

Daily Macros (Approximate Maintenance 1900-2000 Cal)

Breakfast	484 Cal	0 Fat	61 Carbs	37 Protein
Lunch	851 Cal	51 Fat	20 Carbs	74 Protein
Dinner	700 Cal	28 Fat	66 Carbs	47 Protein
TOTAL	2035 Cal	79 Fat	147 Carbs	158 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

Pulled Pork(300g)	765 Cal	51 Fat	0 Carbs	72 Protein
Yams(100g)	86 Cal	0 Fat	20 Carbs	2 Protein
TOTAL	851	51 Fat	20 Carbs	74 Protein

Dinner

Tuna (Albacore)	140 Cal	2 Fat	0 Carbs	32 Protein
3 Bread (Green)	360 Cal	6 Fat	66 Carbs	15 Protein
Mayo (2 tbsn)	200 Cal	20 Fat	0 Carbs	0 Protein
TOTAL	700 Cal	28 Fat	66 Carbs	47 Protein