

ES STRENGTH

**Male < 175lbs
Moderate – Low Carb
Dietary Recommendations**

Calculated Macros

161g
PROTEIN

45g
CARBS

81g
FAT

Carbs

20%

Fat

80%

161g
PROTEIN

45g
CARBS

81g
FAT

Breakfast Fiber - 1.9g	Egg - Whole - Large	Qty:6
	*Oatmeal (Uncooked)	17.3g/0.6oz
Lunch Fiber - 2.3g	(Cooked) Ground Turkey (93% Lean)	197g/6.9oz
	Brown Rice (Cooked)	27.9g/1oz
	Kale (Cooked)	85.1g/3oz
Meal 3 Fiber - 3.9g	(Raw) Chicken Breast (Skinless)	160.3g/5.7oz
	Sweet Potato (Cooked)	25.9g/0.9oz
	Green Beans (Raw)	85.1g/3oz
Dinner Fiber - 2.6g	(Cooked) Tilapia (Fish)	149.6g/5.3oz
	Potatoes (Russet, cooked)	16.8g/0.6oz
	Carrots (cooked)	85.1g/3oz

Daily Totals

Fiber **10.7g**

Fat **30.4g (remaining)**

161g
PROTEIN



45g
CARBS

81g
FAT

Breakfast Fiber - 1.9g	(Raw) Egg Whites (1 egg)	Qty:10
	*Oatmeal (Uncooked)	17.3g/0.6oz
Lunch Fiber - 1.3g	(Cooked) Flank Steak (Beef)	144.7g/5.1oz
	Brown Rice (Cooked)	22.8g/0.8oz
	*Broccoli (Cooked)	85.1g/3oz
Meal 3 Fiber - 3.6g	(Raw) 99/1 Ground Turkey	167g/5.9oz
	Sweet Potato (Cooked)	24.4g/0.9oz
	Okra (raw)	85.1g/3oz
Dinner Fiber - 4.2g	(Cooked) Salmon (Fish)	145g/5.1oz
	Potatoes (Russet, cooked)	0g/0oz
	Peas (Raw)	85.1g/3oz

Daily Totals

Fiber **11g**

Fat **48.4g (remaining)**

161g
PROTEIN

45g
CARBS

81g
FAT

Breakfast Fiber - 1.9g	*Greek Yogurt, Plain (Fat-Free)	249.1g/8.9oz
	*Oatmeal (Uncooked)	17.3g/0.6oz
Lunch Fiber - 3g	Canned Tuna (in water) (Fish)	229.8g/8.1oz
	Brown Rice (Cooked)	33.1g/1.2oz
	Cauliflower (Cooked)	85.1g/3oz
Meal 3 Fiber - 4.2g	(Cooked) Shrimp (Shellfish)	169.2g/6oz
	Sweet Potato (Cooked)	0g/0oz
	Peas (Raw)	85.1g/3oz
Dinner Fiber - 3.3g	(Cooked) Top Sirloin (Trimmed) (Beef)	123.8g/4.4oz
	Potatoes (Russet, cooked)	22g/0.8oz
	Kale (Raw)	85.1g/3oz

Daily Totals

Fiber **12.4g**

Fat **69g (remaining)**

161g
PROTEIN



45g
CARBS

81g
FAT

Breakfast Fiber - 1.9g	Egg - Whole - Large	Qty:6
	*Oatmeal (Uncooked)	17.3g/0.6oz
Lunch Fiber - 2.4g	(Cooked) 96/4 Ground Beef	131.6g/4.6oz
	Brown Rice (Cooked)	35.7g/1.3oz
	Spinach (Raw)	85.1g/3oz
Meal 3 Fiber - 3.9g	(Raw) 96/4 Ground Beef	173.7g/6.1oz
	Sweet Potato (Cooked)	25.9g/0.9oz
	Green Beans (Raw)	85.1g/3oz
Dinner Fiber - 1.6g	(Cooked) Tilapia (Fish)	146.8g/5.2oz
	Potatoes (Russet, cooked)	51.5g/1.8oz
	Summer Squash (Cooked)	85.1g/3oz

Daily Totals

Fiber **9.9g**

Fat **33.7g (remaining)**

161g
PROTEIN



45g
CARBS

81g
FAT

Breakfast Fiber - 1.9g	Egg - Whole - Large	Qty:6
	*Oatmeal (Uncooked)	17.3g/0.6oz
Lunch Fiber - 2.4g	(Raw) Ground Beef - (90% lean)	190.8g/6.7oz
	Brown Rice (Cooked)	34.4g/1.2oz
	Asparagus (Raw)	85.1g/3oz
Meal 3 Fiber - 3.3g	(Raw) Chicken Breast (Skinless)	164.9g/5.8oz
	Sweet Potato (Cooked)	33.2g/1.2oz
	Cauliflower (Raw)	85.1g/3oz
Dinner Fiber - 3.2g	(Cooked) Tilapia (Fish)	148.7g/5.2oz
	Potatoes (Russet, cooked)	13.3g/0.5oz
	Beets (Cooked)	85.1g/3oz

Daily Totals

Fiber **10.8g**

Fat **25.7g (remaining)**