

1300		40% p	537 cal	130g		
calorie		35% f	470 cal	52g		
daily goals		25% c	336 cal	84g		
				protein	fats	carbs
			Day 1 totals	129.5	60	86
how much						
3	med egg					
	protein	7	21			
	fat	5		15		
	carbs	0				0
2	whole wheat toast					
	protein	3	6			
	fat	1		2		
	carbs	11				22
				27	17	22
1	medium gala apple					
	protein	0.5	0.5			
	fat	0.5		0.5		
	carbs	19				19
3	1tbsp peanut butter					
	protein	4	12			
	fat	8		24		
	carbs	3.5				10.5
				12.5	24.5	29.5
3	1c spinach					
	protein	1	3			
	fat	0		0		
	carbs	1				3
4	1oz chicken					
	protein	8	32			
	fat	1		4		
	carbs	0				0
				35	4	3
2	1 scoop protein shake					
	protein	25	50			
	fat	3		6		
	carbs	5				10
1	1c mixed frozen berry blend					
	protein	1	1			
	fat	0.5		0.5		
	carbs	18				18
1	1tbsp peanut butter					
	protein	4	4			
	fat	8		8		
	carbs	3.5				3.5
				55	14.5	31.5