

DAY 1 Keto- Protein Focus

Cal 1,986 Carb 57g Pro 198g Fat 110g Fluid 70fl oz

Breakfast 5:00 am

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egg

1 large 91 cal

drinking water

16 fl oz 0 cal

egg (cooked whites)

2 large 34 cal

avocados

1/3 avocado 107 cal

sunflower oil

1 1/2 Tbsp 179 cal

ground turkey, cooked

4 oz 230 cal

Notes ▾

cook eggs in sunflower oil

Meal Totals

Cal 641 Carb 7g Pro 46g Fat 49g Fluid 24fl oz

◀ Post-workout 8:00 am ▶

whey protein powder

2 Scoop 225 cal

Meal Totals

Cal 225 Carb 2g Pro 52g Fat 1g Fluid 0fl oz

◀ Snack 10:00 am ▶

smooth peanut butter, no salt

2 Tbsp 188 cal

drinking water

16 fl oz 0 cal

celery

1 medium stalk 6 cal

Meal Totals

Cal 194 Carb 7g Pro 8g Fat 16g Fluid 17fl oz

◀ Lunch 12:00 pm ▶

romaine lettuce

3 leaf 3 cal

balsamic vinaigrette salad dressing

5 mL (0.17 fl oz) 8 cal

turkey breast, roasted

4 oz 154 cal

baby carrots

1 serving 30 cal

◀ Dinner 6:00 pm ▶

drinking water

16 fl oz 0 cal

chicken, boneless, roasted

7 oz 331 cal

olive oil

1 Tbsp 119 cal

mixed veggies (broccoli, green beans, carrots)

2 Cup(s) 120 cal
