

# EXAMPLE DAYS



		CALORIES	CARBS	FAT	PROTEIN
<b>BREAKFAST</b>	THIN SLICED BREAD, 1 SLICE	60	12	1	3
	100% EGG WHITES, 150G	82	0	0	16
	BUTTER (SALTED), 11G	79	0	9	0
	STRAWBERRY JELLY, 8G	20	5	0	0
	<b>TOTAL</b>	<b>241</b>	<b>17</b>	<b>10</b>	<b>19</b>

		CALORIES	CARBS	FAT	PROTEIN
<b>LUNCH</b>	LETTUCE, ROMAINE, RAW, 200G	34	7	1	2
	CROUTONS, 14G	60	8	2	2
	SHRIMP, COOKED, 125G	124	0	0	30
	BALSAMIC VINGARETTE, 30G	90	3	9	0
	<b>TOTAL</b>	<b>308</b>	<b>18</b>	<b>12</b>	<b>34</b>

		CALORIES	CARBS	FAT	PROTEIN
<b>DINNER</b>	CHICKEN BREAST, COOKED, 4OZ	189	0	4	35
	BROCCOLLI, 200G	68	12	1	5
	CARROTS, 100G	41	10	0	1
	BUTTER (SALTED), 16G	115	0	13	0
	<b>TOTAL</b>	<b>413</b>	<b>22</b>	<b>18</b>	<b>41</b>

		CALORIES	CARBS	FAT	PROTEIN
<b>SNACKS</b>	STRAWBERRIES, 100G	32	8	0	0
	BLUEBERRIES, 100G	57	15	0	0
	STRAWBERRY GREEK YOGURT, 150G	140	20	0	65
	<b>TOTAL</b>	<b>229</b>	<b>43</b>	<b>0</b>	<b>16</b>
<b>DAILY TOTAL</b>		<b>1,191</b>	<b>100</b>	<b>40</b>	<b>110</b>