

# EE STRENGTH

**Female 115-145lb  
Moderate – Low Carb  
Dietary Recommendations**

## Calculated Macros

**140g**

PROTEIN

**25g**

CARBS

**44g**

FAT

Carbs

**20%**

Fat

**80%**

## Moderate Carb

**140g**  
PROTEIN

**25g**  
CARBS

**44g**  
FAT

Breakfast Fiber - 1.1g	Egg - Whole - Large	Qty:5
	*Oatmeal (Uncooked)	9.7g/0.3oz
Lunch Fiber - 1.2g	Canned Chicken	149.8g/5.3oz
	Brown Rice (Cooked)	16.8g/0.6oz
	Cucumber	85.1g/3oz
Meal 3 Fiber - 3.1g	(Raw) Turkey Breast (Skinless)	188.8g/6.7oz
	Sweet Potato (Cooked)	1.5g/0.1oz
	Brussels Sprouts (Cooked)	85.1g/3oz
Dinner Fiber - 1.2g	(Cooked) Tilapia (Fish)	129.1g/4.6oz
	Potatoes (Russet, cooked)	19.1g/0.7oz
	Zucchini (Cooked)	85.1g/3oz

### Daily Totals

Fiber **6.5g**

Fat **8.4g (remaining)**

## Moderate Carb

**140g**  
PROTEIN



**25g**  
CARBS

**44g**  
FAT

Breakfast Fiber - 1.1g	Egg - Whole - Large	Qty:5
	*Oatmeal (Uncooked)	9.7g/0.3oz
Lunch Fiber - 1.5g	(Cooked) Ground Turkey (93% Lean)	175.5g/6.2oz
	Brown Rice (Cooked)	16.8g/0.6oz
	Celery (Raw)	85.1g/3oz
Meal 3 Fiber - 2.1g	(Cooked) Turkey Breast (Skinless)	121.9g/4.3oz
	Sweet Potato (Cooked)	0g/0oz
	Eggplant (Cooked)	85.1g/3oz
Dinner Fiber - 2.1g	(Cooked) Salmon (Fish)	138.1g/4.9oz
	Potatoes (Russet, cooked)	0g/0oz
	Carrots, Baby (Raw)	85.1g/3oz

## Daily Totals

Fiber **6.8g**

Fat **-4.5g (remaining)**

## Moderate Carb

**140g**  
PROTEIN



**25g**  
CARBS

**44g**  
FAT

Breakfast Fiber - 1.1g	Egg - Whole - Large	Qty:5
	*Oatmeal (Uncooked)	9.7g/0.3oz
Lunch Fiber - 3g	(Cooked) Chicken Breast (Skinless)	137g/4.8oz
	Brown Rice (Cooked)	0g/0oz
	Kale (Raw)	85.1g/3oz
Meal 3 Fiber - 2.2g	(Raw) Turkey Breast (Skinless)	193.1g/6.8oz
	Sweet Potato (Cooked)	13.6g/0.5oz
	Asparagus (Cooked)	85.1g/3oz
Dinner Fiber - 1.2g	(Cooked) Tilapia (Fish)	129.1g/4.6oz
	Potatoes (Russet, cooked)	19.1g/0.7oz
	Zucchini (Cooked)	85.1g/3oz

### Daily Totals

Fiber **7.4g**

Fat **8.2g (remaining)**

## Moderate Carb

**140g**  
PROTEIN



**25g**  
CARBS

**44g**  
FAT

Breakfast Fiber - 1.1g	(Raw) Egg Whites (1 egg)	Qty:9
	*Oatmeal (Uncooked)	9.7g/0.3oz
Lunch Fiber - 3g	Canned Tuna (in water) (Fish)	192.9g/6.8oz
	Brown Rice (Cooked)	1.3g/0oz
	Brussels Sprouts (Cooked)	85.1g/3oz
Meal 3 Fiber - 2.7g	Tempeh (Cooked)	189.6g/6.7oz
	Sweet Potato (Cooked)	0g/0oz
	Butternut Squash (Cooked)	85.1g/3oz
Dinner Fiber - 1.2g	(Cooked) Tilapia (Fish)	129.1g/4.6oz
	Potatoes (Russet, cooked)	19.1g/0.7oz
	Zucchini (Cooked)	85.1g/3oz

### Daily Totals

Fiber **7.9g**

Fat **14.8g (remaining)**

## Moderate Carb

**140g**  
PROTEIN



**25g**  
CARBS

**44g**  
FAT

Breakfast Fiber - 1.1g	*Greek Yogurt, Plain (Fat-Free)	222.4g/7.9oz
	*Oatmeal (Uncooked)	9.7g/0.3oz
Lunch Fiber - 4.2g	Canned Chicken	133g/4.7oz
	Brown Rice (Cooked)	0g/0oz
	Peas (Raw)	85.1g/3oz
Meal 3 Fiber - 1.6g	(cooked) 90/10 Ground Turkey	138.9g/4.9oz
	Sweet Potato (Cooked)	19.1g/0.7oz
	Cucumber	85.1g/3oz
Dinner Fiber - 0.9g	(Cooked) Tilapia (Fish)	124.8g/4.4oz
	Potatoes (Russet, cooked)	1.7g/0.1oz
	*Broccoli (Cooked)	85.1g/3oz

### Daily Totals

Fiber **7.8g**

Fat **22.5g (remaining)**