

EE STRENGTH

Weight: 125lbs

Mixed Carb

Dietary Recommendations

114g
PROTEIN



82g
CARBS



85g
FAT

Breakfast Fiber - 0g	*Greek Yogurt, Plain (Fat-Free)	190g/6.8oz
Lunch Fiber - 0.6g	Canned Chicken	107.3g/3.8oz
	Iceberg Lettuce	85.1g/3oz
Meal 3 Fiber - 3.7g	Sabra Roasted Garlic Hummus Qty:3 (2 tbs=1 oz)	
	Carrots, Baby (Raw)	28.4g/1oz
Dinner Fiber - 2.2g	(Cooked) Top Sirloin (Trimmed) (Beef)	88.6g/3.1oz
	Brown Rice (Cooked)	83.3g/2.9oz
	Spinach (cooked)	28.4g/1oz

Daily Totals

Fiber **6.5g**

Fat **62.8g (remaining)**

114g
PROTEIN



82g
CARBS

85g
FAT

Breakfast Fiber - 10.7g	(Raw) Egg Whites (1 egg)	Qty:5
	La Tortilla Factory Low Carb Whole Wheat Tortillas (1 tortilla)	Qty:1
	Spinach (Raw)	85.1g/3oz
	Tomatoes (Raw)	85.1g/3oz
Lunch Fiber - 1.8g	Canned Chicken	113.8g/4oz
	Spinach (Raw)	85.1g/3oz
Meal 3 Fiber - 0g	Deli Turkey	161.6g/5.7oz
Dinner Fiber - 3g	(Cooked) Chicken Breast (Skinless)	112.8g/4oz
	Brown Rice (Cooked)	77.7g/2.7oz
	Cauliflower (Cooked)	56.7g/2oz

Daily Totals

Fiber **15.5g**

Fat **73g (remaining)**

118g
PROTEIN



62g
CARBS

64g
FAT

Breakfast Fiber - 2.7g	(Raw) Egg Whites (1 egg)	Qty:2
	La Tortilla Factory Low Carb Whole Wheat Tortillas (1 tortilla)	Qty:0
	Spinach (Raw)	85.1g/3oz
	Tomatoes (Raw)	85.1g/3oz
Lunch Fiber - 2.6g	(Cooked) Chicken Breast (Skinless)	116.5g/4.1oz
	Quinoa (Cooked)	58.6g/2.1oz
	Butternut Squash (Cooked)	28.4g/1oz
Meal 3 Fiber - 14g	Almonds (1 oz)	Qty:4
Dinner Fiber - 1.3g	(Cooked) Chicken Breast (Skinless)	119.8g/4.2oz
	Brown Rice (Cooked)	58g/2oz
	*Broccoli (Cooked)	28.4g/1oz

Daily Totals

Fiber **20.6g**

Fat **-0.3g (remaining)**

118g
PROTEIN



62g
CARBS

64g
FAT

Breakfast Fiber - 2.7g	(Raw) Egg Whites (1 egg)	Qty:2
	La Tortilla Factory Low Carb Whole Wheat Tortillas (1 tortilla)	Qty:0
	Spinach (Raw)	85.1g/3oz
	Tomatoes (Raw)	85.1g/3oz
Lunch Fiber - 5.5g	(Raw) Ground Beef - (90% lean)	121.7g/4.3oz
	Spaghetti Squash (cooked)	33.4g/1.2oz
	Peas (cooked)	85.1g/3oz
Meal 3 Fiber - 8.7g	Peanut Butter (Jif Creamy)	127.8g/4.5oz
	Rice Cakes (Plain 1 cake)	Qty:2
Dinner Fiber - 2.8g	Mahi Mahi (cooked)	110.9g/3.9oz
	Brown Rice (Cooked)	42.1g/1.5oz
	*Broccoli (Raw)	85.1g/3oz

Daily Totals

Fiber **19.7g**

Fat **-14.4g (remaining)**

111g
PROTEIN

42g
CARBS

75g
FAT

Breakfast Fiber - 2.7g	(Raw) Egg Whites (1 egg)	Qty:2
	White Flour Tortilla (1 tortilla)	Qty:0
	Spinach (Raw)	85.1g/3oz
	Tomatoes (Raw)	85.1g/3oz
Lunch Fiber - 0.9g	(Cooked) Chicken Breast (Skinless)	110.8g/3.9oz
	*Broccoli (Cooked)	85.1g/3oz
Meal 3 Fiber - 14g	Almonds (1 oz)	Qty:4
Dinner Fiber - 2.6g	(Raw) Chicken Thigh (Skinless & Boneless)	122.1g/4.3oz
	Brown Rice (Cooked)	9g/0.3oz
	Carrots (cooked)	85.1g/3oz

Daily Totals

Fiber **20.2g**

Fat **5.2g (remaining)**