

Daily Macros (Approximate Maintenance 1900-2000)

Breakfast	484 Cal	0 Fat	61 Carbs	37 Protein
Lunch	840 Cal	0 Fat	36 Carbs	126 Protein
Dinner	710 Cal	31 Fat	66 Carbs	45 Protein
TOTAL	2034 Cal	31 Fat	163 Carbs	208 Protein

Breakfast

Oatmeal	360 Cal	0 Fat	60 Carbs	12 Protein
Whey	124 Cal	0 Fat	1 Carbs	25 Protein
TOTAL	484	0 Fat	61 Carbs	37 Protein

Lunch

Beans	210 Cal	0 Fat	36 Carbs	14 Protein
Chicken Breast	295 Cal	0 Fat	0 Carbs	56 Protein
Chicken Breast	295 Cal	0 Fat	0 Carbs	56 Protein
Vegetables	40 Cal	0 Fat	0 Carbs	0 Protein
TOTAL	840	0 Fat	36 Carbs	126 Protein

Snacks

Peanuts

Dinner

5 Eggs	350 Cal	25 Fat	0 Carbs	30 Protein
3 Bread (Green)	360 Cal	6 Fat	66 Carbs	15 Protein
TOTAL	710 Cal	31 Fat	66 Carbs	45 Protein