


# 125 POUND MAINTAIN

MEAL	FOOD		CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	4 egg whites	68	14.4	0.8	0.4
		20g Feta cheese	53	2.8	0.8	4.3
		40g (measured dry) old fashioned oats	150	5	27	3
		100g strawberries <b>OR</b> 50g blueberries	29	0.4	7.2	0.2
		cinnamon, nutmeg, stevia, vanilla extract (if desired)	10	0	1.3	0
	TOTAL	MEAL 1	310	22.6	37.1	7.9
2	LUNCH	Chunky Chicken Quesadillas from The Shredded Chef	293	28	31	6
	TOTAL	MEAL 2	293	28	31	6
3	PRE WORKOUT SNACK	1 scoop whey protein	100	22	2	0
		1 cup unsweetened almond milk	30	1	1	2.5
		1 medium banana	105	1.2	26.9	0
	TOTAL	MEAL 3	235	24.2	29.9	2.5
<div> <b>WEIGHTLIFTING</b></div>						
4	DINNER	Asparagus and Goat Cheese Pasta from The Shredded Chef	389	20	50	13
		30g milk chocolate	152	2.2	17.3	10.1
	TOTAL	MEAL 4	541	22.2	67.3	23.1
5	PRE BED SNACK	8 ounces 2% Greek yogurt	173	23	9.3	4.6
		50g granola	169	5.7	33.9	2.4
	TOTAL	MEAL 5	342	28.7	43.2	7
TOTALS			1721	125.7	208.5	46.5
TARGET			1700	125	200	45







