

Food Plan
 Man, 200lbs, 10% body fat
 GOAL 3% in 12 Weeks

Time	Activity	Foods	Amount	Units	Calories	Protein	Total Carbs	Carbs- Sugar	Total Fat	Saturated Fat
7:00 AM	Meal 1									
Notes: <i>Followed by 20 minutes of cardio</i>										
		Egg Whole	1.00	egg	71	6	0	0	5	2
		Eggs White	4.00	1/4 cup	120	24	0	0	0	0
		Onion	0.13	whole	5.5	0	1.25	0.5875	0.0125	0
		Ground Beef 90% lean	3.00	oz	127.5	17.25	0	0	6	2.625
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
		Total			324.00	47.25	1.25	0.59	11.01	4.63
8:30 AM	Meal 2									
Notes: <i>Directly After Cardio</i>										
		Oatmeal	0.75	Cup(s)	225	7.5	40.5	1.5	3.75	0.75
		Eggs White	4.00	1/4 cup	120	24	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
		Total			345.00	31.50	40.50	1.50	3.75	0.75
11:00 AM	Meal 3									
Notes:										
		Chicken Breast	6.00	oz	276	54	0	0	6	0
		Potato Sweet	6.00	oz	156	6	36	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
		Total			432.00	60.00	36.00	0.00	6.00	0.00
2:00 PM										
Notes:										
		Chicken Breast	6.00	oz	276	54	0	0	6	0
		Potato Sweet	6.00	oz	156	6	36	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
		Total			432.00	60.00	36.00	0.00	6.00	0.00
4:30 PM										
Notes:										
		Ground Beef 90% lean	5.00	oz	212.5	28.75	0	0	10	4.375
		Potato Sweet	6.00	oz	156	6	36	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
		Total			368.50	34.75	36.00	0.00	10.00	4.38
5:30 PM: WEIGHT TRAINING 60 Minutes										
6:30 PM										
Notes:										
		Protein Powder Dym ISO-100	1.00	scoop	130	24	4	2	2	0
		Eggs White	4.00	1/4 cup	120	24	0	0	0	0
		Rice Cake	4.00	1 Wafer	140	2.8	32	0.4	0.8	0.4
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
		Total			390.00	50.80	36.00	2.40	2.80	0.40
8:30 PM										
Notes:										
		Chicken Breast	8.00	oz	368	72	0	0	8	0
		Rice Brown	0.50	Cup(s)	108	2.5	22.5	0.5	1	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
				0	0	0	0	0	0	0
		Total			476.00	74.50	22.50	0.50	9.00	0.00
Total Daily Intake					2767.50	358.80	208.25	4.99	48.56	10.15
Caloric Goal					2769.87	50.54%	25-35%	0-15%	10-20%	0-10%
Approx Calories						1435.20	813.05	19.95	345.71	91.35
Actual						53%	30%	1%	13%	3%