

<b>Breakfast - Scrambled Eggs w/ Fruit &amp; Toast &amp; Coffee (Optional)</b>				
Food	Calories	Protein	Carb	Fat
4 serving Egg White	68	14.0	0.0	0.0
1 serving Eggs (whole)	80	6.4	0.5	5.6
1 slice Bread, Whole Wheat	70	0.0	12.0	1.0
2 oz Strawberries	18	0.0	4.0	0.2
1 teaspoon Stevia	0	0.0	0.0	0.0
<b>Totals:</b>	<b>236</b>	<b>(35%) 20.4</b>	<b>(28%) 16.5</b>	<b>(26%) 6.8</b>

<b>Breakfast - Ham &amp; Cheese on Toast w/ Fruit</b>				
Food	Calories	Protein	Carb	Fat
3.5 oz Ham, Boar's Head, Low Sodium	105	17.5	3.5	1.8
0.5 oz Cheese, Cheddar	55	3.5	0.5	4.5
1 slice Bread, Whole Wheat	70	0.0	12.0	1.0
2 oz Strawberries	18	0.0	4.0	0.2
<b>Totals:</b>	<b>248</b>	<b>(34%) 21.0</b>	<b>(32%) 20.0</b>	<b>(27%) 7.5</b>

<b>Breakfast - Protein Smoothie (can add water, ice, splenda)</b>				
Food	Calories	Protein	Carb	Fat
1 scoop Protein Powder, Whey, Any Flavor	102	20.0	1.0	1.5
2 oz Banana	52	0.0	13.6	0.0
0.5 tablespoon Peanut Butter	50	0.0	1.6	4.0
4 oz Milk (LF)	60	4.0	6.0	2.5
<b>Totals:</b>	<b>264</b>	<b>(36%) 24.0</b>	<b>(34%) 22.2</b>	<b>(27%) 8.0</b>

<b>Breakfast - Cottage Cheese &amp; Fruit &amp; Nuts</b>				
Food	Calories	Protein	Carb	Fat
7 oz Cottage Cheese (LF)	175	24.5	7.0	4.2
3 oz Pineapple	46	0.0	11.7	0.3
0.25 oz Almonds (Raw)	43	0.0	1.5	4.0
<b>Totals:</b>	<b>264</b>	<b>(37%) 24.5</b>	<b>(31%) 20.2</b>	<b>(29%) 8.5</b>

<b>Breakfast - Greek Yogurt Parfait (see VN Recipes)</b>				
Food	Calories	Protein	Carb	Fat
10 oz Yogurt, Fage Greek, Fat Free	150	25.0	11.3	0.0
2.5 oz Blueberry	46	0.0	11.6	0.3
0.5 oz Almonds (Raw)	85	0.0	3.0	8.0
1 teaspoon Vanilla Extract	2	0.0	0.5	0.0
<b>Totals:</b>	<b>283</b>	<b>(35%) 25.0</b>	<b>(37%) 26.3</b>	<b>(26%) 8.3</b>

**Breakfast - Greek Yogurt Parfait (see VN Recipes)**

Food	Calories	Protein	Carb	Fat
10 oz Yogurt, Fage Greek, Fat Free	150	25.0	11.3	0.0
2 oz Blueberry	37	0.0	9.3	0.3
0.33 oz Almonds (Raw)	56	0.0	2.0	5.3
1 teaspoon Stevia	0	0.0	0.0	0.0
1 teaspoon Vanilla Extract	2	0.0	0.5	0.0
<b>Totals:</b>	<b>245</b>	<b>(41%) 25.0</b>	<b>(38%) 23.0</b>	<b>(20%) 5.5</b>

**Breakfast - Vegetable Omelette w/ Side of Tomatoes**

Food	Calories	Protein	Carb	Fat
5 serving Egg White	85	17.5	0.0	0.0
0.5 oz Cheese, Cheddar	55	3.5	0.5	4.5
0.75 cup Spinach, (ckd)	38	0.0	7.5	0.0
2 oz Broccoli	16	0.0	3.0	0.3
1 oz Mushroom, White	7	0.0	1.3	0.1
4 oz Tomato	24	0.0	5.2	0.4
<b>Totals:</b>	<b>225</b>	<b>(37%) 21.0</b>	<b>(31%) 17.5</b>	<b>(22%) 5.4</b>

**Breakfast - Protein Power Oatmeal w/ Fruit (see VN Recipes)**

Food	Calories	Protein	Carb	Fat
1.25 scoop Protein Powder, Whey, Any Flavor	128	25.0	1.3	1.9
0.75 oz Cereal, Oatmeal (unsw)	75	0.0	14.5	1.5
0.5 tablespoon Peanut Butter	50	0.0	1.6	4.0
1 oz Banana	26	0.0	6.8	0.0
1 teaspoon Stevia	0	0.0	0.0	0.0
8 oz Water	0	0.0	0.0	0.0
<b>Totals:</b>	<b>279</b>	<b>(36%) 25.0</b>	<b>(35%) 24.1</b>	<b>(24%) 7.4</b>

**Breakfast - Scrambled Eggs & Side of Oatmeal (w/ optional flavorings)**

Food	Calories	Protein	Carb	Fat
4 serving Egg White	68	14.0	0.0	0.0
1 serving Eggs (whole)	80	6.4	0.5	5.6
0.75 oz Cereal, Oatmeal (unsw)	75	0.0	14.5	1.5
1 teaspoon Cinnamon	0	0.0	0.0	0.0
1 teaspoon Stevia	0	0.0	0.0	0.0
1 teaspoon Vanilla Extract	2	0.0	0.5	0.0
<b>Totals:</b>	<b>225</b>	<b>(36%) 20.4</b>	<b>(28%) 15.5</b>	<b>(28%) 7.1</b>

<b>Breakfast - Cereal To Go w/ Protein Powder (see VN Recipes)</b>				
Food	Calories	Protein	Carb	Fat
0.75 scoop Protein Powder, Whey, Any Flavor	77	15.0	0.8	1.1
4 oz Milk (LF)	60	4.0	6.0	2.5
0.25 oz Almonds (Raw)	43	0.0	1.5	4.0
1 oz Cereal, Kashi Go Lean	80	7.4	16.5	0.5
1 teaspoon Stevia	0	0.0	0.0	0.0
<b>Totals:</b>	<b>259</b>	<b>(41%) 26.4</b>	<b>(38%) 24.8</b>	<b>(28%) 8.1</b>

<b>Breakfast - Protein Power Oatmeal (see VN Recipes)</b>				
Food	Calories	Protein	Carb	Fat
1.25 scoop Protein Powder, Whey, Any Flavor	128	25.0	1.3	1.9
0.5 tablespoon Almond Butter	43	0.0	2.0	3.5
1 oz Cereal, Oatmeal (unsw)	100	0.0	19.3	2.0
8 oz Water	0	0.0	0.0	0.0
1 teaspoon Stevia	0	0.0	0.0	0.0
<b>Totals:</b>	<b>270</b>	<b>(37%) 25.0</b>	<b>(33%) 22.6</b>	<b>(25%) 7.4</b>

<b>Lunch - Turkey Sandwich w/ Fruit &amp; Tea (optional) *can add lettuce, tomato, onion</b>				
Food	Calories	Protein	Carb	Fat
4 oz Turkey Breast, Boar's Head, Low Sodium	100	24.0	0.0	0.5
1.5 oz Avocado	75	0.0	3.0	7.5
1 slice Bread, Ezekial Sprouted Bread	65	0.0	13.0	1.0
2.5 oz Apple	43	0.0	10.8	0.3
<b>Totals:</b>	<b>283</b>	<b>(34%) 24.0</b>	<b>(38%) 26.8</b>	<b>(29%) 9.3</b>

<b>Lunch - Turkey Sandwich w/ Fruit &amp; Tea (optional) *can add lettuce, tomato, onion</b>				
Food	Calories	Protein	Carb	Fat
4 oz Turkey Breast, Boar's Head, Low Sodium	100	24.0	0.0	0.5
1 oz Avocado	50	0.0	2.0	5.0
1 slice Bread, Whole Wheat	70	0.0	12.0	1.0
2 oz Apple	34	0.0	8.6	0.2
<b>Totals:</b>	<b>254</b>	<b>(38%) 24.0</b>	<b>(36%) 22.6</b>	<b>(24%) 6.7</b>

<b>Lunch - Grilled Chicken Salad w/ Dressing &amp; Tea (optional)</b>				
Food	Calories	Protein	Carb	Fat
4 oz Chicken Breast (bnls/sknls)	124	26.0	0.0	1.2
1 tablespoon Salad Dressing, Italian	60	0.0	1.0	6.0
2 cup Garden Salad, Lettuce & Vegetables	70	0.0	18.0	0.0
<b>Totals:</b>	<b>254</b>	<b>(41%) 26.0</b>	<b>(30%) 19.0</b>	<b>(25%) 7.2</b>

Lunch - Tuna Wrap w/ Relish (optional) *can add lettuce, tomato, onion				
Food	Calories	Protein	Carb	Fat
3.5 oz Tuna Albacore H2O	105	24.5	0.0	1.8
1 tablespoon Relish	20	0.0	5.0	0.0
0.5 tablespoon Mayonnaise	50	0.0	0.0	5.5
1.25 oz Tortilla, Ezekial Sprouted	94	0.0	15.0	2.2
<b>Totals:</b>	<b>269</b>	<b>(36%) 24.5</b>	<b>(30%) 20.0</b>	<b>(32%) 9.4</b>

Lunch - Tuna Wrap w/ Relish (optional) *can add lettuce, tomato, onion				
Food	Calories	Protein	Carb	Fat
3.5 oz Tuna Albacore H2O	105	24.5	0.0	1.8
1 tablespoon Relish	20	0.0	5.0	0.0
0.5 tablespoon Mayonnaise	50	0.0	0.0	5.5
1 serving Tortilla, 6" Whole Wheat, Low Carb	80	0.0	12.0	2.0
<b>Totals:</b>	<b>255</b>	<b>(38%) 24.5</b>	<b>(27%) 17.0</b>	<b>(33%) 9.3</b>

Lunch - Chicken Fajita (can add lettuce, tomato, onion)				
Food	Calories	Protein	Carb	Fat
3.5 oz Chicken Breast (bnls/sknls)	109	22.8	0.0	1.1
3 oz Peppers, Grn/Red	20	0.0	4.7	0.4
1.5 oz Tortillas, Corn	75	0.0	13.8	1.5
1 tablespoon Guacamole	40	0.4	0.4	4.0
1 oz Salsa (sugar free)	5	0.0	1.0	0.0
<b>Totals:</b>	<b>249</b>	<b>(37%) 23.2</b>	<b>(32%) 19.9</b>	<b>(25%) 7.0</b>

Lunch - Grilled Fish w/ Vegetables & Side Salad				
Food	Calories	Protein	Carb	Fat
4.5 oz Halibut	140	26.1	0.0	2.7
2 tablespoon Salad Dressing, Balsamic Viniagrette, Newman's Own Lighten Up (LF)	44	0.0	2.0	4.0
1.5 cup Garden Salad, Lettuce & Vegetables	53	0.0	13.5	0.0
3 oz Asparagus	18	0.0	3.0	0.4
1 oz Lemon Juice, Fresh	8	0.0	2.6	0.1
<b>Totals:</b>	<b>262</b>	<b>(40%) 26.1</b>	<b>(32%) 21.1</b>	<b>(25%) 7.2</b>

Lunch - Creamy Chicken Salad Bowl (chop and mix all ingred.) *can add celery, onion, tomato				
Food	Calories	Protein	Carb	Fat
4 oz Chicken Breast (bnls/sknls)	124	26.0	0.0	1.2
4.5 oz Apple	77	0.0	19.4	0.5
0.5 tablespoon Mayonnaise	50	0.0	0.0	5.5
<b>Totals:</b>	<b>251</b>	<b>(41%) 26.0</b>	<b>(31%) 19.4</b>	<b>(26%) 7.2</b>

<b>Lunch - Sushi Meal</b>				
Food	Calories	Protein	Carb	Fat
2 piece Sushi, Shrimp w/rice	100	11.2	9.2	1.8
2 piece Sushi, Tuna w/rice	114	13.2	10.8	2.0
0.75 oz Avocado	38	0.0	1.5	3.8
1 tablespoon Soy Sauce	10	0.0	2.0	0.0
<b>Totals:</b>	<b>262</b>	<b>(37%) 24.4</b>	<b>(36%) 23.5</b>	<b>(26%) 7.6</b>

<b>Lunch - Chicken &amp; Cheese Burrito</b>				
Food	Calories	Protein	Carb	Fat
3 oz Chicken Breast (bnls/sknls)	93	19.5	0.0	0.9
0.5 oz Cheese, Cheddar	55	3.5	0.5	4.5
0.25 cup Vegetables Mixed	20	0.0	3.5	0.0
1.5 oz Tortillas, Corn	75	0.0	13.8	1.5
1 oz Salsa (sugar free)	5	0.0	1.0	0.0
<b>Totals:</b>	<b>248</b>	<b>(37%) 23.0</b>	<b>(30%) 18.8</b>	<b>(25%) 6.9</b>

<b>Lunch - Subway Wrap w/ Chicken (can add lettuce, tomato, onion)</b>				
Food	Calories	Protein	Carb	Fat
3 oz Chicken Breast (bnls/sknls)	93	19.5	0.0	0.9
0.5 oz Cheese, Swiss	55	4.0	0.5	4.0
1 serving Wrap, Whole Wheat, Subway	120	0.0	13.0	4.0
<b>Totals:</b>	<b>268</b>	<b>(35%) 23.5</b>	<b>(20%) 13.5</b>	<b>(30%) 8.9</b>

<b>Lunch - Wendy's Mandarin Chicken Salad (no Almonds or Noodles)</b>				
Food	Calories	Protein	Carb	Fat
1 serving Wendy's Mandarin Chix Salad (no almonds, no noodles, 1/2 packet dressing)	265	23.0	29.0	7.5
<b>Totals:</b>	<b>265</b>	<b>(35%) 23.0</b>	<b>(44%) 29.0</b>	<b>(25%) 7.5</b>

<b>Dinner - Salmon w/ Rice &amp; Vegetables &amp; Dessert</b>				
Food	Calories	Protein	Carb	Fat
4.5 oz Salmon	180	25.2	0.0	9.0
1 oz Lemon Juice, Fresh	8	0.0	2.6	0.1
0.25 cup Rice, Brown (ckd)	50	0.0	11.0	0.0
5 oz Asparagus	30	0.0	5.0	0.6
1 serving Dreyers Fruit Bar	30	0.0	8.0	0.0
<b>Totals:</b>	<b>298</b>	<b>(34%) 25.2</b>	<b>(36%) 26.6</b>	<b>(29%) 9.7</b>

<b>Dinner - Salmon w/ Rice &amp; Vegetables</b>				
Food	Calories	Protein	Carb	Fat
4.5 oz Salmon	180	25.2	0.0	9.0
1 oz Lemon Juice, Fresh	8	0.0	2.6	0.1
0.25 cup Rice, Brown (ckd)	50	0.0	11.0	0.0
4 oz Asparagus	24	0.0	4.0	0.5
<b>Totals:</b>	<b>262</b>	<b>(38%) 25.2</b>	<b>(27%) 17.6</b>	<b>(33%) 9.6</b>

<b>Dinner - "Open Faced" Lean Turkey Burger w/ Vegetables (can add lettuce, tomato, onion)</b>				
Food	Calories	Protein	Carb	Fat
3.5 oz Ground Turkey (99%FF)	105	24.9	0.0	0.7
0.75 oz Avocado	38	0.0	1.5	3.8
0.5 Bun Bread, Wheat Bun	65	0.0	10.0	1.5
0.75 cup Vegetables, Stir-Fry Mix, Frozen	45	0.0	6.8	0.0
<b>Totals:</b>	<b>253</b>	<b>(39%) 24.9</b>	<b>(29%) 18.3</b>	<b>(21%) 6.0</b>

<b>Dinner - Filet Mignon w/ Sweet Potato &amp; Broccoli</b>				
Food	Calories	Protein	Carb	Fat
3.5 oz Filet Mignon	175	28.0	0.0	8.8
2 oz Yams	60	0.0	14.0	0.0
3 oz Broccoli	24	0.0	4.5	0.5
<b>Totals:</b>	<b>259</b>	<b>(43%) 28.0</b>	<b>(29%) 18.5</b>	<b>(32%) 9.2</b>

<b>Dinner - Grilled Chicken w/ Spinach Bean Salad &amp; Tea (optional)</b>				
Food	Calories	Protein	Carb	Fat
4 oz Chicken Breast (bnls/sknls)	124	26.0	0.0	1.2
1 tablespoon Salad Dressing, Oil/Vinegar	70	0.0	1.0	8.0
3 cup Spinach Leaves, Uncooked	21	0.0	3.0	0.0
1 oz Beans, Garbanzo	102	0.0	18.0	2.0
<b>Totals:</b>	<b>317</b>	<b>(33%) 26.0</b>	<b>(28%) 22.0</b>	<b>(32%) 11.2</b>

<b>Dinner - Grilled Chicken w/ Spinach Bean Salad &amp; Tea (optional)</b>				
Food	Calories	Protein	Carb	Fat
4 oz Chicken Breast (bnls/sknls)	124	26.0	0.0	1.2
2 tablespoon Salad Dressing, Balsamic Viniagrette, Newman's Own Lighten Up (LF)	44	0.0	2.0	4.0
3 cup Spinach Leaves, Uncooked	21	0.0	3.0	0.0
0.75 oz Beans, Garbanzo	77	0.0	13.5	1.5
<b>Totals:</b>	<b>266</b>	<b>(39%) 26.0</b>	<b>(28%) 18.5</b>	<b>(23%) 6.7</b>

<b>Dinner - Meat Sauce &amp; Whole Wheat Pasta</b>				
Food	Calories	Protein	Carb	Fat
4 oz Ground Beef (x-lean)	160	22.8	0.0	8.0
1 teaspoon Garlic Powder	0	0.0	0.0	0.0
2 oz Pasta (ckd)	74	0.0	16.0	1.0
0.25 cup Tomato Sauce	15	0.0	3.0	0.0
<b>Totals:</b>	<b>249</b>	<b>(37%) 22.8</b>	<b>(31%) 19.0</b>	<b>(33%) 9.0</b>

<b>Dinner - Chicken Vegetable Stir-fry</b>				
Food	Calories	Protein	Carb	Fat
4 oz Chicken Breast (bnls/sknls)	124	26.0	0.0	1.2
1.75 cup Vegetables, Stir-Fry Mix, Frozen	105	0.0	15.8	0.0
0.33 tablespoon Olive Oil	40	0.0	0.0	4.6
1 teaspoon Garlic Powder	0	0.0	0.0	0.0
1 tablespoon Soy Sauce	10	0.0	2.0	0.0
<b>Totals:</b>	<b>279</b>	<b>(37%) 26.0</b>	<b>(25%) 17.8</b>	<b>(19%) 5.8</b>

<b>Dinner - BBQ Chicken &amp; Sweet Potato Fries (see VN Recipes)</b>				
Food	Calories	Protein	Carb	Fat
3.5 oz Chicken Breast (bnls/sknls)	109	22.8	0.0	1.1
1 tablespoon BBQ Sauce	30	0.0	7.0	0.0
2 oz Potato, Sweet	60	0.0	14.0	0.0
0.5 tablespoon Olive Oil	60	0.0	0.0	7.0
<b>Totals:</b>	<b>259</b>	<b>(35%) 22.8</b>	<b>(32%) 21.0</b>	<b>(28%) 8.1</b>

<b>Dinner - Shrimp, Rice &amp; Vegetable Stir-fry</b>				
Food	Calories	Protein	Carb	Fat
4 oz Shrimp (raw or steamed)	112	24.0	0.0	1.0
0.33 tablespoon Olive Oil	40	0.0	0.0	4.6
0.25 cup Rice, Brown (ckd)	50	0.0	11.0	0.0
5 oz Broccoli	40	0.0	7.5	0.8
1 tablespoon Soy Sauce	10	0.0	2.0	0.0
<b>Totals:</b>	<b>252</b>	<b>(38%) 24.0</b>	<b>(33%) 20.5</b>	<b>(23%) 6.4</b>

<b>Dinner - Pork Tenderloin &amp; Sweet Potato &amp; Vegetables</b>				
Food	Calories	Protein	Carb	Fat
4 oz Pork Tenderloin, Lean	136	24.0	0.0	4.0
2 oz Potato, Sweet	60	0.0	14.0	0.0
0.5 cup Spinach, (ckd)	25	0.0	5.0	0.0
0.25 tablespoon Butter	25	0.0	0.0	3.0
<b>Totals:</b>	<b>246</b>	<b>(39%) 24.0</b>	<b>(31%) 19.0</b>	<b>(26%) 7.0</b>

Snack - Quick Turkey Roll-up w/ Mustard (optional) ,Fruit & Nuts				
Food	Calories	Protein	Carb	Fat
4 oz Turkey Breast, Boar's Head, Low Sodium	100	24.0	0.0	0.5
1 tablespoon Mustard	5	0.0	1.0	0.0
0.5 oz Almonds (Raw)	85	0.0	3.0	8.0
4.5 oz Apple	77	0.0	19.4	0.5
<b>Totals:</b>	<b>267</b>	<b>(36%) 24.0</b>	<b>(35%) 23.4</b>	<b>(30%) 9.0</b>

Snack - Quick Turkey Roll-up w/ Mustard (optional), Fruit & Nuts				
Food	Calories	Protein	Carb	Fat
4 oz Turkey Breast, Boar's Head, Low Sodium	100	24.0	0.0	0.5
1 tablespoon Mustard	5	0.0	1.0	0.0
0.5 oz Cashews (Raw)	80	0.0	4.6	6.6
3.5 oz Apple	60	0.0	15.1	0.4
<b>Totals:</b>	<b>245</b>	<b>(39%) 24.0</b>	<b>(34%) 20.7</b>	<b>(27%) 7.5</b>

Snack - Edamame- 2/3 Meal				
Food	Calories	Protein	Carb	Fat
4 oz Beans, Soy, Edamame	160	12.8	12.8	5.6
<b>Totals:</b>	<b>160</b>	<b>(32%) 12.8</b>	<b>(32%) 12.8</b>	<b>(32%) 5.6</b>

Snack - Protein Bar				
Food	Calories	Protein	Carb	Fat
1 serving Think Thin	220	20.0	25.0	7.5
<b>Totals:</b>	<b>220</b>	<b>(36%) 20.0</b>	<b>(45%) 25.0</b>	<b>(31%) 7.5</b>

Whole Gains Meal Replacement Shake				
Food	Calories	Protein	Carb	Fat
2 scoop Whole Gains Meal Replacement - Mango	204	24.0	15.0	5.0
<b>Totals:</b>	<b>204</b>	<b>(47%) 24.0</b>	<b>(29%) 15.0</b>	<b>(22%) 5.0</b>

Snack - Ready to Drink Protein Shake & Fruit & Nuts				
Food	Calories	Protein	Carb	Fat
11 oz Myoplex, Ready to Drink, Carb Sense	160	25.0	5.0	3.5
0.25 oz Almonds (Raw)	43	0.0	1.5	4.0
2 oz Grapes	40	0.0	10.2	0.5
<b>Totals:</b>	<b>243</b>	<b>(41%) 25.0</b>	<b>(28%) 16.7</b>	<b>(30%) 8.0</b>



<b>Snack - Quick Turkey &amp; Avocado Roll-up w/ Fruit</b>				
Food	Calories	Protein	Carb	Fat
4 oz Turkey Breast, Boar's Head, Low Sodium	100	24.0	0.0	0.5
5 oz Orange	65	0.0	16.5	0.5
1 oz Avocado	50	0.0	2.0	5.0
<b>Totals:</b>	<b>215</b>	<b>(45%) 24.0</b>	<b>(34%) 18.5</b>	<b>(25%) 6.0</b>
<b>Snack - Protein Smoothie w/ Fruit &amp; Yogurt (can add water, ice, splenda)</b>				
Food	Calories	Protein	Carb	Fat
1 scoop Protein Powder, Whey, Any Flavor	102	20.0	1.0	1.5
4 oz Yogurt, Dannon Light & Fit, Carb Control, Flavored	60	5.0	3.0	3.0
0.25 oz Almonds (Raw)	43	0.0	1.5	4.0
6 oz Strawberries	54	0.0	12.0	0.7
<b>Totals:</b>	<b>259</b>	<b>(39%) 25.0</b>	<b>(27%) 17.5</b>	<b>(32%) 9.2</b>
<b>Snack - Cottage Cheese w/ Fruit</b>				
Food	Calories	Protein	Carb	Fat
7 oz Cottage Cheese (LF)	175	24.5	7.0	4.2
5 oz Strawberries	45	0.0	10.0	0.6
0.25 oz Almonds (Raw)	43	0.0	1.5	4.0
<b>Totals:</b>	<b>263</b>	<b>(37%) 24.5</b>	<b>(28%) 18.5</b>	<b>(30%) 8.8</b>
<b>Snack - Protein Smoothie (can add water, ice, splenda)</b>				
Food	Calories	Protein	Carb	Fat
1 scoop Protein Powder, Whey, Any Flavor	102	20.0	1.0	1.5
4 oz Milk (NF)	44	4.5	6.0	0.5
6 oz Strawberries	54	0.0	12.0	0.7
0.66 tablespoon Peanut Butter	66	0.0	2.1	5.3
<b>Totals:</b>	<b>266</b>	<b>(37%) 24.5</b>	<b>(32%) 21.1</b>	<b>(27%) 7.9</b>
<b>Snack - Protein Smoothie (can add water, ice, splenda)</b>				
Food	Calories	Protein	Carb	Fat
1 scoop Protein Powder, Whey, Any Flavor	102	20.0	1.0	1.5
4 oz Milk (NF)	44	4.5	6.0	0.5
1.5 oz Banana	39	0.0	10.2	0.0
2 oz Strawberries	18	0.0	4.0	0.2
0.5 tablespoon Flaxseed Oil	60	0.0	0.0	7.0
<b>Totals:</b>	<b>263</b>	<b>(37%) 24.5</b>	<b>(32%) 21.2</b>	<b>(32%) 9.2</b>