

Meal 1 - 7 AM

	Calories	Carbs	Fat	Protein	Sodium	Chol	
Cellucor - C4 Extreme - Fruit Punch, 2 Scoop	10	2	0	0	0	0	⊖
Beach Body - P90x - Results and Recovery Formula - New and Improved, 2 scoops	220	40	1	10	150	20	⊖
Beachbody - Shakeology - Chocolate, 1 scoop 48 grams	150	17	1	18	100	15	⊖
Amp - Amplified Wheybolic Extreme 60 Vanilla, 1 scoop	93	2	0	20	117	5	⊖
Spinach - Raw, 2 cup	14	2	0	2	47	0	⊖
Add Food Quick Tools	487	63	2	50	414	40	

Meal 2 - 10 AM

Apples - Raw, with skin, 1 medium (2-3/4" dia) (approx 3 per lb)	72	19	0	0	1	0	⊖
Member's Mark - Premium Quality Whole Almonds, 27 gram (3 Tbsp)	160	6	12	6	0	0	⊖
Uncle Lee's - Organic Green Tea, 8 oz	0	0	0	0	0	0	⊖
Lemon juice - Raw, 2 wedge yields	3	1	0	0	0	0	⊖
Add Food Quick Tools	235	26	12	6	1	0	

Meal 3 - 1 PM

Lettuce - Iceberg (includes crisphead types), raw, 2 cup shredded	20	4	0	1	14	0	⊖
Tomatoes - Red, ripe, raw, year round average, 2 cherry	6	1	0	0	2	0	⊖
Beans - Snap, green, cooked, boiled, drained, without salt, 1 cup	44	10	0	2	1	0	⊖
Amp - Amplified Wheybolic Extreme 60 Vanilla, 1 scoop	93	2	0	20	117	5	⊖
Add Food Quick Tools	163	17	0	23	134	5	

Meal 4 - 4 PM

Spinach - Raw, 2 cup	14	2	0	2	47	0	⊖
Generic - Grimmway Farms - Baby Carrots, 3 oz	35	8	0	1	65	0	⊖
Starkist - Chunk Light Tuna In Water 5 oz, 2 oz drained	50	1	1	10	180	25	⊖
Avocados - Raw, 0.5 avocado, NS as to Florida or California	161	9	15	2	7	0	⊖
Tomatoes - Red, ripe, raw, year round average, 1 medium whole (2-3/5" dia)	22	5	0	1	6	0	⊖
Add Food Quick Tools	282	25	16	16	305	25	

Meal 5 - 7 PM

Fresh Express - Spinich, 2 cups raw (85g)	10	2	0	1	33	0	⊖
Pace Chunky Salsa - Salsa - Mild, 4 Tbsp	20	4	0	2	480	0	⊖
Morning Star - Spicy Black Bean Veggie Burger, 1 patty	120	13	4	11	350	0	⊖
Crystal Farms - All Whites 100% Liquid Egg Whites, 1 cup (56g)	120	4	0	24	380	0	⊖
Lentils - Cooked, boiled, without salt, 0.5 cup	115	20	0	9	2	0	⊖
Smucker's - Natural Peanut Butter - Creamy, 2 tbsp	210	6	16	8	120	0	⊖
Add Food Quick Tools	595	49	20	55	1,365	0	

Bedtime Snacks

Amp - Amplified Wheybolic Extreme 60 Vanilla, 1 scoop	93	2	0	20	117	5	⊖
Add Food Quick Tools	93	2	0	20	117	5	

Totals	1,855	182	50	170	2,336	75
Your Daily Goal	1,900	190	53	166	2,500	300
Remaining	45	8	3	-4	164	225
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