

# ES STRENGTH

**Female < 120lbs  
Ketogenesis  
Dietary Recommendations**

## Calculated Macros

**108g**

PROTEIN

**8g**

CARBS

**66g**

FAT

Carbs

**5%**

Fat

**95%**

**108g**

PROTEIN

**8g**

CARBS

**66g**

FAT

|                           |                                 |              |
|---------------------------|---------------------------------|--------------|
| Breakfast<br>Fiber - 0.3g | *Greek Yogurt, Plain (Fat-Free) | 176.5g/6.3oz |
|                           | *Oatmeal (Uncooked)             | 3.1g/0.1oz   |
| Lunch<br>Fiber - 3g       | Canned Tuna (in water) (Fish)   | 155.6g/5.5oz |
|                           | Brown Rice (Cooked)             | 0g/0oz       |
|                           | Beets (Raw)                     | 85.1g/3oz    |
| Meal 3<br>Fiber - 2.1g    | (Raw) Turkey Breast (Skinless)  | 145.3g/5.1oz |
|                           | Sweet Potato (Cooked)           | 0g/0oz       |
|                           | *Broccoli (Raw)                 | 85.1g/3oz    |
| Dinner<br>Fiber - 0.9g    | (Cooked) Tilapia (Fish)         | 100g/3.5oz   |
|                           | Potatoes (Russet, cooked)       | 0g/0oz       |
|                           | Summer Squash (Cooked)          | 85.1g/3oz    |

## Daily Totals

Fiber **6.3g**

Fat **58.7g (remaining)**

**108g**

PROTEIN

**8g**

CARBS

**66g**

FAT

|                           |   |             |
|---------------------------|---|-------------|
| Breakfast<br>Fiber - 0.3g | (Raw) Egg Whites (1 egg)                        | Qty:7       |
|                           | *Oatmeal (Uncooked)                             | 3.1g/0.1oz  |
| Lunch<br>Fiber - 5.1g     | (Cooked) Chicken Thigh<br>(Skinless & Boneless) | 88.7g/3.1oz |
|                           | Brown Rice (Cooked)                             | 0g/0oz      |
|                           | Peas (cooked)                                   | 85.1g/3oz   |
| Meal 3<br>Fiber - 2.7g    | *Greek Yogurt, Plain (Low-Fat)                  | 255g/9.1oz  |
|                           | Sweet Potato (Cooked)                           | 0g/0oz      |
|                           | Green Beans (Cooked)                            | 85.1g/3oz   |
| Dinner<br>Fiber - 0.9g    | (Cooked) Salmon (Fish)                          | 99.6g/3.5oz |
|                           | Potatoes (Russet, cooked)                       | 0g/0oz      |
|                           | Zucchini (Raw)                                  | 85.1g/3oz   |

## Daily Totals

Fiber **9g**

Fat **42.9g (remaining)**

**108g**  
PROTEIN



**8g**  
CARBS

**66g**  
FAT

|                           |  |              |
|---------------------------|--|--------------|
| Breakfast<br>Fiber - 0.3g | *Greek Yogurt, Plain (Fat-Free)              | 176.5g/6.3oz |
|                           | *Oatmeal (Uncooked)                          | 3.1g/0.1oz   |
| Lunch<br>Fiber - 0.9g     | (Cooked) Chicken Thigh (Skinless & Boneless) | 108.1g/3.8oz |
|                           | Brown Rice (Cooked)                          | 0g/0oz       |
|                           | Cucumber                                     | 85.1g/3oz    |
| Meal 3<br>Fiber - 1.8g    | (Raw) Chicken Thigh (Skinless & Boneless)    | 114.8g/4.1oz |
|                           | Sweet Potato (Cooked)                        | 0g/0oz       |
|                           | Asparagus (Raw)                              | 85.1g/3oz    |
| Dinner<br>Fiber - 3g      | (Cooked) Top Sirloin (Trimmed) (Beef)        | 82g/2.9oz    |
|                           | Potatoes (Russet, cooked)                    | 0g/0oz       |
|                           | Green Beans (Raw)                            | 85.1g/3oz    |

## Daily Totals

Fiber **6g**

Fat **42.1g (remaining)**

**108g**

PROTEIN



**8g**

CARBS



**66g**

FAT

|                           |  |             |
|---------------------------|--|-------------|
| Breakfast<br>Fiber - 0.3g | (Raw) Egg Whites (1 egg)                 | Qty:7       |
|                           | *Oatmeal (Uncooked)                      | 3.1g/0.1oz  |
| Lunch<br>Fiber - 5.1g     | (Cooked) Flank Steak (Beef)              | 84.7g/3oz   |
|                           | Brown Rice (Cooked)                      | 0g/0oz      |
|                           | Peas (cooked)                            | 85.1g/3oz   |
| Meal 3<br>Fiber - 3g      | (Cooked) Shrimp (Shellfish)              | 113.4g/4oz  |
|                           | Sweet Potato (Cooked)                    | 0g/0oz      |
|                           | Brussels Sprouts (Raw)                   | 84g/3oz     |
| Dinner<br>Fiber - 0.6g    | (Cooked) Top Sirloin<br>(Trimmed) (Beef) | 78.9g/2.8oz |
|                           | Potatoes (Russet, cooked)                | 0g/0oz      |
|                           | Iceberg Lettuce                          | 85.1g/3oz   |

## Daily Totals

Fiber **9g**

Fat **49.1g (remaining)**

**108g**  
PROTEIN



**8g**  
CARBS

**66g**  
FAT

|                           |                                 |              |
|---------------------------|---------------------------------|--------------|
| Breakfast<br>Fiber - 0.3g | *Greek Yogurt, Plain (Fat-Free) | 176.5g/6.3oz |
|                           | *Oatmeal (Uncooked)             | 3.1g/0.1oz   |
| Lunch<br>Fiber - 2.1g     | Canned Tuna (in water) (Fish)   | 153.8g/5.4oz |
|                           | Brown Rice (Cooked)             | 0g/0oz       |
|                           | Okra (cooked)                   | 85.1g/3oz    |
| Meal 3<br>Fiber - 0.9g    | (Raw) Turkey Breast (Skinless)  | 145.3g/5.1oz |
|                           | Sweet Potato (Cooked)           | 0g/0oz       |
|                           | *Broccoli (Cooked)              | 85.1g/3oz    |
| Dinner<br>Fiber - 3g      | (Cooked) Salmon (Fish)          | 104.5g/3.7oz |
|                           | Potatoes (Russet, cooked)       | 0g/0oz       |
|                           | Beets (Raw)                     | 85.1g/3oz    |

## Daily Totals

Fiber **6.3g**

Fat **54.5g (remaining)**