

Weight: 125lbs

Mixed Carb

Dietary Recommendations

114g PROTE			82g CARBS		85g FAT	
	Breakfast Fiber - 0g	*Greek Yogurt, Plain (Fat- 190g/6.8c 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 Humr (2 tbs=1 oz)			Qty:3	
		Carrots, Baby (Raw)			28.4g/1oz	
	Dinner Fiber - 2.2g		l) Top Sirloin d) (Beef)		88.6g/3.1oz	
		Brown R	ice (Cooked)		83.3g/2.9oz	
		Spinach	(cooked)		28.4g/1oz	

Fiber	6.5g
-------	------

Fat 62.8g (remaining)

114g PROTEIN	J	82g CARBS		85g FAT
Breakfast	(Raw) E	gg Whites (1 e	gg)	Qty:5
Fiber - 10.7g	La Tortilla Factory Low Carb Whole Wheat Tortillas (1 tortilla)			Qty:1
	Spinach (Raw)			85.1g/3oz
	Tomatoes (Raw)			85.1g/3oz
Lunch	Canned Chicken		113.8g/4oz	
Fiber - 1.8g	Spinach (Raw)			85.1g/3oz
Meal 3	Deli Tur	Deli Turkey		161.6g/5.7oz
Fiber - 0g				
Dinner Fiber - 3g	(Cooked) Chicken Breast (Skinless)		112.8g/4oz	
	Brown Rice (Cooked)			77.7g/2.7oz
	Cauliflower (Cooked)			56.7g/2oz

- Fiber **15.5g**
- Fat **73g (remaining)**

	62g CARBS		64g FAT
(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	
(Cooked) Chicken Breast (Skinless)		116.5g/4.1oz	
Quinoa (Cooked)			58.6g/2.1oz
Butternut Squash (Cooked)			28.4g/1oz
Almonds (1 oz)		Qty:4	
(Cooked) Chicken Breast (Skinless)		119.8g/4.2oz	
Brown Rice (Cooked)			58g/2oz
*Broccoli (Cooked)			28.4g/1oz
	(Raw) E La Tortil Whole V tortilla) Spinach Tomatoe (Cooked (Skinles Quinoa Butterno Almonds (Cooked (Skinles Brown R	CARBS (Raw) Egg Whites (1 e La Tortilla Factory Low Whole Wheat Tortillas tortilla) Spinach (Raw) Tomatoes (Raw) (Cooked) Chicken Brea (Skinless) Quinoa (Cooked) Butternut Squash (Coo Almonds (1 oz) (Cooked) Chicken Brea (Skinless) Brown Rice (Cooked)	CARBS (Raw) Egg Whites (1 egg) (Raw) Egg Whites (1 egg) La Tortilla Factory Low Carb Whole Wheat Tortillas (1 Spinach (Raw) Spinach (Raw) Cooked) Chicken Breast (Cooked) Chicken Breast (Skinless) Almonds (1 oz) (Cooked) Chicken Breast (Skinless) Brown Rice (Cooked)

Fat -0.3g (remaining)

118g PROTEIN	62g CARBS	64g FAT
Breakfast	(Raw) Egg Whites (1 egg)	Qty:2
Fiber - 2.7g	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	Peanut Butter (Jif Creamy)	127.8g/4.5oz
Fiber - 8.7g	Rice Cakes (Plain 1 cake)	Qty:2
Dinner	Mahi Mahi (cooked)	110.9g/3.9oz
Fiber - 2.8g	Brown Rice (Cooked)	42.1g/1.5oz
	*Broccoli (Raw)	85.1g/3oz

Fiber **19.7g**

Fat -14.4g (remaining)

111g PROTEIN		42g CARBS		75g FAT
Breakfast	(Raw) E	gg Whites (1 e	egg)	Qty:2
Fiber - 2.7g	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	Almond	s (1 oz)		Qty:4
Dinner Fiber - 2.6g	(Raw) Chicken Thigh (Skinless 122.1g/4.3oz & Boneless)			
	Brown Rice (Cooked)			9g/0.3oz
	Carrots	(cooked)		85.1g/3oz

- Fiber 20.2g
- Fat 5.2g (remaining)