

# EE STRENGTH

**Male > 225lb  
Average Carb  
Dietary Recommendations**

## Calculated Macros

**214g**

PROTEIN

**212g**

CARBS

**94g**

FAT

Carbs

**50%**

Fat

**50%**

**214g**  
PROTEIN

**212g**  
CARBS

**94g**  
FAT

Breakfast Fiber - 8.9g	*Greek Yogurt, Plain (Fat-Free)	265g/9.5oz
	*Oatmeal (Uncooked)	81.2g/2.9oz
Lunch Fiber - 4.7g	(Raw) Pork Chops (Trimmed)	203.3g/7.2oz
	Brown Rice (Cooked)	214.8g/7.6oz
	Zucchini (Cooked)	85.1g/3oz
Meal 3 Fiber - 9.6g	(Cooked) Shrimp (Shellfish)	223.8g/7.9oz
	Sweet Potato (Cooked)	247.3g/8.7oz
	Summer Squash (Cooked)	85.1g/3oz
Dinner Fiber - 5g	(Cooked) Top Sirloin (Trimmed) (Beef)	153.5g/5.4oz
	Potatoes (Russet, cooked)	291g/10.3oz
	Zucchini (Raw)	85.1g/3oz

## Daily Totals

Fiber **28.2g**

Fat **63.8g (remaining)**

**214g**

PROTEIN

**212g**

CARBS

**94g**

FAT

Breakfast Fiber - 8.9g	(Raw) Egg Whites (1 egg)	Qty:11
	*Oatmeal (Uncooked)	81.2g/2.9oz
Lunch Fiber - 6.2g	(Raw) Ground Beef - (90% lean)	241.8g/8.5oz
	Brown Rice (Cooked)	200.6g/7.1oz
	Okra (raw)	85.1g/3oz
Meal 3 Fiber - 25.7g	Cashew Butter (1 tbs)	Qty:15
	Sweet Potato (Cooked)	226.8g/8oz
	Green Beans (Cooked)	85.1g/3oz
Dinner Fiber - 6.1g	(Cooked) Salmon (Fish)	186.3g/6.6oz
	Potatoes (Russet, cooked)	284.1g/10oz
	Okra (cooked)	85.1g/3oz

## Daily Totals

Fiber **46.9g**

Fat **-72.2g (remaining)**

**214g**  
PROTEIN



**212g**  
CARBS

**94g**  
FAT

Breakfast Fiber - 8.9g	(Raw) Egg Whites (1 egg)	Qty:11
	*Oatmeal (Uncooked)	81.2g/2.9oz
Lunch Fiber - 6.6g	Canned Tuna (in water) (Fish)	278.8g/9.8oz
	Brown Rice (Cooked)	201.9g/7.1oz
	Green Beans (Raw)	85.1g/3oz
Meal 3 Fiber - 9.6g	(Cooked) Pork Tenderloin	167.9g/5.9oz
	Sweet Potato (Cooked)	247.3g/8.7oz
	Summer Squash (Cooked)	85.1g/3oz
Dinner Fiber - 5.8g	(Cooked) Top Sirloin (Trimmed) (Beef)	160.8g/5.7oz
	Potatoes (Russet, cooked)	261.5g/9.2oz
	Carrots, Baby (Raw)	85.1g/3oz

## Daily Totals

Fiber **30.9g**

Fat **70.2g (remaining)**

**214g**  
PROTEIN

**212g**  
CARBS

**94g**  
FAT

Breakfast Fiber - 8.9g	*Greek Yogurt, Plain (Fat-Free)	265g/9.5oz
	*Oatmeal (Uncooked)	81.2g/2.9oz
Lunch Fiber - 6.3g	(Cooked) Chicken Breast (Skinless)	210.7g/7.4oz
	Brown Rice (Cooked)	189g/6.7oz
	Beets (Raw)	85.1g/3oz
Meal 3 Fiber - 9.9g	(Cooked) Turkey Breast (Skinless)	168.9g/6oz
	Sweet Potato (Cooked)	247.3g/8.7oz
	Celery (Raw)	85.1g/3oz
Dinner Fiber - 6g	(Cooked) Tilapia (Fish)	173.6g/6.1oz
	Potatoes (Russet, cooked)	273.7g/9.7oz
	*Broccoli (Raw)	85.1g/3oz

## Daily Totals

Fiber **31.1g**

Fat **75.5g (remaining)**

**214g**

PROTEIN

**212g**

CARBS

**94g**

FAT

Breakfast Fiber - 8.9g	(Raw) Egg Whites (1 egg)	Qty:11
	*Oatmeal (Uncooked)	81.2g/2.9oz
Lunch Fiber - 4.7g	Cottage Cheese Low Fat (2%)	430.6g/15.2oz
	Brown Rice (Cooked)	217.4g/7.7oz
	Cucumber	85.1g/3oz
Meal 3 Fiber - 9.9g	(Raw) Top Sirloin (Trimmed) (Beef)	214.5g/7.6oz
	Sweet Potato (Cooked)	247.3g/8.7oz
	Celery (Raw)	85.1g/3oz
Dinner Fiber - 6.7g	(Cooked) Tilapia (Fish)	169.8g/6oz
	Potatoes (Russet, cooked)	263.3g/9.3oz
	Kale (Raw)	85.1g/3oz

## Daily Totals

Fiber **30.3g**

Fat **63.3g (remaining)**