

# E3 STRENGTH

**Female 120 – 150lbs  
Average Carb  
Dietary Recommendations**

## Calculated Macros

**140g**

PROTEIN

**62g**

CARBS

**27g**

FAT

Carbs

**50%**

Fat

**50%**

**140g**  
PROTEIN



**62g**  
CARBS

**27g**  
FAT

|                           |  |              |
|---------------------------|--|--------------|
| Breakfast<br>Fiber - 2.6g | Egg - Whole - Large                      | Qty:5        |
|                           | *Oatmeal (Uncooked)                      | 23.8g/0.8oz  |
| Lunch<br>Fiber - 2.9g     | (Cooked) Chicken Breast<br>(Skinless)    | 140.4g/5oz   |
|                           | Brown Rice (Cooked)                      | 47.3g/1.7oz  |
|                           | Cauliflower (Raw)                        | 85.1g/3oz    |
| Meal 3<br>Fiber - 4.4g    | (Cooked) Turkey Breast<br>(Skinless)     | 110.5g/3.9oz |
|                           | Sweet Potato (Cooked)                    | 39.1g/1.4oz  |
|                           | Brussels Sprouts (Raw)                   | 84g/3oz      |
| Dinner<br>Fiber - 3.3g    | (Cooked) Top Sirloin<br>(Trimmed) (Beef) | 113.6g/4oz   |
|                           | Potatoes (Russet, cooked)                | 39.3g/1.4oz  |
|                           | Butternut Squash (Cooked)                | 85.1g/3oz    |

## Daily Totals

Fiber **13.2g**

Fat **-8.7g (remaining)**

**140g**  
PROTEIN



**62g**  
CARBS

**27g**  
FAT

|                           |                                       |              |
|---------------------------|---------------------------------------|--------------|
| Breakfast<br>Fiber - 2.6g | *Greek Yogurt, Plain (Fat-Free)       | 206.5g/7.4oz |
|                           | *Oatmeal (Uncooked)                   | 23.8g/0.8oz  |
| Lunch<br>Fiber - 2.8g     | Canned Chicken                        | 146.6g/5.2oz |
|                           | Brown Rice (Cooked)                   | 36.9g/1.3oz  |
|                           | Eggplant (Cooked)                     | 85.1g/3oz    |
| Meal 3<br>Fiber - 4.6g    | (cooked) 90/10 Ground Turkey          | 125.6g/4.4oz |
|                           | Sweet Potato (Cooked)                 | 46.4g/1.6oz  |
|                           | Brussels Sprouts (Cooked)             | 85.1g/3oz    |
| Dinner<br>Fiber - 4.5g    | (Cooked) Top Sirloin (Trimmed) (Beef) | 102.7g/3.6oz |
|                           | Potatoes (Russet, cooked)             | 20.3g/0.7oz  |
|                           | Peas (Raw)                            | 85.1g/3oz    |

## Daily Totals

Fiber **14.5g**

Fat **2.7g (remaining)**

**140g**  
PROTEIN



**62g**  
CARBS

**27g**  
FAT

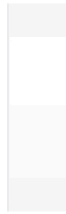
|                           |                           |              |
|---------------------------|---------------------------|--------------|
| Breakfast<br>Fiber - 2.6g | (Raw) Egg Whites (1 egg)  | Qty:8        |
|                           | *Oatmeal (Uncooked)       | 23.8g/0.8oz  |
| Lunch<br>Fiber - 2.1g     | Canned Chicken            | 145.2g/5.1oz |
|                           | Brown Rice (Cooked)       | 52.4g/1.8oz  |
|                           | Celery (Cooked)           | 85.1g/3oz    |
| Meal 3<br>Fiber - 3g      | Liquid Egg Whites (3 tbs) | Qty:6        |
|                           | Sweet Potato (Cooked)     | 59.6g/2.1oz  |
|                           | Tomatoes (Raw)            | 85.1g/3oz    |
| Dinner<br>Fiber - 1.7g    | (Cooked) Tilapia (Fish)   | 120.4g/4.2oz |
|                           | Potatoes (Russet, cooked) | 55g/1.9oz    |
|                           | *Broccoli (Cooked)        | 85.1g/3oz    |

## Daily Totals

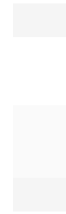
Fiber **9.4g**

Fat **17.9g (remaining)**

**140g**  
PROTEIN



**62g**  
CARBS



**27g**  
FAT

|                           |                               |              |
|---------------------------|-------------------------------|--------------|
| Breakfast<br>Fiber - 2.6g | Egg - Whole - Large           | Qty:5        |
|                           | *Oatmeal (Uncooked)           | 23.8g/0.8oz  |
| Lunch<br>Fiber - 2.4g     | Canned Tuna (in water) (Fish) | 201.3g/7.1oz |
|                           | Brown Rice (Cooked)           | 48.5g/1.7oz  |
|                           | Green Bell Peppers            | 85.1g/3oz    |
| Meal 3<br>Fiber - 4.3g    | (Cooked) Flank Steak (Beef)   | 125.9g/4.4oz |
|                           | Sweet Potato (Cooked)         | 45g/1.6oz    |
|                           | Okra (raw)                    | 85.1g/3oz    |
| Dinner<br>Fiber - 1.7g    | (Cooked) Tilapia (Fish)       | 120.4g/4.2oz |
|                           | Potatoes (Russet, cooked)     | 55g/1.9oz    |
|                           | *Broccoli (Cooked)            | 85.1g/3oz    |

## Daily Totals

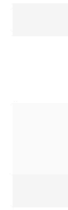
Fiber **10.9g**

Fat **-18.9g (remaining)**

**140g**  
PROTEIN



**62g**  
CARBS



**27g**  
FAT

|                           |                                 |              |
|---------------------------|---------------------------------|--------------|
| Breakfast<br>Fiber - 2.6g | (Raw) Egg Whites (1 egg)        | Qty:8        |
|                           | *Oatmeal (Uncooked)             | 23.8g/0.8oz  |
| Lunch<br>Fiber - 5.3g     | (Raw) Salmon (Fish)             | 147.8g/5.2oz |
|                           | Brown Rice (Cooked)             | 8.6g/0.3oz   |
|                           | Peas (cooked)                   | 85.1g/3oz    |
| Meal 3<br>Fiber - 3.7g    | (Raw) Chicken Breast (Skinless) | 138.5g/4.9oz |
|                           | Sweet Potato (Cooked)           | 58.6g/2.1oz  |
|                           | Asparagus (Cooked)              | 85.1g/3oz    |
| Dinner<br>Fiber - 3.5g    | (Cooked) Tilapia (Fish)         | 124g/4.4oz   |
|                           | Potatoes (Russet, cooked)       | 53.2g/1.9oz  |
|                           | Okra (raw)                      | 85.1g/3oz    |

## Daily Totals

Fiber **15g**

Fat **-0.7g (remaining)**