

Day	Calories	Total Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)
Day 1	1,983	112.3	131	25	117
Day 2	1,933	46.7	274	39	122
Day 3	1,885	105.6	106	25	138
Day 4	2,053	93.2	138	23	173
Day 5	2,021	135.5	123	46	100
Day 6	2,002	85.1	197	48	139

#	Breakfast	Description	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% of Daily Values			
														Vitamin A	Vitamin C	Calcium	Iron
1	Berry Nutty Oatmeal	High in fiber and antioxidants.	552	338	37.5	13.2	0.0	0	2	41	9	2	18	0%	13%	5%	22%
2	Vanilla Bean Protein Smoothie	High vitamin K for healthy bones and blood clotting.	399	33	3.7	0.5	0.0	0	37	72	13	30	23	80%	57%	15%	30%
3	Savory Shroom Breakfast	High in calcium for bone health.	659	436	48.4	12.9	0.1	589	1,770	28	6	3	32	196%	172%	44%	25%
4	Grounded Sweet Potato Hash	Great source of iron for O2 transport.	606	240	26.7	10.4	2.0	116	912	53	11	19	39	151%	286%	19%	24%
5	Farmer Frittata	High in vitamin E to prevent cell damage.	750	537	59.7	16.0	0.1	604	1,467	23	4	2	31	36%	41%	31%	17%
6	Syduction Protein Smoothie	Rich in potassium for proper muscle function.	682	308	34.2	23.0	0.0	0	283	63	13	24	41	36%	33%	11%	56%

#	Lunch	Description	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% of Daily Values			
														Vitamin A	Vitamin C	Calcium	Iron
1	Mexi Steak & Kale	High in B6 for energy production.	582	206	22.9	5.1	7.2	125	1,321	36	10	10	57	130%	88%	18%	44%
2	Spicy Korean Bowl	High in protein for tissue repair.	812	190	13.9	3.1	0.0	0	1,210	135	12	15	44	654%	128%	23%	29%
3	Grilled Chicken Chop	High in phosphorus to help bones and teeth.	751	441	49.0	7.9	0.0	107	715	40	9	6	41	19%	51%	21%	16%
4	Superhero Salmon Bowl	High B12 for energy.	807	473	52.5	8.8	0.2	117	2,746	34	9	9	53	45%	329%	16%	17%
5	Grilled Chicken Chop	High in phosphorus to help bones and teeth.	751	441	49.0	7.9	0.0	107	715	40	9	6	41	19%	51%	21%	16%
6	Turkey Burger & Herbed Potato Salad	High in B vitamins and zinc for thyroid regulation.	672	199	22.1	10.4	0.5	83	1,151	102	27	26	31	50%	111%	123%	382%

#	Dinner	Description	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% of Daily Values			
														Vitamin A	Vitamin C	Calcium	Iron
1	Baja Fish Bowl	High in D and omega 3's to help maintain immune sys	849	467	51.9	7.6	0.0	94	464	54	6	7	42	17%	31%	6%	14%
2	Grilled Shrimp & Earthy Quinoa Salad	Aids in nervous system function.	722	262	29.1	2.5	0.3	262	2,203	67	14	11	55	213%	105%	22%	45%
3	Grilled Chicken & Fennel Bowl	High in protein for essential building blocks.	475	74	8.2	1.6	0.0	196	3,788	38	10	20	65	47%	68%	16%	14%
4	Fred Flinstone Bone Broth	High in collagen protein for skin and bone health.	640	126	14.0	3.5	0.0	233	2,009	51	3	1	81	13%	2%	13%	38%
5	Pesto Zoodles & Mini Meatballs	Balances blood sugar from low carb & high fiber.	520	241	26.8	8.4	0.8	87	1,161	60	33	2	28	97%	77%	164%	568%
6	Seared Steak & Lentil Stew	High in iron for O2 transport.	648	259	28.8	15.4	7.2	180	2,683	32	8	9	67	5%	30%	53%	44%