

Breakfast	Calories	Protein	Carbs	Fat
Beachbody - Chocolate Shakeology, 1 packet (48g)	150	18	17	1
Bell Plantation - Pb2 Powdered Peanut Butter, 2 T (12g)	45	5	5	2
Gnc - Amplified Wheyabolic Extreme 60 Protein Shake - Chocolate, 1 scoops (79g)	93	20	2	0
Add Food Quick Tools	288	43	24	3

Snack				
Jack Link's - Original Beef Jerky, 1 oz	80	15	3	1
Generic - Fruit - Fuji Apple - Medium, 1 apple	72	1	22	0
Add Food Quick Tools	152	16	25	1

Lunch				
Oscar Meyer Rotisserie Chicken Breast - Lunch Meat, 3 oz.	90	20	0	2
Carrots - Baby, raw, 15 medium	53	1	12	0
Mustard French's - Classic Yellow Mustard, 2 tsp	0	0	0	0
Latortilla Factory - Smart & Delicious Tortillas High Fiber 12g, Low Carb, Whole Wheat 9", 1 tortilla	80	8	18	3
Add Food Quick Tools	223	29	30	5

Snack				
Almonds - Raw Almonds , 15 Almonds	129	5	5	10
Peaches - Raw, 1 medium (2-1/2" dia) (approx 4 per lb)	38	1	9	0
Add Food Quick Tools	167	6	14	10

Dinner				
Great Value - Chicken Breast, Skinless, Boneless, 6 oz	165	30	0	4
Vegetables - Green Beans -Steamed, 2 cup cooked (4.4 oz)	88	5	20	1
Add Food Quick Tools	253	35	20	5

Snack				
Gnc - Amplified Wheyabolic Extreme 60 Protein Shake - Chocolate, 1.5 scoops (79g)	140	30	3	0
Add Food Quick Tools	140	30	3	0

	Totals	1,223	159	116	24
	Your Daily Goal	1,300	163	98	29
	Remaining	77	4	-18	5
		Calories	Protein	Carbs	Fat

Where Chalean Nutrition Guide

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