

**DRACOY'S TUESDAY/THURSDAY NUTRITION TEMPLATE [YANYANXU.COM]**

# / Time	Food Item(s)	Servings/Grams		Calories	Protein (g)	Carb (g)	Fat (g)
1 / 6am	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
	<b>Meal One Totals:</b>				<b>365.00</b>	<b>37.20</b>	<b>38.10</b>
2 / 7:30am	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
	<b>Meal Two Totals:</b>				<b>68.00</b>	<b>8.00</b>	<b>10.00</b>
3 / 9:30am	<b>Golden Gains Alternative</b>						
	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
	1 BLANK SPACE	0	-	0.00	0.00	0.00	0.00
<b>Meal Three Totals:</b>				<b>300.00</b>	<b>21.00</b>	<b>41.00</b>	<b>5.50</b>
4 / 12:30am	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
	<b>Meal Four Totals:</b>				<b>435.00</b>	<b>34.60</b>	<b>39.50</b>
<b>MEALS 5/6 ARE INTERCHANGEABLE/FLEXIBLE</b>							
5 / 3:30pm	<b>Meat Alternative B</b>						
	<b>Grain Alternative A</b>						
	<b>Veggie Alternative C</b>						
	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	
<b>Meal Five Totals:</b>				<b>667.60</b>	<b>49.00</b>	<b>45.20</b>	<b>31.00</b>
6 / 6:30pm	<b>No Golden Gains Alternative</b>						
	CHICKEN BREAST (RAW)	4	OZ	140.80	21.20	0.00	5.60
	WHOLE WHEAT BREAD	2	SLICES	160.00	6.60	27.00	2.20
	FISH OIL	1	TBSP	10.00	0.00	0.00	3.00
	ORANGE TRIAD	2	TABS	0.00	0.00	0.00	0.00
<b>Meal Six Totals:</b>				<b>310.80</b>	<b>27.80</b>	<b>27.00</b>	<b>10.80</b>
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
	<b>Meal Seven Totals:</b>				<b>330.00</b>	<b>18.90</b>	<b>49.50</b>
<b>Daily Total:</b>				<b>2476.40</b>	<b>196.50</b>	<b>250.30</b>	<b>79.70</b>
<b>Daily Total (%):</b>				<b>101%</b>	<b>32%</b>	<b>40%</b>	<b>29%</b>
<b>Target Daily Total:</b>				<b>2500</b>	<b>200</b>	<b>270</b>	<b>70</b>
<b>Target Daily Total (%):</b>				<b>100%</b>	<b>32%</b>	<b>43%</b>	<b>25%</b>
<b>Variance:</b>				<b>23.60</b>	<b>3.50</b>	<b>19.70</b>	<b>-9.70</b>