

Nutrition Planner



Time Between Each meal:
2-3 hours

Time Between Each meal: 2-3 hours	Target Calories		Protein	Carbs	Fat	
	2733		246	301	61	
	Meal#1					
Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0
Whole Egg	100	146.0	13.0	1.0	1.0	10.0
Egg White	159	76.3	17.5	1.6	1.6	0.0
Cinnamon	0.5	1.7	0.0	0.4	0.0	0.0
Almonds (Raw)	12	73.6	2.5	2.6	0.5	5.9
Omega-3 Cap(1000mg)	2	18.0	0.0	0.0	0.0	2.0
Glutamine	5	0.0	0.0	0.0	0.0	0.0
Total	315.6		33.0	5.6	17.9	

Notes: Multi-vitamins, 2g vitamin C

Meal#2					
Foods	Quantity (g)	Calories	Protein	Carbs	Fat
Whey isolate beyond yourself	30	126.4	26.0	1.3	1.9
Apple	200	89.0	0.8	21.0	0.2
Rice Cake (1 rice cake,9g)	45	178.0	5.0	35.0	2.0
Almond Butter	15	90.0	2.8	2.8	7.5
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
Total		483.4	34.6	60.1	11.6

Notes:

Meal#3					
Foods	Quantity (g)	Calories	Protein	Carbs	Fat
Chicken, Breast	100	114.8	26.0	0.0	1.2
Spinach	30	8.8	0.9	1.1	0.1
Broccoli	100	41.2	2.8	6.6	0.4
Peppers (Green)	20	4.8	0.2	1.0	0.0
Brown Rice Minute Rice	100	375.8	7.0	79.1	3.5
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
Total		545.4	36.9	87.8	5.2

Notes:

Pre-workout meal	Meal#4						
Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat	
Whey isolate beyond yourself	25	105.3	21.7	1.1	0.0	1.6	
100 Quick oats Quaker	70	308.0	9.3	46.7	0.0	9.3	
Cinnamon	0.5	1.7	0.0	0.4	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
Total		415.1	31.0	48.2		10.9	

Notes: Take this meal 1h30-2h before you workout

Post-workout shake	Meal#5						
Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat	
Whey isolate beyond yourself	50	210.7	43.3	2.2	0.0	3.2	
Dextrose	70	280.0	0.0	70.0	70.0	0.0	
Creatine	5	0.0	0.0	0.0	0.0	0.0	
Glutamine	5	0.0	0.0	0.0	0.0	0.0	
Vitamin C	2	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
Total		490.7	43.3	72.2		3.2	

Notes: Take this shake immediately after your workout

Post-workout Meal	Meal#6						
Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat	
Chicken, Breast	120	137.8	31.2	0.0	0.0	1.4	
Almonds (Raw)	10	61.3	2.1	2.2	0.4	4.9	
Spinach	30	8.8	0.9	1.1	0.1	0.1	
Peppers (Green)	20	4.8	0.2	1.0	0.4	0.0	
Mushroom	20	4.8	0.6	0.6	0.0	0.0	
Sweet Potato	100	92.0	2.0	21.0	0.0	0.0	
Olive Oil	1	9.0	0.0	0.0	0.0	1.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
Total		318.5	37.0	25.9		7.5	

Notes: take this meal 30-60 minutes after your workout.

	Meal#7						
Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat	
Whey isolate beyond yourself	35	147.5	30.3	1.5	0.0	2.2	
Glutamine	5	0.0	0.0	0.0	0.0	0.0	
Flaxseed oil Cap(1000mg)	2	18.0	0.0	0.0	0.0	2.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
Total		165.5	30.3	1.5		4.2	

Notes:

	Meal#8						
Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat	
----- NO FOOD-----	0	0	0	0	0	0	
----- NO FOOD-----	0	0	0	0	0	0	
----- NO FOOD-----	0	0	0	0	0	0	
----- NO FOOD-----	0	0	0	0	0	0	
----- NO FOOD-----	0	0	0	0	0	0	
----- NO FOOD-----	0	0	0	0	0	0	
----- NO FOOD-----	0	0	0	0	0	0	
----- NO FOOD-----	0	0	0	0	0	0	
Total		0	0	0		0	

Notes:

Total :	2734.1	246.0	301.3	60.5
Differene(Total VS Target):	1.5	0.1	0.7	-0.2