

140 POUND FEMALE CUT

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST SHAKE	1 scoop whey protein	100	22	2	0
		1 cup unsweetened almond milk	30	1	1	2.5
		1 medium banana	105	1.2	27	0
		1/3 cup strawberries	15	0.3	3.5	0.2
		cinnamon (if desired)	4	0	1	0
	TOTAL	MEAL 1	254	24.5	34.5	2.7
2	LUNCH	150g turkey breast	161	34.8	0	2
		salad (2-3 cups spinach, 1/2 carrot, 1/2 cucumber, 1/2 medium tomato)	62	2.9	11	0.5
		2 tablespoons balsamic vinegar	20	0	4	0
		1/4 avocado	103	1	4.3	9.8
	TOTAL	MEAL 2	346	38.7	19.3	12.3
3	SNACK	4 ounces 2% cottage cheese	102	15.5	4.1	2.2
		pepper to taste	0	0	0	0
	TOTAL	MEAL 3	102	15.5	4.1	2.2
4	DINNER	150g chicken breast OR 150g shrimp	161	34.8	0	2
		150g sweet potato	136	3	31.1	0.3
		100g vegetables (broccoli, asparagus, zucchini, string beans)	34	2.7	6.6	0.3
		1 teaspoon butter	34	0	0	3.9
		cinnamon for potato (if desired)	4	0	1	0
	TOTAL	MEAL 4	573	71.5	46.9	10.9



WEIGHTLIFTING

5	POST WORKOUT SHAKE	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
		1/3 cup blueberries	25	0.3	6.3	0.2
	TOTAL	MEAL 5	260	24.5	36.2	2.7

TOTALS		1535	174.7	141	30.8
TARGET		1510	170	140	30