

	<u>Food Item</u>	<u>Amount</u>	<u>Unit</u>	<u>Calories</u>	<u>Protein (g)</u>	<u>Carbs (g)</u>	<u>Fat (g)</u>
Meal 1	ON Gainer Pro	1	scoop	652.00	60.00	85.00	8.00
	Almond milk	1	cup	43.86	1.51	1.40	3.58
	Fish Oil	5	Capsule	45.00	0.00	0.00	5.00
	<i>Meal Totals</i>			740.86	61.51	86.40	16.58
	<i>Allowance</i>				0.00	0.00	0.00
	<i>Remaining</i>				-61.51	-86.40	-16.58
Meal 2	Egg	1	large	71.41	6.29	0.38	4.97
	Egg White	10	large	159.00	36.00	2.40	0.60
	Oats	100	grams	360.00	13.33	61.67	6.67
	<i>Meal Totals</i>			590.41	55.62	64.45	12.24
	<i>Allowance</i>				0.00	0.00	0.00
Meal 3					-55.62	-64.45	-12.24
	Shrimp	225	grams (no shell)	229.90	46.53	2.09	3.94
	White Rice	225	grams	279.74	6.02	62.50	0.63
	Sesame Ginger Sauce	1	tbsp	20.00	0.00	5.00	0.00
Meal 4	<i>Meal Totals</i>			529.64	52.55	69.59	4.56
	<i>Allowance</i>				0.00	0.00	0.00
	<i>Remaining</i>				-52.55	-69.59	-4.56
	Chicken Breast	10	oz	323.46	68.04	0.00	5.70
	Potato	11	oz	280.28	6.60	62.48	0.44
Meal 5							
	<i>Meal Totals</i>			603.74	74.64	62.48	6.14
	<i>Allowance</i>				0.00	0.00	0.00
	<i>Remaining</i>				-74.64	-62.48	-6.14
	Cellucor Whey	3	scoop	376.50	75.00	9.00	4.50
Meal 6	Gatorade Mix	3	tbsp	156.00	0.00	39.00	0.00
	<i>Meal Totals</i>			532.50	75.00	48.00	4.50
	<i>Allowance</i>				0.00	0.00	0.00
	<i>Remaining</i>				-75.00	-48.00	-4.50
Meal 6	Quest Bar	1	bar	190.00	20.00	14.50	8.00
	Greek Yogurt	1	cup	136.00	24.00	10.00	0.00
	Myofusion Protein	1	scoop	148.00	24.00	8.50	2.00
	Blueberries	0.5	cup	39.28	0.33	8.38	0.50
	<i>Meal Totals</i>			513.28	68.33	41.38	10.50
	<i>Allowance</i>				0.00	0.00	0.00
	<i>Remaining</i>				-68.33	-41.38	-10.50
	<b>TOTALS</b>			<b>3510.43</b>	<b>387.65</b>	<b>372.30</b>	<b>54.52</b>