

CUT - 1600 CAL - Starter

Protein 144.5 **Carbs** 134.5 **Fat** 51.7

CALORIES: 1581.3 **FIBER: 23.5**

BREAKFAST 31.0 P 41.0 C 5.0 F 333 CAL

 **Quick Oatmeal (Dry)**
0.5 cup 5.0 P 27.0 C 2.5 F

 **Almond Milk**
1 cup 1.0 P 1.0 C 2.5 F


 **Strawberries**
1 cup 0.0 P 12.0 C 0.0 F

 **Dymatize Protein Powder**
1 scoop 25.0 P 1.0 C 0.0 F

LUNCH 31.3 P 47.4 C 13.5 F 436 CAL


 **Lean Ground Turkey**
4 oz 21.0 P 0.0 C 8.0 F

 **Black Beans**
0.5 cup 7.0 P 20.0 C 0.0 F

 **White Rice**
0.5 cup 2.1 P 22.3 C 0.2 F

 **Lettuce**
2 cups shredded 1.2 P 3.1 C 0.3 F

 **Salsa w/ Fresh Cilantro**
2 tbsp 0.0 P 1.0 C 0.0 F

 **Sour Cream**
2 tablespoons 0.0 P 1.0 C 5.0 F

Text Coach or Send Message in TrueCoach if You Have Questions

DINNER 51.1 P 34.9 C 22.2 F 544 CAL

 **Black Beans**
0.5 cup 7.0 P 20.0 C 0.0 F

 **Steamfresh, Mixed Vegetables**
1 cup frozen 3.0 P 14.9 C 0.0 F

 **Aioli Chipotle Sauce**
1 tbsp 0.0 P 0.0 C 9.0 F

 **Skinless Chicken Thigh**
6 ounces 41.2 P 0.0 C 13.2 F

SNACKS 31.0 P 11.2 C 11.0 F 268 CAL

 **Quest Protein Chips - Nacho**
1 bag 18.0 P 5.0 C 6.0 F

 **Cottage Cheese**
0.5 cup 13.0 P 5.0 C 5.0 F

 **blueberries**
6 berry 0.0 P 1.2 C 0.0 F



Use this GUIDE to Hit 1500 - 1700 CAL/DAY
Look at Your HEALTHY FOODS List for Clean, Strict Food Substitutes for each Block

Need More Calories?
Increase Protein or Veggie Servings or Add 200-300 Calorie Protein Shake to HIT Your Calories

Need Less Calories?
REDUCE Your CARB portions of meals to LOWER Your Calories to STAY UNDER Your Daily Numbers