

ES STRENGTH

**Male 175-225lb
Moderate – Low Carb
Dietary Recommendations**

Calculated Macros

208g

PROTEIN

59g

CARBS

105g

FAT

Carbs

20%

Fat

80%

Moderate Carb

208g
PROTEIN



59g
CARBS



105g
FAT

Breakfast Fiber - 2.5g	*Greek Yogurt, Plain (Fat-Free)	321.1g/11.5oz
	*Oatmeal (Uncooked)	22.7g/0.8oz
Lunch Fiber - 3.6g	(Cooked) Ground Beef (93/7)	167.1g/5.9oz
	Brown Rice (Cooked)	31.4g/1.1oz
	Brussels Sprouts (Raw)	84g/3oz
Meal 3 Fiber - 4.3g	Canned Tuna (in oil) (Fish)	270.1g/9.5oz
	Sweet Potato (Cooked)	35.7g/1.3oz
	Kale (Raw)	85.1g/3oz
Dinner Fiber - 2.6g	(Cooked) Top Sirloin (Trimmed) (Beef)	168.3g/5.9oz
	Potatoes (Russet, cooked)	57.9g/2oz
	Kale (Cooked)	85.1g/3oz

Daily Totals

Fiber **12.9g**

Fat **51.4g (remaining)**

Moderate Carb

208g
PROTEIN



59g
CARBS

105g
FAT

Breakfast Fiber - 2.5g	*Greek Yogurt, Plain (Fat-Free)	321.1g/11.5oz
	*Oatmeal (Uncooked)	22.7g/0.8oz
Lunch Fiber - 2.8g	(Cooked) Chicken Breast (Skinless)	212.7g/7.5oz
	Brown Rice (Cooked)	39.1g/1.4oz
	*Broccoli (Raw)	85.1g/3oz
Meal 3 Fiber - 3g	(Raw) 90/10 Ground Turkey	285.9g/10.1oz
	Sweet Potato (Cooked)	60.6g/2.1oz
	Cucumber	85.1g/3oz
Dinner Fiber - 2.7g	(Cooked) Tilapia (Fish)	192.5g/6.8oz
	Potatoes (Russet, cooked)	40.5g/1.4oz
	Carrots, Baby (Raw)	85.1g/3oz

Daily Totals

Fiber **11g**

Fat **70.2g (remaining)**

Moderate Carb

208g
PROTEIN



59g
CARBS

105g
FAT

Breakfast Fiber - 2.5g	(Raw) Egg Whites (1 egg)	Qty:13
	*Oatmeal (Uncooked)	22.7g/0.8oz
Lunch Fiber - 2.7g	Canned Chicken	221.1g/7.8oz
	Brown Rice (Cooked)	33.9g/1.2oz
	Eggplant (Cooked)	85.1g/3oz
Meal 3 Fiber - 3.2g	Canned Tuna (in oil) (Fish)	284.7g/10oz
	Sweet Potato (Cooked)	56.2g/2oz
	Celery (Cooked)	85.1g/3oz
Dinner Fiber - 1.9g	(Cooked) Top Sirloin (Trimmed) (Beef)	171.4g/6oz
	Potatoes (Russet, cooked)	71.7g/2.5oz
	Cucumber	85.1g/3oz

Daily Totals

Fiber **10.3g**

Fat **61.7g (remaining)**

Moderate Carb

208g

PROTEIN

59g

CARBS

105g

FAT

Breakfast Fiber - 2.5g	*Greek Yogurt, Plain (Fat-Free)	321.1g/11.5oz
	*Oatmeal (Uncooked)	22.7g/0.8oz
Lunch Fiber - 1.8g	(Raw) 90/10 Ground Turkey	283.8g/10oz
	Brown Rice (Cooked)	49.4g/1.7oz
	Tomatoes (Raw)	85.1g/3oz
Meal 3 Fiber - 3.8g	(Cooked) Turkey Breast (Skinless)	171.4g/6oz
	Sweet Potato (Cooked)	57.7g/2oz
	Spinach (Raw)	85.1g/3oz
Dinner Fiber - 2.6g	(Cooked) Tilapia (Fish)	188.8g/6.7oz
	Potatoes (Russet, cooked)	57.9g/2oz
	Kale (Cooked)	85.1g/3oz

Daily Totals

Fiber **10.7g**

Fat **72.5g (remaining)**

Moderate Carb

208g

PROTEIN

59g

CARBS

105g

FAT

Breakfast Fiber - 2.5g	*Greek Yogurt, Plain (Fat-Free)	321.1g/11.5oz
	*Oatmeal (Uncooked)	22.7g/0.8oz
Lunch Fiber - 2.7g	Canned Tuna (in water) (Fish)	292.7g/10.3oz
	Brown Rice (Cooked)	50.7g/1.8oz
	Spinach (Raw)	85.1g/3oz
Meal 3 Fiber - 4.5g	(Raw) 99/1 Ground Turkey	209.7g/7.4oz
	Sweet Potato (Cooked)	43g/1.5oz
	Brussels Sprouts (Cooked)	85.1g/3oz
Dinner Fiber - 1g	(Cooked) Tilapia (Fish)	182g/6.4oz
	Potatoes (Russet, cooked)	28.4g/1oz
	Iceberg Lettuce	85.1g/3oz

Daily Totals

Fiber **10.7g**

Fat **90.8g (remaining)**