

EE STRENGTH

**Female > 150lbs
Moderate - Low Carb
Dietary Recommendations**

Calculated Macros

150g

PROTEIN

50g

CARBS

88g

FAT

Carbs

20%

Fat

80%

150g
PROTEIN

50g
CARBS

88g
FAT

Breakfast Fiber - 2.1g	Egg - Whole - Large	Qty:5
	*Oatmeal (Uncooked)	19.2g/0.7oz
Lunch Fiber - 2.5g	(Raw) Ground Turkey (93% Lean)	161.8g/5.7oz
	Brown Rice (Cooked)	40.8g/1.4oz
	Spinach (Raw)	85.1g/3oz
Meal 3 Fiber - 4.3g	(Raw) Pork Tenderloin	158.3g/5.6oz
	Sweet Potato (Cooked)	2.4g/0.1oz
	Peas (Raw)	85.1g/3oz
Dinner Fiber - 2.7g	(Cooked) Top Sirloin (Trimmed) (Beef)	123.3g/4.3oz
	Potatoes (Russet, cooked)	23.7g/0.8oz
	Carrots (cooked)	85.1g/3oz

Daily Totals

Fiber **11.6g**

Fat **41g (remaining)**

150g
PROTEIN



50g
CARBS

88g
FAT

Breakfast Fiber - 2.1g	(Raw) Egg Whites (1 egg)	Qty:9
	*Oatmeal (Uncooked)	19.2g/0.7oz
Lunch Fiber - 3.1g	Canned Chicken	153.5g/5.4oz
	Brown Rice (Cooked)	38.2g/1.3oz
	Cauliflower (Cooked)	85.1g/3oz
Meal 3 Fiber - 2.6g	(Raw) Chicken Breast (Skinless)	148.7g/5.2oz
	Sweet Potato (Cooked)	47.9g/1.7oz
	Zucchini (Raw)	85.1g/3oz
Dinner Fiber - 2.6g	(Cooked) Tilapia (Fish)	138.7g/4.9oz
	Potatoes (Russet, cooked)	32.4g/1.1oz
	Eggplant (Cooked)	85.1g/3oz

Daily Totals

Fiber **10.3g**

Fat **76.4g (remaining)**

150g

PROTEIN



50g

CARBS



88g

FAT

Breakfast Fiber - 2.1g	Egg - Whole - Large	Qty:5
	*Oatmeal (Uncooked)	19.2g/0.7oz
Lunch Fiber - 2g	(Raw) Ground Turkey (93% Lean)	170g/6oz
	Brown Rice (Cooked)	43.4g/1.5oz
	Celery (Raw)	85.1g/3oz
Meal 3 Fiber - 3.6g	(Raw) 96/4 Ground Beef	169.8g/6oz
	Sweet Potato (Cooked)	17.1g/0.6oz
	Beets (Raw)	85.1g/3oz
Dinner Fiber - 3g	(Cooked) Tilapia (Fish)	138.4g/4.9oz
	Potatoes (Russet, cooked)	22g/0.8oz
	Butternut Squash (Cooked)	85.1g/3oz

Daily Totals

Fiber **10.7g**

Fat **40.5g (remaining)**

150g
PROTEIN

50g
CARBS

88g
FAT

Breakfast Fiber - 2.1g	Egg - Whole - Large	Qty:5
	*Oatmeal (Uncooked)	19.2g/0.7oz
Lunch Fiber - 1.7g	(Raw) Pork Chops (Trimmed)	151g/5.3oz
	Brown Rice (Cooked)	43.4g/1.5oz
	Summer Squash (Cooked)	85.1g/3oz
Meal 3 Fiber - 10.3g	Tofu	367.4g/13oz
	Sweet Potato (Cooked)	0g/0oz
	Peas (cooked)	85.1g/3oz
Dinner Fiber - 3.3g	(Cooked) Top Sirloin (Trimmed) (Beef)	122.5g/4.3oz
	Potatoes (Russet, cooked)	20.3g/0.7oz
	Beets (Raw)	85.1g/3oz

Daily Totals

Fiber **17.3g**

Fat **29.7g (remaining)**

150g

PROTEIN

50g

CARBS

88g

FAT

Breakfast Fiber - 2.1g	(Raw) Egg Whites (1 egg)	Qty:9
	*Oatmeal (Uncooked)	19.2g/0.7oz
Lunch Fiber - 3.4g	(Cooked) Ground Turkey (93% Lean)	175.5g/6.2oz
	Brown Rice (Cooked)	21.5g/0.8oz
	Brussels Sprouts (Raw)	84g/3oz
Meal 3 Fiber - 1g	(Raw) Tilapia (Fish)	131.2g/4.6oz
	Sweet Potato (Cooked)	12.7g/0.4oz
	Iceberg Lettuce	85.1g/3oz
Dinner Fiber - 2.4g	(Cooked) Salmon (Fish)	142g/5oz
	Potatoes (Russet, cooked)	44.6g/1.6oz
	Kale (Cooked)	85.1g/3oz

Daily Totals

Fiber **9g**

Fat **58.3g (remaining)**