

**Breakfast**

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Scrambled Eggs made with 2 whole eggs and 6 egg whites 290g	14.6	34.2	0	378
English muffin x 1 63g	2	5	30	189
<b>Totals:</b>	<b>16.6</b>	<b>39.2</b>	<b>30</b>	<b>567</b>

**Snack**

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Multipower Muscle Effect 55g	0	18	25	185
Banana 1 medium 150g	0.5	1.8	34.8	143
<b>Totals:</b>	<b>0.5</b>	<b>19.8</b>	<b>59.8</b>	<b>328</b>

**Lunch**

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Blueberry 53. 2 servings	20	100	26	760
<b>Totals:</b>	<b>20</b>	<b>100</b>	<b>26</b>	<b>760</b>

## Snack

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Multipower Muscle Effect 55g	0	18	25	185
Apple Red Delicious ap.170g	0	0	23.8	90
<b>Totals:</b>	<b>0</b>	<b>18</b>	<b>48.8</b>	<b>275</b>

## Dinner

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Salmon fillet , baked in foil 124g	5.5	31.7	0	185
Sweet potatoe , Baked 130g	1	2	36	150
Asparagus 125g	1	4	2	33
Walnuts 20g	14	3	1	138
<b>Totals:</b>	<b>21.5</b>	<b>40.7</b>	<b>39</b>	<b>506</b>

## Snack

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Cottage cheese, plain 200g	4.8	27.6	4.2	196
<b>Totals:</b>	<b>4.8</b>	<b>27.6</b>	<b>4.2</b>	<b>196</b>

Daily Plan Fat  
Totals (g)

Daily Plan Protein  
Totals (g)

Daily Plan Carbohydrate  
Totals (g)

Daily Plan Calorie  
Totals (Kcal)

**TOTALS:**

**63.4**

**245.3**

**207.8**

**2632**

