

EE STRENGTH

**Female > 150lbs
Average Carb
Dietary Recommendations**

Calculated Macros

150g

PROTEIN

124g

CARBS

55g

FAT

Carbs

50%

Fat

50%

150g
PROTEIN



124g
CARBS

55g
FAT

Breakfast Fiber - 5.2g	*Greek Yogurt, Plain (Fat-Free)	196.4g/7oz
	*Oatmeal (Uncooked)	47.5g/1.7oz
Lunch Fiber - 3.3g	(Cooked) Chicken Breast (Skinless)	150g/5.3oz
	Brown Rice (Cooked)	119g/4.2oz
	Celery (Cooked)	85.1g/3oz
Meal 3 Fiber - 6.5g	(Raw) Chicken Breast (Skinless)	149.6g/5.3oz
	Sweet Potato (Cooked)	109g/3.8oz
	Butternut Squash (Cooked)	85.1g/3oz
Dinner Fiber - 3.2g	(Cooked) Top Sirloin (Trimmed) (Beef)	108.1g/3.8oz
	Potatoes (Russet, cooked)	163.7g/5.8oz
	Zucchini (Raw)	85.1g/3oz

Daily Totals

Fiber **18.2g**

Fat **40.8g (remaining)**

150g
PROTEIN



124g
CARBS

55g
FAT

Breakfast Fiber - 5.2g	*Greek Yogurt, Plain (Fat-Free)	196.4g/7oz
	*Oatmeal (Uncooked)	47.5g/1.7oz
Lunch Fiber - 4.7g	(cooked) 90/10 Ground Turkey	138.9g/4.9oz
	Brown Rice (Cooked)	94.5g/3.3oz
	Beets (Raw)	85.1g/3oz
Meal 3 Fiber - 6.7g	(Raw) Pork Tenderloin	158.4g/5.6oz
	Sweet Potato (Cooked)	129.5g/4.6oz
	Cauliflower (Raw)	85.1g/3oz
Dinner Fiber - 4.9g	(Cooked) Tilapia (Fish)	118.8g/4.2oz
	Potatoes (Russet, cooked)	136g/4.8oz
	Kale (Raw)	85.1g/3oz

Daily Totals

Fiber **21.4g**

Fat **28.7g (remaining)**

150g
PROTEIN



124g
CARBS

55g
FAT

Breakfast Fiber - 5.2g	(Raw) Egg Whites (1 egg)	Qty:8
	*Oatmeal (Uncooked)	47.5g/1.7oz
Lunch Fiber - 4.6g	(Cooked) Chicken Thigh (Skinless & Boneless)	136.7g/4.8oz
	Brown Rice (Cooked)	106.1g/3.7oz
	Okra (raw)	85.1g/3oz
Meal 3 Fiber - 6.8g	(Raw) 96/4 Ground Beef	156.9g/5.5oz
	Sweet Potato (Cooked)	132.5g/4.7oz
	Okra (cooked)	85.1g/3oz
Dinner Fiber - 5g	(Cooked) Tilapia (Fish)	120.4g/4.2oz
	Potatoes (Russet, cooked)	144.6g/5.1oz
	Brussels Sprouts (Cooked)	85.1g/3oz

Daily Totals

Fiber **21.6g**

Fat **25.9g (remaining)**

150g

PROTEIN

124g

CARBS

55g

FAT

Breakfast Fiber - 5.2g	*Greek Yogurt, Plain (Fat-Free)	196.4g/7oz
	*Oatmeal (Uncooked)	47.5g/1.7oz
Lunch Fiber - 3.4g	Tempeh (Cooked)	190.7g/6.7oz
	Brown Rice (Cooked)	122.9g/4.3oz
	Celery (Raw)	85.1g/3oz
Meal 3 Fiber - 7.1g	Cottage Cheese Fat Free	247.4g/8.7oz
	Sweet Potato (Cooked)	133.9g/4.7oz
	Cauliflower (Cooked)	85.1g/3oz
Dinner Fiber - 5.8g	(Cooked) Tilapia (Fish)	117.5g/4.1oz
	Potatoes (Russet, cooked)	109.9g/3.9oz
	Peas (Raw)	85.1g/3oz

Daily Totals

Fiber **21.4g**

Fat **25.3g (remaining)**

150g
PROTEIN



124g
CARBS

55g
FAT

Breakfast Fiber - 5.2g	*Greek Yogurt, Plain (Fat-Free)	196.4g/7oz
	*Oatmeal (Uncooked)	47.5g/1.7oz
Lunch Fiber - 3.5g	Cottage Cheese Low Fat (1%)	325.7g/11.5oz
	Brown Rice (Cooked)	115.1g/4.1oz
	Green Bell Peppers	85.1g/3oz
Meal 3 Fiber - 6.8g	(Raw) Tilapia (Fish)	130.7g/4.6oz
	Sweet Potato (Cooked)	132.5g/4.7oz
	Okra (cooked)	85.1g/3oz
Dinner Fiber - 6.5g	(Cooked) Tilapia (Fish)	115.9g/4.1oz
	Potatoes (Russet, cooked)	101.3g/3.6oz
	Peas (cooked)	85.1g/3oz

Daily Totals

Fiber **22g**

Fat **38.7g (remaining)**