

EE STRENGTH

**Female < 120lbs
Moderate – Low Carb
Dietary Recommendations**

Calculated Macros

108g

PROTEIN

31g

CARBS

56g

FAT

Carbs

20%

Fat

80%

108g

PROTEIN



31g

CARBS

56g

FAT

Breakfast Fiber - 1.3g	(Raw) Egg Whites (1 egg)	Qty:6
	*Oatmeal (Uncooked)	12g/0.4oz
Lunch Fiber - 4.2g	(Raw) Ground Turkey (93% Lean)	106.3g/3.8oz
	Brown Rice (Cooked)	0g/0oz
	Peas (Raw)	85.1g/3oz
Meal 3 Fiber - 2.3g	(Cooked) Turkey Breast (Skinless)	93.2g/3.3oz
	Sweet Potato (Cooked)	4.4g/0.2oz
	Eggplant (Cooked)	85.1g/3oz
Dinner Fiber - 3.1g	(Cooked) Tilapia (Fish)	91.1g/3.2oz
	Potatoes (Russet, cooked)	10.4g/0.4oz
	Green Beans (Raw)	85.1g/3oz

Daily Totals

Fiber **10.9g**

Fat **42.9g (remaining)**

108g

PROTEIN



31g

CARBS



56g

FAT

Breakfast Fiber - 1.3g	*Greek Yogurt, Plain (Fat-Free)	166.5g/5.9oz
	*Oatmeal (Uncooked)	12g/0.4oz
Lunch Fiber - 2.3g	Cottage Cheese Low Fat (2%)	216.2g/7.6oz
	Brown Rice (Cooked)	9g/0.3oz
	*Broccoli (Raw)	85.1g/3oz
Meal 3 Fiber - 4.2g	(Cooked) Shrimp (Shellfish)	106.3g/3.8oz
	Sweet Potato (Cooked)	0g/0oz
	Peas (Raw)	85.1g/3oz
Dinner Fiber - 2.4g	(Cooked) Tilapia (Fish)	95g/3.4oz
	Potatoes (Russet, cooked)	19.1g/0.7oz
	Cauliflower (Raw)	85.1g/3oz

Daily Totals

Fiber **10.1g**

Fat **46.9g (remaining)**

108g
PROTEIN

31g
CARBS

56g
FAT

Breakfast Fiber - 1.3g	Egg - Whole - Large	Qty:4
	*Oatmeal (Uncooked)	12g/0.4oz
Lunch Fiber - 2.7g	(Raw) Ground Beef (93/7)	123.3g/4.4oz
	Brown Rice (Cooked)	0g/0oz
	Butternut Squash (Cooked)	85.1g/3oz
Meal 3 Fiber - 2.1g	(Raw) Turkey Breast (Skinless)	153.7g/5.4oz
	Sweet Potato (Cooked)	17.6g/0.6oz
	Green Bell Peppers	85.1g/3oz
Dinner Fiber - 2g	(Cooked) Tilapia (Fish)	93.7g/3.3oz
	Potatoes (Russet, cooked)	24.8g/0.9oz
	Asparagus (Cooked)	85.1g/3oz

Daily Totals

Fiber **8.2g**

Fat **21.6g (remaining)**

108g

PROTEIN

31g

CARBS

56g

FAT

Breakfast Fiber - 1.3g	*Greek Yogurt, Plain (Fat-Free)	166.5g/5.9oz
	*Oatmeal (Uncooked)	12g/0.4oz
Lunch Fiber - 1.5g	Canned Chicken	113.4g/4oz
	Brown Rice (Cooked)	19.3g/0.7oz
	Celery (Cooked)	85.1g/3oz
Meal 3 Fiber - 3g	(Raw) Tilapia (Fish)	99.8g/3.5oz
	Sweet Potato (Cooked)	7.3g/0.3oz
	Okra (raw)	85.1g/3oz
Dinner Fiber - 2.4g	(Cooked) Tilapia (Fish)	100g/3.5oz
	Potatoes (Russet, cooked)	0g/0oz
	Carrots (cooked)	85.1g/3oz

Daily Totals

Fiber **8.2g**

Fat **46.8g (remaining)**

108g

PROTEIN

31g

CARBS

56g

FAT

Breakfast Fiber - 1.3g	(Raw) Egg Whites (1 egg)	Qty:6
	*Oatmeal (Uncooked)	12g/0.4oz
Lunch Fiber - 3g	Canned Chicken	104.6g/3.7oz
	Brown Rice (Cooked)	1.3g/0oz
	Brussels Sprouts (Raw)	84g/3oz
Meal 3 Fiber - 2.8g	(Raw) Pork Chops (Trimmed)	106.2g/3.7oz
	Sweet Potato (Cooked)	19.1g/0.7oz
	Okra (cooked)	85.1g/3oz
Dinner Fiber - 2.1g	(Cooked) Tilapia (Fish)	100g/3.5oz
	Potatoes (Russet, cooked)	0g/0oz
	Carrots, Baby (Raw)	85.1g/3oz

Daily Totals

Fiber **9.2g**

Fat **42.5g (remaining)**