(Raw) Pork Chops (Trimmed)	145.6g/5.1oz
	Brown Rice (Cooked)	0g/0oz
	Celery (Raw)	85.1g/3oz
Meal 3 Fiber - 1.8g	(Raw) Chicken Thigh (Skinless & Boneless)	149.1g/5.3oz
	Sweet Potato (Cooked)	0g/0oz
	Spinach (Raw)	85.1g/3oz
Dinner Fiber - 2.1g	(Cooked) Tilapia (Fish)	128.3g/4.5oz
	Potatoes (Russet, cooked)	0g/0oz
	Okra (cooked)	85.1g/3oz

Daily Totals

Fiber **5.4g**

Fat **25.9g (remaining)**

140g
PROTEIN

6g
CARBS

52g
FAT

Breakfast Fiber - 0.3g	(Raw) Egg Whites (1 egg)	Qty:9
	*Oatmeal (Uncooked)	2.3g/0.1oz
Lunch Fiber - 3g	(Cooked) Chicken Breast (Skinless)	137g/4.8oz
	Brown Rice (Cooked)	0g/0oz
	Kale (Raw)	85.1g/3oz
Meal 3 Fiber - 2.1g	(cooked) 90/10 Ground Turkey	132g/4.7oz
	Sweet Potato (Cooked)	0g/0oz
	*Broccoli (Raw)	85.1g/3oz
Dinner Fiber - 2.1g	(Cooked) Salmon (Fish)	134.5g/4.7oz
	Potatoes (Russet, cooked)	0g/0oz
	Cauliflower (Raw)	85.1g/3oz

Daily Totals

Fiber **7.5g**

Fat **23.4g (remaining)**

140g
PROTEIN

6g
CARBS

52g
FAT

Breakfast Fiber - 0.3g	*Greek Yogurt, Plain (Fat-Free)	230.7g/8.2oz
	*Oatmeal (Uncooked)	2.3g/0.1oz
Lunch Fiber - 2.7g	(Cooked) Chicken Breast (Skinless)	146.1g/5.2oz
	Brown Rice (Cooked)	0g/0oz
	Okra (raw)	85.1g/3oz
Meal 3 Fiber - 2.1g	(Cooked) Pork Chops (Trimmed)	118.9g/4.2oz
	Sweet Potato (Cooked)	0g/0oz
	Eggplant (Cooked)	85.1g/3oz
Dinner Fiber - 0.9g	(Cooked) Top Sirloin (Trimmed) (Beef)	116.5g/4.1oz
	Potatoes (Russet, cooked)	0g/0oz
	Summer Squash (Cooked)	85.1g/3oz

Daily Totals

Fiber **6g**

Fat **34.1g (remaining)**

140g
PROTEIN



6g
CARBS

52g
FAT

Breakfast Fiber - 0.3g	Egg - Whole - Large	Qty:5
	*Oatmeal (Uncooked)	2.3g/0.1oz
Lunch Fiber - 4.2g	(Raw) 90/10 Ground Turkey	172.9g/6.1oz
	Brown Rice (Cooked)	0g/0oz
	Peas (Raw)	85.1g/3oz
Meal 3 Fiber - 2.7g	(Raw) Top Sirloin (Trimmed) (Beef)	150.8g/5.3oz
	Sweet Potato (Cooked)	0g/0oz
	Green Beans (Cooked)	85.1g/3oz
Dinner Fiber - 0.9g	(Cooked) Tilapia (Fish)	132.9g/4.7oz
	Potatoes (Russet, cooked)	0g/0oz
	Cucumber	85.1g/3oz

Daily Totals

Fiber **8.1g**

Fat **3.4g (remaining)**

140g
PROTEIN



6g
CARBS

52g
FAT

Breakfast Fiber - 0.3g	Egg - Whole - Large	Qty:5
	*Oatmeal (Uncooked)	2.3g/0.1oz
Lunch Fiber - 3g	(Raw) Ground Turkey (93% Lean)	151.2g/5.3oz
	Brown Rice (Cooked)	0g/0oz
	Green Beans (Raw)	85.1g/3oz
Meal 3 Fiber - 0.9g	(Cooked) Ground Beef (93/7)	117.9g/4.2oz
	Sweet Potato (Cooked)	0g/0oz
	Tomatoes (Raw)	85.1g/3oz
Dinner Fiber - 0.9g	(Cooked) Tilapia (Fish)	130.6g/4.6oz
	Potatoes (Russet, cooked)	0g/0oz
	Zucchini (Cooked)	85.1g/3oz

Daily Totals

Fiber **5.1g**

Fat **2g (remaining)**