

1800 Calorie Menu						
Food Item	Quantity	Calories	Pro (g)	Carbs (g)	Fat (g)	Fiber (g)
<b>Meal # 1</b>						
strawberries	1 cup	50	0	12	0	3
OJ	1/4 cup	29	0	6.5	0	
Whey Protein	1.5 scoops	139	28	3.5	2,5	
banana	1-	50	0	26	0	3
<b>Meal # 2</b>						
<b>LF van. Yogurt</b>	1/2 cup	104	6	17	1.5	
Cliff Bar	1	250	10	44	5	5
<b>Meal # 3</b>						
Rye Bread	2 slices	166	3	30	2	2
tuna	3 oz. (1/2) can	109	20	0	3	0
light mayo	1 tbl	40	1	1	4.5	0
tomato	3 slices	13	0	3	0	0
butter lettuce	2 lrg leaves	4	0	1	0	0
grapes	1/4 cup	26	0	0	0	0
kiwi	1	46	1	11	0	0
<b>Meal # 4</b>						
edamames	3/4 cup pods	135	14	12	7	5
baby carrots	15	50	2	12	0	5
<b>Meal 5</b>						
Chicken breast	2 cups					
red pepper	1/2 breast	130	27	0	1	
Pasilla chille	1/4 cup	10	0	2		1
olive oil	1/4 cup	10	0	3	0	1
corn tortillas	1 tsp	40	0	0	4.5	0
tomato	2	100	2	22	2	4
black beans	1/2 diced	13	0	3	0	0
<b>Meal 6</b>						
1%cottage cheese	1 cup	163	28	6	2	0
Bueberries	1/2 cup	42	0	11	0	2
<b>Totals</b>		1794	145 (g) 33%	237 (g) 52%	34 (g) 15%	35 (g)