

<b>Meal number</b>	<b>Protein Serving</b>	<b>Starchy Carbohydrate serving</b>	<b>Fibrous Carbohydrates</b>	<b>Fat</b>	<b>Calories</b>
<b>1</b> 06:45	Cheese Omlette cooked in olive oil	1 slice of Whole wheat Bread	2 Medium Tomatoes	1 teaspoon of Olive Oil	440
<b>2</b> 09:00	AS MEAL 1 (slightly smaller)	AS MEAL 1 (slightly smaller)	AS MEAL 1 (slightly smaller)	AS MEAL 1 (slightly smaller)	350
<b>3</b> 11:15	3.5 ounces Baked Salmon	4 ounce Baked potato	1 cup of lettuce Half a medium tomato	French Dressing (tea spoon)	345
<b>4</b> 13:30	AS MEAL 3	AS MEAL 3	AS MEAL 3	AS MEAL 3	345
<b>5</b> 17:15	Chicken breast 3 ounce filet	Rice, brown half a cup	Asparagus 4 ounces Broccoli 4 Ounces	Olive oil	352
<b>6</b> 19:15	AS MEAL 5	AS MEAL 5	AS MEAL 5	AS MEAL 5	352
<b>7</b> 21:30	Coconut milk smoothie with 2 scoops strawberry protein powder (sugar free)	None	None	None	300
Total Calories					2484

<b>Meal number Time</b>	<b>Protein Serving</b>	<b>Starchy Carbohydrate serving</b>	<b>Fibrous Carbohydrates</b>	<b>Fat</b>	<b>Calories</b>
<b>1</b>					
<b>2</b>					
<b>3</b>					
<b>4</b>					
<b>5</b>					
<b>6</b>					
<b>7</b>					
Total Calories					

