

MEAL	FOOD	PROTEIN	CARBS	FATS	CALS
TARGET		200	200	100	2500
	1 scoop protein 1 banana 2 cup rice				
1	milk	30	75	5	465
	3 tbsp almond				
2	butter	7	10	30	338
3	6 oz chicken	40	0	2	178
3	1 cup brown rice	4	45	2	214
4	one scoop protein	30	5	0	140
4	1 apple	0	15	0	60
	2 tbsp almond				
4	butter	7	10	30	338
5	6 oz chicken	40	0	2	178
5	2 slice pepperjack	10	0	10	130
5	1 tbsp butter	0	0	13	117
5	1 cup veggies	1	15	0	64
5	1 coconut mini	1	15	4	100
6	1 cup 0% Fage	24	9	0	132
7	one scoop protein	30	5	0	140
TOTALS		224	204	98	2594
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