

# EE STRENGTH

**Male < 175lbs  
Average Carb  
Dietary Recommendations**

## Calculated Macros

**161g**

PROTEIN

**113g**

CARBS

**50g**

FAT

Carbs

**50%**

Fat

**50%**

**161g**  
PROTEIN



**113g**  
CARBS



**50g**  
FAT

Breakfast Fiber - 4.7g	(Raw) Egg Whites (1 egg)	Qty:9
	*Oatmeal (Uncooked)	43.4g/1.5oz
Lunch Fiber - 4.4g	(Cooked) Chicken Breast (Skinless)	160.5g/5.7oz
	Brown Rice (Cooked)	94.5g/3.3oz
	Okra (raw)	85.1g/3oz
Meal 3 Fiber - 5.8g	(Cooked) Pork Tenderloin	132.8g/4.7oz
	Sweet Potato (Cooked)	104.6g/3.7oz
	Eggplant (Cooked)	85.1g/3oz
Dinner Fiber - 4.3g	(Cooked) Tilapia (Fish)	141.8g/5oz
	Potatoes (Russet, cooked)	113.4g/4oz
	Butternut Squash (Cooked)	85.1g/3oz

## Daily Totals

Fiber **19.2g**

Fat **32.7g (remaining)**

**161g**  
PROTEIN



**113g**  
CARBS

**50g**  
FAT

Breakfast Fiber - 4.7g	*Greek Yogurt, Plain (Fat-Free)	219.7g/7.8oz
	*Oatmeal (Uncooked)	43.4g/1.5oz
Lunch Fiber - 3.7g	Canned Chicken	157.6g/5.6oz
	Brown Rice (Cooked)	107.4g/3.8oz
	Asparagus (Raw)	85.1g/3oz
Meal 3 Fiber - 6.8g	(Raw) Ground Beef - (90% lean)	177.2g/6.2oz
	Sweet Potato (Cooked)	109g/3.8oz
	Brussels Sprouts (Cooked)	85.1g/3oz
Dinner Fiber - 3g	(Cooked) Tilapia (Fish)	139.1g/4.9oz
	Potatoes (Russet, cooked)	146.4g/5.2oz
	Zucchini (Cooked)	85.1g/3oz

## Daily Totals

Fiber **18.2g**

Fat **20.5g (remaining)**

**161g**  
PROTEIN



**113g**  
CARBS

**50g**  
FAT

Breakfast Fiber - 4.7g	Egg - Whole - Large	Qty:5
	*Oatmeal (Uncooked)	43.4g/1.5oz
Lunch Fiber - 3.8g	Canned Chicken	156.3g/5.5oz
	Brown Rice (Cooked)	97.1g/3.4oz
	*Broccoli (Raw)	85.1g/3oz
Meal 3 Fiber - 5.9g	(Raw) 99/1 Ground Turkey	158.6g/5.6oz
	Sweet Potato (Cooked)	114.9g/4.1oz
	Kale (Cooked)	85.1g/3oz
Dinner Fiber - 3.9g	(Cooked) Tilapia (Fish)	133.3g/4.7oz
	Potatoes (Russet, cooked)	146.4g/5.2oz
	Spinach (Raw)	85.1g/3oz

## Daily Totals

Fiber **18.3g**

Fat **12.6g (remaining)**

**161g**  
PROTEIN



**113g**  
CARBS

**50g**  
FAT

Breakfast Fiber - 4.7g	Egg - Whole - Large	Qty:5
	*Oatmeal (Uncooked)	43.4g/1.5oz
Lunch Fiber - 3.7g	(Cooked) Chicken Breast (Skinless)	163.7g/5.8oz
	Brown Rice (Cooked)	88.1g/3.1oz
	Carrots, Baby (Raw)	85.1g/3oz
Meal 3 Fiber - 6.5g	(Cooked) 96/4 Ground Beef	129.4g/4.6oz
	Sweet Potato (Cooked)	107.5g/3.8oz
	Okra (raw)	85.1g/3oz
Dinner Fiber - 3.9g	(Cooked) Tilapia (Fish)	134.6g/4.7oz
	Potatoes (Russet, cooked)	130.8g/4.6oz
	*Broccoli (Raw)	85.1g/3oz

## Daily Totals

Fiber **18.8g**

Fat **8.4g (remaining)**

**161g**  
PROTEIN

**113g**  
CARBS

**50g**  
FAT

Breakfast Fiber - 4.7g	Egg - Whole - Large	Qty:5
	*Oatmeal (Uncooked)	43.4g/1.5oz
Lunch Fiber - 3.9g	Canned Tuna (in water) (Fish)	219.2g/7.7oz
	Brown Rice (Cooked)	102.2g/3.6oz
	Cauliflower (Raw)	85.1g/3oz
Meal 3 Fiber - 5.7g	(Raw) Pork Tenderloin	178.8g/6.3oz
	Sweet Potato (Cooked)	117.8g/4.2oz
	Green Bell Peppers	85.1g/3oz
Dinner Fiber - 2.7g	(Cooked) Tilapia (Fish)	134.7g/4.8oz
	Potatoes (Russet, cooked)	129g/4.6oz
	*Broccoli (Cooked)	85.1g/3oz

## Daily Totals

Fiber **17g**

Fat **13.1g (remaining)**