


Meal		Food	Calories	Protein	Carbs	Fat
1	Breakfast	4 ounces 2% cottage cheese	92	11.8	5.4	2.6
		2 whole eggs (large - 50 grams each)	143	12.6	0.7	9.5
		2 slices (14 grams) bacon (<u>Applegate Organics® No Sugar Bacon or similar - match calories/macros</u>)	70	6	0	5
		1 slice gluten-free bread (34 grams)	109	1	18	3.6
		0-calorie cooking spray	15	0	0	1.5
		Hot sauce, dry seasonings (if desired)	4	0	1	0
		Coffee with 1 tablespoon Super Creamer®	15	1	0	1
	Total	Meal 1	448	32.4	25.1	23.2
2	Lunch	8 ounces chicken thighs (boneless and skinless), trimmed of ALL fat OR 7½ ounces wild-caught chum, pink or sockeye salmon (<u>not</u> farm-raised)	274	44.4	0	9.4
		1 ounce canned chickpeas (garbanzo beans), drained OR 2 ounces canned black beans	79	4	12.9	1.7
		Salad (3-4 ounces greens of choice, 2 ounces tomato, 2 ounces cucumber, 1 ounce carrot)	49	3.6	10	0.6
		1 teaspoon olive oil OR avocado oil (for cooking or dressing)	40	0	0	4.5
		Hot sauce, lemon juice, dry seasonings (if desired)	6	0.2	1.5	0.1
	Total	Meal 2	448	52.2	24.4	16.3
3	Pre Workout Shake/Snack	1 scoop (35 grams) ISOPURE® Natural Flavor Whey Protein Isolate OR 8 ounces Fage® Total 0% Greek yogurt	120	25	4	0.5
		4 fluid ounces unsweetened almond milk (plus water as necessary) OR Cinnamon, nutmeg, vanilla extract, Lakanto® sweeteners (for yogurt)	19	0.5	1.6	1.2
		1 extra small banana (3 ounces) OR 4 ounces mixed berries (strawberries, raspberries, blueberries, blackberries) OR 1 large peach (6 ounces) OR 8 ounces cantaloupe	71	0.9	18.3	0.3
		Total	Meal 3	210	26.4	23.9
	<div></div> <h2>Workout/Cardio</h2>					
4	Post Workout Dinner	7 ounces pork tenderloin, trimmed of ALL fat OR 6½ ounces sirloin, trimmed of ALL fat (<u>leave out oil/butter if having sirloin</u>)	215	41.5	0	4.4
		1 ounce (measured dry) quinoa	105	4	18.3	1.7
		3 ounces broccoli OR 4 ounces asparagus OR 3 ounces green beans	27	2.2	5.4	0.3
		3 ounces bell pepper OR 3 ounces cabbage OR 3 ounces cauliflower	22	0.9	5.1	0.3
		1 teaspoon olive oil OR 5 grams butter (<u>leave out if having chicken</u>)	40	0	0	4.5
		1 tablespoon Sriracha (20 grams) OR 3 tablespoons salsa (45 grams), hot sauce, lemon juice, dry seasonings (if desired)	18	0.4	3.7	0.2
		¾ ounce dark chocolate (70-85% cocoa solids) OR 1 glass (5 fluid ounces) wine	127	1.7	9.8	9.1
	Total	Meal 4	554	50.7	42.3	20.5
			Calories	Protein	Carbs	Fat
Target			1629	163 g	100 g	64 g
Totals			1660	161.7	115.7	62