

DAY # 2

2/19/2021

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1.00	cup	Almond Milk (unsweetened)	1.00	1.00	2.50	30.00
1.00	1/2 cup	Ice Cubes	0.00	0.00	0.00	0.00
1.00	tablespoon	MCT Oil	0.00	0.00	14.00	100.00
1.00	scoop	Plant Based Protein	20.00	11.00	3.00	150.00
1.00	1 cup	Spinach, raw	0.86	1.09	0.12	6.90
4.00	1 medium (1-1/4" dia)	Strawberries, raw	0.32	3.69	0.14	15.36
0.50	1 cup	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			22.18	16.78	19.76	302.26
AM Snack						
30.00	1 almond	Nuts, almonds	7.61	7.76	17.97	208.44
1.00	cup	Strawberries	1.00	9.00	0.00	60.00
Totals:			8.61	16.76	17.97	268.44
Lunch						
0.25	medium	Avocado	0.95	3.00	5.20	58.00
1.00	each	Chicken Salsa Verde	27.96	3.91	4.24	188.50
2.00	each	Corn Tortilla Mini (street size)	2.00	13.00	1.00	66.00
1.00	cup	Green beans, steamed or boiled	3.00	7.00	0.50	45.00
Totals:			33.91	26.91	10.93	357.50
PM Snack						
1.00	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1.00	each	Hard boiled egg	6.00	1.00	4.00	60.00
2.00	tablespoon	Hummus	2.00	4.00	3.00	50.00
Totals:			8.80	7.80	7.00	124.00
Dinner						
0.25	medium	Avocado	0.95	3.00	5.20	58.00
1.00	tea spoon	Butter (Kerigold)	0.00	0.00	3.70	33.00
1.00	each	Sweet potato, baked, medium	2.00	24.00	0.00	100.00
1.00	each	Turkey Burger Lettuce Wrap	22.59	3.88	8.29	179.75
Totals:			25.54	30.88	17.19	370.75
Actual Totals for Day 2/19/2021:			99.04	99.12	72.86	1422.95
Actual % of Total Calories:			27.35	27.37	45.27	