

# ES STRENGTH

**Male < 175lbs  
Ketogenesis  
Dietary Recommendations**

## Calculated Macros

**161g**  
PROTEIN

**11g**  
CARBS

**96g**  
FAT

Carbs

**5%**

Fat

**95%**

**161g**  
PROTEIN



**11g**  
CARBS

**96g**  
FAT

Breakfast Fiber - 0.5g	(Raw) Egg Whites (1 egg)	Qty:10
	*Oatmeal (Uncooked)	4.3g/0.2oz
Lunch Fiber - 1.8g	(Raw) Chicken Thigh (Skinless & Boneless)	177.4g/6.3oz
	Brown Rice (Cooked)	0g/0oz
	Kale (Cooked)	85.1g/3oz
Meal 3 Fiber - 1.5g	(Raw) Salmon (Fish)	197.5g/7oz
	Sweet Potato (Cooked)	0g/0oz
	Green Bell Peppers	85.1g/3oz
Dinner Fiber - 1.2g	(Cooked) Tilapia (Fish)	152.1g/5.4oz
	Potatoes (Russet, cooked)	0g/0oz
	Celery (Cooked)	85.1g/3oz

## Daily Totals

Fiber **5g**

Fat **50.6g (remaining)**

**161g**  
PROTEIN



**11g**  
CARBS

**96g**  
FAT

Breakfast Fiber - 0.5g	Egg - Whole - Large	Qty:6
	*Oatmeal (Uncooked)	4.3g/0.2oz
Lunch Fiber - 0.9g	Canned Chicken	171.7g/6.1oz
	Brown Rice (Cooked)	1.7g/0.1oz
	Summer Squash (Cooked)	85.1g/3oz
Meal 3 Fiber - 1.2g	(Cooked) Pork Tenderloin	140.7g/5oz
	Sweet Potato (Cooked)	0g/0oz
	Celery (Cooked)	85.1g/3oz
Dinner Fiber - 2.7g	(Cooked) Top Sirloin (Trimmed) (Beef)	132.5g/4.7oz
	Potatoes (Russet, cooked)	0g/0oz
	Green Beans (Cooked)	85.1g/3oz

## Daily Totals

Fiber **5.3g**

Fat **52.2g (remaining)**

**161g**  
PROTEIN



**11g**  
CARBS

**96g**  
FAT

Breakfast Fiber - 0.5g	(Raw) Egg Whites (1 egg)	Qty:10
	*Oatmeal (Uncooked)	4.3g/0.2oz
Lunch Fiber - 3g	(Cooked) Chicken Breast (Skinless)	170.5g/6oz
	Brown Rice (Cooked)	0g/0oz
	Beets (Raw)	85.1g/3oz
Meal 3 Fiber - 0.9g	(Cooked) Shrimp (Shellfish)	186.2g/6.6oz
	Sweet Potato (Cooked)	0g/0oz
	Zucchini (Cooked)	85.1g/3oz
Dinner Fiber - 2.1g	(Cooked) Tilapia (Fish)	152.1g/5.4oz
	Potatoes (Russet, cooked)	0g/0oz
	Eggplant (Cooked)	85.1g/3oz

## Daily Totals

Fiber **6.5g**

Fat **84.5g (remaining)**

**161g**

PROTEIN

**11g**

CARBS

**96g**

FAT

Breakfast Fiber - 0.5g	*Greek Yogurt, Plain (Fat-Free)	263.8g/9.4oz
	*Oatmeal (Uncooked)	4.3g/0.2oz
Lunch Fiber - 3g	(Cooked) Chicken Breast (Skinless)	170.5g/6oz
	Brown Rice (Cooked)	0g/0oz
	Beets (Cooked)	85.1g/3oz
Meal 3 Fiber - 5.1g	Canned Tuna (in oil) (Fish)	199.6g/7oz
	Sweet Potato (Cooked)	0g/0oz
	Peas (cooked)	85.1g/3oz
Dinner Fiber - 1.7g	(Cooked) Tilapia (Fish)	146.7g/5.2oz
	Potatoes (Russet, cooked)	0g/0oz
	Asparagus (Cooked)	85.1g/3oz

## Daily Totals

Fiber **10.2g**

Fat **67.6g (remaining)**

**161g**  
PROTEIN



**11g**  
CARBS

**96g**  
FAT

Breakfast Fiber - 0.5g	Egg - Whole - Large	Qty:6
	*Oatmeal (Uncooked)	4.3g/0.2oz
Lunch Fiber - 1.8g	Cottage Cheese Low Fat (2%)	335.8g/11.8oz
	Brown Rice (Cooked)	0g/0oz
	Spinach (Raw)	85.1g/3oz
Meal 3 Fiber - 0.6g	(Cooked) Flank Steak (Beef)	140.8g/5oz
	Sweet Potato (Cooked)	0g/0oz
	Iceberg Lettuce	85.1g/3oz
Dinner Fiber - 3g	(Cooked) Salmon (Fish)	151.1g/5.3oz
	Potatoes (Russet, cooked)	0g/0oz
	Green Beans (Raw)	85.1g/3oz

## Daily Totals

Fiber **5.9g**

Fat **32.9g (remaining)**