

ES STRENGTH

**Male 175-225lb
Average Carb
Dietary Recommendations**

Calculated Macros

208g

PROTEIN

150g

CARBS

67g

FAT

Carbs

50%

Fat

50%

208g
PROTEIN



150g
CARBS

67g
FAT

Breakfast Fiber - 6.3g	*Greek Yogurt, Plain (Fat-Free)	281.8g/10.1oz
	*Oatmeal (Uncooked)	57.5g/2oz
Lunch Fiber - 3.6g	Canned Chicken	211.6g/7.5oz
	Brown Rice (Cooked)	150.8g/5.3oz
	Cucumber	85.1g/3oz
Meal 3 Fiber - 7g	(Raw) Ground Turkey (93% Lean)	224.3g/7.9oz
	Sweet Potato (Cooked)	171.6g/6.1oz
	Summer Squash (Cooked)	85.1g/3oz
Dinner Fiber - 7.1g	(Cooked) Tilapia (Fish)	168.4g/5.9oz
	Potatoes (Russet, cooked)	138.9g/4.9oz
	Peas (cooked)	85.1g/3oz

Daily Totals

Fiber **23.9g**

Fat **37g (remaining)**

208g
PROTEIN



150g
CARBS

67g
FAT

Breakfast Fiber - 6.3g	Egg - Whole - Large	Qty:7
	*Oatmeal (Uncooked)	57.5g/2oz
Lunch Fiber - 3.5g	Canned Chicken	209.3g/7.4oz
	Brown Rice (Cooked)	146.9g/5.2oz
	Tomatoes (Raw)	85.1g/3oz
Meal 3 Fiber - 7.7g	Cottage Cheese Low Fat (2%)	412.6g/14.6oz
	Sweet Potato (Cooked)	167.2g/5.9oz
	Asparagus (Raw)	85.1g/3oz
Dinner Fiber - 3.8g	(Cooked) Salmon (Fish)	192g/6.8oz
	Potatoes (Russet, cooked)	203.1g/7.2oz
	Cucumber	85.1g/3oz

Daily Totals

Fiber **21.2g**

Fat **3.2g (remaining)**

208g
PROTEIN



150g
CARBS

67g
FAT

Breakfast Fiber - 6.3g	Egg - Whole - Large	Qty:7
	*Oatmeal (Uncooked)	57.5g/2oz
Lunch Fiber - 4.4g	(cooked) 90/10 Ground Turkey	188.2g/6.6oz
	Brown Rice (Cooked)	148.2g/5.2oz
	Spinach (Raw)	85.1g/3oz
Meal 3 Fiber - 12.6g	Tofu	513.1g/18.1oz
	Sweet Potato (Cooked)	134.9g/4.8oz
	Iceberg Lettuce	85.1g/3oz
Dinner Fiber - 5.2g	(Cooked) Top Sirloin (Trimmed) (Beef)	159.6g/5.6oz
	Potatoes (Russet, cooked)	178.8g/6.3oz
	Green Beans (Cooked)	85.1g/3oz

Daily Totals

Fiber **28.5g**

Fat **-23.7g (remaining)**

208g

PROTEIN

150g

CARBS

67g

FAT

Breakfast Fiber - 6.3g	Egg - Whole - Large	Qty:7
	*Oatmeal (Uncooked)	57.5g/2oz
Lunch Fiber - 5g	(Cooked) Chicken Breast (Skinless)	208g/7.3oz
	Brown Rice (Cooked)	132.7g/4.7oz
	Green Beans (Cooked)	85.1g/3oz
Meal 3 Fiber - 7g	(Raw) Chicken Breast (Skinless)	209.7g/7.4oz
	Sweet Potato (Cooked)	171.6g/6.1oz
	Cucumber	85.1g/3oz
Dinner Fiber - 5.3g	(Cooked) Tilapia (Fish)	181.2g/6.4oz
	Potatoes (Russet, cooked)	164.9g/5.8oz
	Beets (Cooked)	85.1g/3oz

Daily Totals

Fiber **23.6g**

Fat **16.4g (remaining)**

208g

PROTEIN

150g

CARBS

67g

FAT

Breakfast Fiber - 6.3g	*Greek Yogurt, Plain (Fat-Free)	281.8g/10.1oz
	*Oatmeal (Uncooked)	57.5g/2oz
Lunch Fiber - 5.3g	(Raw) Ground Beef (93/7)	218.6g/7.7oz
	Brown Rice (Cooked)	128.9g/4.5oz
	Brussels Sprouts (Raw)	84g/3oz
Meal 3 Fiber - 15.4g	Tofu	533.3g/18.8oz
	Sweet Potato (Cooked)	164.2g/5.8oz
	Okra (cooked)	85.1g/3oz
Dinner Fiber - 3.8g	(Cooked) Salmon (Fish)	192g/6.8oz
	Potatoes (Russet, cooked)	203.1g/7.2oz
	Cucumber	85.1g/3oz

Daily Totals

Fiber **30.7g**

Fat **8g (remaining)**