

DRACOY'S MONDAY/WEDNESDAY NUTRITION TEMPLATE [YANYANXU.COM]

# / Time	Food Item(s)	Servings/Grams		Calories	Protein (g)	Carb (g)	Fat (g)
1 / 7am	OATS	0.5	CUPS	140.00	5.00	26.00	2.50
	OPTIMUM NUTRITION 100% WHEY	1	SCOOP	120.00	24.00	3.00	1.00
	SOY MILK	6	FL OZ	95.00	8.20	9.10	3.50
	ORANGE TRIAD	2	TABS	0.00	0.00	0.00	0.00
	FISH OIL	1	PILL	10.00	0.00	0.00	3.00
	Meal One Totals:				365.00	37.20	38.10
2 / 9:30am	Cafeteria Alternative						
	GRAPE FRUIT	1	WHOLE	106.20	2.00	26.80	0.34
	EGG WHITE	10	WHITES	171.00	36.00	2.50	0.56
	WHOLE WHEAT BREAD	2	SLICES	160.00	6.60	27.00	2.20
Meal Two Totals:				437.20	44.60	56.30	3.10
3 / 12am	WHOLE WHEAT BREAD	2	SLICES	160.00	6.60	27.00	2.20
	NATURAL PEANUT BUTTER	1	TBSP	95.00	4.00	3.50	8.00
	OPTIMUM NUTRITION 100% WHEY	1	SCOOP	120.00	24.00	3.00	1.00
	COOL WHIP LITE	2	TBSP	50.00	0.00	6.00	2.00
	FISH OIL	1	PILL	10.00	0.00	0.00	3.00
	ORANGE TRIAD	2	TABS	0.00	0.00	0.00	0.00
Meal Three Totals:				435.00	34.60	39.50	16.20
4 / 4:30pm	Meat Alternative B						
	Grain Alternative A						
	Veggie Alternative C						
	CHICKEN BREAST (RAW)	8	OZ	281.60	42.40	0.00	11.20
	WHITE RICE	150	GRAMS	193.00	4.00	41.00	0.00
BOK CHOY	190	GRAMS	73.00	2.60	4.20	5.80	
OLIVE OIL	1	TBSP	120.00	0.00	0.00	14.00	
Meal Four Totals:				667.60	49.00	45.20	31.00
5 / 5pm	PURPLE INTRAIN	2	SCOOPS	68.00	8.00	10.00	0.00
	GREEN BULGE	5	CAPS	0.00	0.00	0.00	0.00
	BLUE GENE	1	TABS	0.00	0.00	0.00	0.00
	PURPLE WRAATH	1	SCOOP	0.00	0.00	0.00	0.00
Meal Five Totals:				68.00	8.00	10.00	0.00
6 / 7:30pm	Golden Gains Alternative						
	GOLDEN GAINS	1	SERVING(S)	300.00	21.00	41.00	5.50
	1 BLANK SPACE	0	-	0.00	0.00	0.00	0.00
	FISH OIL	1	TBSP	10.00	0.00	0.00	3.00
ORANGE TRIAD	2	TABS	0.00	0.00	0.00	0.00	
Meal Six Totals:				310.00	21.00	41.00	8.50
7 / 9pm	COTTAGE CHEESE	0.5	CUPS	110.00	13.00	4.00	4.00
	COOL WHIP LITE	2	TBSP	50.00	0.00	6.00	2.00
	GRAPES	130	GRAMS	90.00	0.90	23.50	0.20
	DANNON LIGHT & FIT YOGURT	1	SERVING(S)	80.00	5.00	16.00	0.00
	REDUCTION PM	2	TABS	0.00	0.00	0.00	0.00
Meal Seven Totals:				330.00	18.90	49.50	6.20
Daily Total:				2612.80	213.30	279.60	75.00
Daily Total (%):				102%	33%	43%	26%
Target Daily Total:				2500	200	270	70
Target Daily Total (%):				100%	32%	43%	25%
Variance:				-112.80	-13.30	-9.60	-5.00