

MEAL	FOOD	PROTEIN	CARBS	FATS
TARGET		230	210	40
	2 scoop protein 2 banana 2 cup rice			
1	milk	60	105	10
2	6 oz chicken	40	0	2
2	1 cup brown rice	4	45	2
3	one scoop protein	30	5	0
	2 tbsp almond			
3	butter	5	7	20
4	6 oz chicken	40	0	2
4	1 tbsp butter	0	0	13
4	1 cup veggies	1	15	0
4	1 coconut mini	1	15	4
5	1 cup 0% Fage	24	9	0
6	one scoop protein	30	5	0
TOTALS		235	206	53
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