

2200					
calorie	219g				
	85g				
	137g				
			protein	fats	carbs
		Day 2 totals	184.5	89.5	120.5
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
3	1tbsp peanut butter				
	protein	4	12		
	fat	8		24	
	carbs	3.5			10.5
2	whole wheat toast				
	protein	3	6		
	fat	1		2	
	carbs	11			22
			18	26	32.5
1	medium gala apple				
	protein	0.5	0.5		
	fat	0.5		0.5	
	carbs	19			19
3	30g old white cheddar				
	protein	7	21		
	fat	10		30	
	carbs	1			3
			21.5	30.5	22
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
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