

Date	Meal	Food Consumed	Calories
2/4/2018	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
2/5/2018	Breakfast	Wildway Apple Cinnamon Granola	210
		Wilderness Athlete Energy and Focus	45
	After Work	Large Banana	121
		Gold Standard Whey Protien	130
		Almond Milk	30
		PB2 powdered peanut butter	50
		Ground Flaxseed	70
		Baby Spinach (1 cup)	7
	Lunch	Tuna Creations Blazing	70
		Low Sodium Black Beans	165
		Minute Brown and Wild Rice	230
	Dinner		
	Snacks		
		Total	1128

2/6/2018	Breakfast	Wilderness Athlete based protien shake	449
		Wilderness Athlete Energy and Focus	45
	Lunch	Grilled Chicken Breast 8 oz	280
		Low Sodium Black Beans	165
		Minute Brown and Wild Rice	230

	Dinner	Grilled Grouper 4.5 oz	150
		French Style Green Beans	80
		Muscle Milk Shake	160
	Snacks	Wilderness Athlete Hydrate and Recover	40
		Total	1599

2/7/2018	Breakfast	Muscle Milk Shake	160
			45
	Lunch	Tuna Creations Blazing	70
		Low Sodium Black Beans	165
		Minute Brown and Wild Rice	230
	Dinner	Grilled Chicken Breast 8oz	280
		Green Beans	40
	Snacks	Wilderness Athlete based protien shake	500
		Total	1490

2/8/2018	Breakfast	Berry Smoothie (Whey Protien)	330
		Wilderness Athlete Energy and Focus	45
	Lunch	Protien bar (airport travel day)	180
		Muscle Milk shake	160
	Dinner	Baked Beans	382
		Pulled Pork	550
		House Salad w/dressing	200
	Snacks		
		Total	1847

2/9/2018	Breakfast	Think Thin Oatmeal	190
		Coffee with half and half	170
	Lunch	Granola Bar	200
	Dinner	8oz Sirloin	552

		Green Beans	80
	Late Meal	3 eggs scrambled	210
		Sausage patties	260
		Total	1662

2/10/2018	Breakfast	Bacon 4 strips	160
		3 eggs scrambled	210
	Lunch	Granola Bar	200
	Dinner	Roast Beef	384
		Chicken	270
		Brown and Wild Rice	230
	Snacks		
		Total	1454