

# ES STRENGTH

**Male 175-225lb  
Ketogenesis  
Dietary Recommendations**

## Calculated Macros

**208g**

PROTEIN

**15g**

CARBS

**127g**

FAT

Carbs

**5%**

Fat

**95%**

**208g**  
PROTEIN



**15g**  
CARBS

**127g**  
FAT

Breakfast Fiber - 0.6g	Egg - Whole - Large	Qty:8
	*Oatmeal (Uncooked)	5.8g/0.2oz
Lunch Fiber - 2.7g	(Cooked) Flank Steak (Beef)	195.3g/6.9oz
	Brown Rice (Cooked)	0g/0oz
	Green Beans (Cooked)	85.1g/3oz
Meal 3 Fiber - 2.1g	(Raw) Tilapia (Fish)	195.3g/6.9oz
	Sweet Potato (Cooked)	0g/0oz
	*Broccoli (Raw)	85.1g/3oz
Dinner Fiber - 2.1g	(Cooked) Tilapia (Fish)	190g/6.7oz
	Potatoes (Russet, cooked)	0g/0oz
	*Broccoli (Raw)	85.1g/3oz

## Daily Totals

Fiber **7.5g**

Fat **53.5g (remaining)**

**208g**

PROTEIN



**15g**

CARBS

**127g**

FAT

Breakfast Fiber - 0.6g	Egg - Whole - Large	Qty:8
	*Oatmeal (Uncooked)	5.8g/0.2oz
Lunch Fiber - 1.3g	(Raw) Ground Beef (93/7)	242.3g/8.5oz
	Brown Rice (Cooked)	6g/0.2oz
	Celery (Raw)	85.1g/3oz
Meal 3 Fiber - 3g	(Cooked) Chicken Thigh (Skinless & Boneless)	198.5g/7oz
	Sweet Potato (Cooked)	0g/0oz
	Brussels Sprouts (Cooked)	85.1g/3oz
Dinner Fiber - 1.8g	(Cooked) Salmon (Fish)	202.7g/7.1oz
	Potatoes (Russet, cooked)	2.9g/0.1oz
	Asparagus (Raw)	85.1g/3oz

## Daily Totals

Fiber **6.8g**

Fat **35.7g (remaining)**

**208g**  
PROTEIN



**15g**  
CARBS

**127g**  
FAT

Breakfast Fiber - 0.6g	Egg - Whole - Large	Qty:8
	*Oatmeal (Uncooked)	5.8g/0.2oz
Lunch Fiber - 2.1g	Canned Tuna (in water) (Fish)	310g/10.9oz
	Brown Rice (Cooked)	0g/0oz
	Eggplant (Cooked)	85.1g/3oz
Meal 3 Fiber - 0.9g	(Cooked) Pork Tenderloin	175.8g/6.2oz
	Sweet Potato (Cooked)	0g/0oz
	*Broccoli (Cooked)	85.1g/3oz
Dinner Fiber - 0.9g	(Cooked) Top Sirloin (Trimmed) (Beef)	174.3g/6.1oz
	Potatoes (Russet, cooked)	2.9g/0.1oz
	Tomatoes (Raw)	85.1g/3oz

## Daily Totals

Fiber **4.6g**

Fat **71.2g (remaining)**

**208g**  
PROTEIN



**15g**  
CARBS

**127g**  
FAT

Breakfast Fiber - 0.6g	*Greek Yogurt, Plain (Fat-Free)	340.1g/12.1oz
	*Oatmeal (Uncooked)	5.8g/0.2oz
Lunch Fiber - 1.8g	Canned Tuna (in water) (Fish)	302g/10.7oz
	Brown Rice (Cooked)	2.1g/0.1oz
	Asparagus (Raw)	85.1g/3oz
Meal 3 Fiber - 9.9g	Tofu	567.7g/20oz
	Sweet Potato (Cooked)	2.4g/0.1oz
	Asparagus (Raw)	85.1g/3oz
Dinner Fiber - 1.9g	(Cooked) Salmon (Fish)	200.5g/7.1oz
	Potatoes (Russet, cooked)	4.6g/0.2oz
	Spinach (Raw)	85.1g/3oz

## Daily Totals

Fiber **14.2g**

Fat **83.4g (remaining)**

**208g**  
PROTEIN



**127g**  
FAT

Breakfast Fiber - 0.6g	*Greek Yogurt, Plain (Fat-Free)	340.1g/12.1oz
	*Oatmeal (Uncooked)	5.8g/0.2oz
Lunch Fiber - 2.7g	(Cooked) Ground Turkey (93% Lean)	260.3g/9.2oz
	Brown Rice (Cooked)	0g/0oz
	Okra (raw)	85.1g/3oz
Meal 3 Fiber - 2.1g	(Raw) Chicken Breast (Skinless)	220.3g/7.8oz
	Sweet Potato (Cooked)	0g/0oz
	Okra (cooked)	85.1g/3oz
Dinner Fiber - 1.5g	(Cooked) Tilapia (Fish)	196.9g/6.9oz
	Potatoes (Russet, cooked)	0g/0oz
	Green Bell Peppers	85.1g/3oz

## Daily Totals

Fiber **6.9g**

Fat **99.7g (remaining)**