

Diet Plan: Project Me

Week 5

1440 Calories 134g Carbs 52g Fat 116g Protein

Meal Summary	Ingredients	Directions
Breakfast 313 Calories 36g Carbs 7g Fat 28g Protein	Whey protein powder 1 scoop (30g) Whey protein powder	
1 scoop (30g) Whey protein powder 120 Calories 3g Carbs 1g Fat 24g Protein	Strawberries 1 cup, whole Strawberries	
1 cup, whole Strawberries 46 Calories 11g Carbs 0g Fat 1g Protein	Pure Coconut Milk 1 cup Pure Coconut Milk	
1 cup Pure Coconut Milk 80 Calories 7g Carbs 5g Fat 1g Protein	Rolled oats 1/4 cup Rolled oats	
1/4 cup Rolled oats 67 Calories 15g Carbs 1g Fat 2g Protein		
Snack 80 Calories 0g Carbs 5g Fat 7g Protein	Egg 1 extra large Egg	
1 extra large Egg 80 Calories 0g Carbs 5g Fat 7g Protein		
Lunch 478 Calories 35g Carbs 17g Fat 47g Protein	Spinach 2 cup Spinach	
2 cup Spinach 14 Calories 2g Carbs 0g Fat 2g Protein	Chicken breast 112 grams Chicken breast	
112 grams Chicken breast 185 Calories 0g Carbs 4g Fat 35g Protein	Canned black beans 1/2 cup Canned black beans	
1/2 cup Canned black beans 118 Calories 22g Carbs 0g Fat 8g Protein	Avocados 1/4 cup, pureed Avocados	
	Cilantro Avocado Dressing 2 tbsp Cilantro Avocado	

Protein

1/4 cup, pureed **Avocados**

96 Calories | 5g Carbs | 9g Fat | 1g Protein

2 tbsp **Cilantro Avocado Dressing**

40 Calories | 1g Carbs | 4g Fat | 1g Protein

1 1/2 cup **Fresh Selection Cole Slaw**

25 Calories | 5g Carbs | 0g Fat | 1g Protein

Pre-Workout Snack

84 Calories | 21g Carbs | 0g Fat | 1g Protein

1 cup **Blueberries**

84 Calories | 21g Carbs | 0g Fat | 1g Protein

Post-Workout

180 Calories | 21g Carbs | 9g Fat | 5g Protein

1 serving **Qia Bar**

180 Calories | 21g Carbs | 9g Fat | 5g Protein

Dinner

305 Calories | 21g Carbs | 13g Fat | 27g Protein

3 oz **Atlantic salmon**

155 Calories | 0g Carbs | 7g Fat | 22g Protein

1 cup, chopped **Broccoli**

55 Calories | 11g Carbs | 1g Fat | 4g Protein

1/4 cup **Quinoa**

56 Calories | 10g Carbs | 1g Fat | 2g Protein

1 tsp **Olive oil**

40 Calories | 0g Carbs | 5g Fat | 0g Protein

Dressing

Fresh Selection Cole Slaw

1 1/2 cup Fresh Selection Cole Slaw

Blueberries

1 cup Blueberries

Qia Bar

1 serving Qia Bar

Atlantic salmon

3 oz Atlantic salmon

Broccoli

1 cup, chopped Broccoli

Quinoa

1/4 cup Quinoa

Olive oil

1 tsp Olive oil