

Date	Meal	Food Consumed	Calories
1/29/2018	Breakfast	Think Thin Honey P-Nut butter Oatmeal	200
	After Workout Shake	Large Banana	121
		Gold Standard Whey Protien	130
		Carnation Instant non-fat milk	60
		PB2 powdered peanut butter	50
	Lunch	Tuna Creations Buffalo Style	70
	Dinner	6oz Grilled Ribeye	414
		Del Monte French Style Green Beans	40
		Long Grain and Wild Rice	190
	Snacks	Think Thin Protien Bar	240
		Total	1515
1/30/2018	Breakfast	Muscle Milk (small)	160
	After Workout Shake	Large Banana	121
		Gold Standard Whey Protien	130
		Carnation Instant non-fat milk	60
		PB2 powdered peanut butter	50
	Lunch	Tuna Creations Buffalo Style	70
		Del Monte Sweet Peas Low Sodium	150
	Dinner	Grilled Skinless Chicken Breast 6 oz	250
		Del Monte French Style Green Beans	40
		Long Grain and Wild Rice	190
	Snacks	Pure Protien Bar	240

		Total	1461
1/30/2018	Breakfast	Powerful Oatmeal - Apple Cinnamon	230
	After Workout Shake	Large Banana	121
		Gold Standard Whey Protien	130
		Carnation Instant non-fat milk	60
		PB2 powdered peanut butter	50
	Lunch	Tuna Steak	260
		Del Monte Sweet Peas Low Sodium	150
	Dinner	3 scrambled Eggs	210
		Sausage Patties x 2	260
	Snacks		
		Total	1471
2/1/2018	Breakfast	Wildway Apple Cinnamon Granola	140
		Almond Milk .5 cup	15
		Gold Standard Protein .5 scoop	65
	After Workout Shake	Large Banana	121
		Gold Standard Whey Protien	130
		Almond Milk	30
		PB2 powdered peanut butter	50
		Ground Flaxseed	70
		Sliced Almonds	80
	Lunch	Grilled Chicken Breaast	210
		Del Monte French Style Green Beans	40

	Dinner	2 scrambled eggs	210
		Sausage patties x 2	260
	Snacks	Wildway granola	140
		Total	1561
2/2/2018	Breakfast	Wildway Apple Cinnamon Granola	140
	After Workout Shake	Large Banana	121
		Gold Standard Whey Protein	130
		Almond Milk	30
		PB2 powdered peanut butter	50
		Ground Flaxseed	70
		Baby Spinach (1 cup)	7
	Lunch	Grilled Chicken 4 oz	210
		Low Sodium Black Beans	165
	Dinner	Tuna Steak	260
		Low Sodium Black Beans	165
		Del Monte Green Beans	40
	Snacks	Larry and Larry Complete Cookie	400
		Total	1788
2/3/2018	Breakfast	Powerful Oatmeal - Apple Cinnamon	230
	Lunch	Wildway Apple Cinnamon Granola	140
		Wilderness Athlete Mountain Berry Bar	200

	Dinner	Tuna Steak	260
		Low Sodium Black Beans	165
		Del Monte Green Beans	40
	Snacks	Wilderness Athlete Energy and Focus	22
		Wilderness Athlete Hydrate Recover	40
		Muscle Milk Shake	160
		Turkey Peperoni	70
		Total	1327