

# Week 1 - Day 1

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Boiled eggs w/tomato slices &amp; avocado</b>					
2 large	Egg whole w/yolk	13.40	0.80	9.6	140.00
1/2 each	Small avocado	.75	6.5	11.5	135.50
3 slices	Tomato	1.00	2.00	0.00	10.00
Totals		15.15	9.30	21.10	285.50
<b>AM Snack - Half banana &amp; almonds</b>					
10 each	Almonds	2.50	2.50	5.00	67.00
1/2 each	Banana – medium	0.60	13.35	0.30	52.50
Totals		3.1	15.85	5.30	119.50
<b>Lunch - Make salad, top with chicken</b>					
3 ounces	Chicken breast / white meat	19.50	0.00	1.20	93.00
1/2 cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
1/4 cup	Grated carrots	0.25	2.75	0.00	11.25
2 tablespoons	Oil & vinegar – vinaigrette	0.20	3.80	1.80	32.00
1 large	Salad - large garden with tomato	2.60	19.00	0.80	98.00
1/4 cup	Chopped orange peppers	0.46	9.00	0.00	46.00
Totals		23.41	35.95	3.80	287.25
<b>PM Snack - Dip celery in hummus</b>					
2 each	Celery stalks	1.00	4.00	0.00	20.00
3 tablespoons	Hummus	3.00	6.00	4.50	75.00
Totals		4.0	10.00	4.50	95.00
<b>Dinner – Halibut with broccoli and carrots</b>					
1 cup	Broccoli, steamed	11.40	19.68	0.44	103.04
1 cup	Chopped carrots lightly boiled	1.0	12.00	0.00	52.00
8 ounces	Halibut - broiled	60.00	0.00	8.00	320.00
Totals		72.40	31.68	8.44	475.04
<b>Evening Snack - Pumpkin seeds</b>					
1/4 cup	Seeds, pumpkin	8.80	4.34	14.47	169.33
Totals		8.80	4.34	14.47	169.33
<b>Actual Totals for Day</b>		<b>127.88</b>	<b>111.12</b>	<b>57.61</b>	<b>1451.62</b>