

# 1700-1900kcal

MEAL PLAN

# MEAL PLANS EXPLAINED...

In this document we've outlined a week's worth of meal plans.  
One for each day of the week.

Before you take a look at the meal plans, we just want to outline some  
things you should be aware of.

## 1. Introduction

The subject of nutrition can be a minefield at times and knowing what to eat, when to eat and how much to eat can be confusing.

The purpose of this document is to give you an easy guide to follow in order to set up your own diet that you can experiment with.

## 2. Embrace the learning process

These meal plans are for example purposes only and shouldn't be followed as a prescription for nutrition. These individual plans are there as a guide to give you an understanding of how you should set up your nutrition and eating habits based around how many calories you should be consuming.

## 3. The dreaded 'Calorie'

No matter where you are and at what point you are on your fitness journey it is always a good idea to begin to learn about calories.

When it comes to weightloss/fatloss or changing your body composition goals it always comes down to the amount of energy you take in (food and fluids) and the amount of energy you expend (Exercise).

Obviously there is a bit more to it than that but a good understanding of calorie control is half the battle when it comes to weightloss.

## 4. Don't sweat the small details

If you are thinking of using this resource you will first need to know your calorie requirements specific to you and then your protein requirements. These two factors are very important when first starting out and are more than enough to get you started.

## 5. The Diet set up

For the most part you want to be consuming nutrient dense whole foods for most of your diet that includes lean proteins, healthy fats, good carbohydrate sources and a lot of fruit and vegetables.

Having said that its fine to have some treats and food you enjoy as long as they fit around your calorie targets and they don't throw you way off track with your eating habits.

## 6. When to eat

That is entirely up to you and depends how you go about your day. There is no set in stone way of scheduling meals.

If you like a big plate full then go for 2-3 larger meals a day based around your caloric needs. If you are a smaller eater then look at 4-6 smaller portions of food spread out throughout the day.

The important factors are it has got to fit around your lifestyle and as long as your calorie targets are being met it really doesn't matter when you eat your meals.

However one thing i would try to get into the habit of is, when training try to have a meal consisting of a portion of protein and some carbs 30-60 mins beforehand as this can help to assist with energy for your training and recovery afterwards. something like a small banana and a protein shake is ideal.

Below you will find a 7 day example meal plan for your calorie range.

# Monday

1700-1900kcal

Daily Totals

1927kcal

134.6g

163.8g

51.9g

## Breakfast

| Food Item              | Amount   | Calories   | Protein (g) | Carbs (g)   | Fat (g)    |
|------------------------|----------|------------|-------------|-------------|------------|
| Oats                   | 70g      | 272        | 11.8        | 46.4        | 4.8        |
| Skimmed Milk           | 300ml    | 105        | 10          | 15          | 0.3        |
| Banana                 | 1 Medium | 105        | 1.3         | 25          | 0.3        |
| Whey Protein           | 1 Scoop  | 113        | 24          | 1.8         | 1          |
| <b>Breakfast Total</b> |          | <b>595</b> | <b>47.1</b> | <b>88.2</b> | <b>6.4</b> |

## Lunch

| Food Item                                   | Amount              | Calories   | Protein (g) | Carbs (g) | Fat (g)     |
|---|---------------------|------------|-------------|-----------|-------------|
| Wholewheat Bread                            | 2 Slices            | 138        | 5           | 25        | 2.3         |
| Chicken Breast with light seasoning         | 100g (grilled)      | 195        | 30          | 0         | 5           |
| Salad Mix (tomatoes, salad, cucumbers, etc) | Medium Size Serving | 0          | 0           | 0         | 0           |
| Olive Oil                                   | 1 Tsp               | 100        | 0           | 0         | 10          |
| <b>Lunch Total</b>                          |                     | <b>433</b> | <b>35</b>   | <b>25</b> | <b>17.3</b> |

## Dinner

| Food Item                             | Amount | Calories   | Protein (g) | Carbs (g) | Fat (g)   |
|---------------------------------------|--------|------------|-------------|-----------|-----------|
| Salmon Fillet (grilled)               | 120g   | 270        | 25          | 0         | 18        |
| Medium Sized Sweet Potato (palm size) | 100g   | 86         | 1           | 20        | 0         |
| Steamed Veggies (broccoli, etc)       | 100g   | 0          | 0           | 0         | 0         |
| <b>Dinner Total</b>                   |        | <b>356</b> | <b>26</b>   | <b>20</b> | <b>18</b> |

## Snack #1

| Food Item          | Amount    | Calories   | Protein (g) | Carbs (g)   | Fat (g)     |
|--------------------|-----------|------------|-------------|-------------|-------------|
| Whey Protein       | 1 Scoop   | 113        | 24          | 1.8         | 1           |
| Apple              | 1 Medium  | 72         | 0.3         | 25          | 0           |
| Dark Chocolate     | 2 Squares | 106        | 2.2         | 3.8         | 9.2         |
| <b>Snack Total</b> |           | <b>291</b> | <b>26.5</b> | <b>30.6</b> | <b>10.2</b> |

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# Monday

1700-1900kcal

Daily Totals

1927kcal

134.6g

163.8g

51.9g

## Snack #2

| Food Item               | Amount   | Calories   | Protein (g) | Carbs (g) | Fat (g)  |
|-------------------------|----------|------------|-------------|-----------|----------|
| Apple                   | 1 Medium | 72         | 0.3         | 25        | 0        |
| Protein Bar (quest bar) | 1        | 180        | 21          | 22        | 7        |
| <b>Breakfast Total</b>  |          | <b>252</b> | <b>21.3</b> | <b>47</b> | <b>7</b> |

Notes/Additional Information:

# Tuesday

1700-1900kcal

Daily Totals

1749kcal

104.9g

127.4g

58.5g

## Breakfast

| Food Item              | Amount | Calories   | Protein (g) | Carbs (g) | Fat (g)    |
|------------------------|--------|------------|-------------|-----------|------------|
| Oats                   | 40g    | 156        | 7           | 26        | 3          |
| Skimmed Milk           | 200ml  | 70         | 7           | 10        | 0.2        |
| Raspberries            | 100g   | 52         | 1.2         | 12        | 0.6        |
| <b>Breakfast Total</b> |        | <b>278</b> | <b>15.2</b> | <b>48</b> | <b>3.8</b> |

## Lunch

| Food Item                                   | Amount              | Calories   | Protein (g) | Carbs (g) | Fat (g)     |
|---|---------------------|------------|-------------|-----------|-------------|
| Wholewheat Bread                            | 2 Slices            | 138        | 5           | 25        | 2.3         |
| Chicken Breast with light seasoning         | 100g (grilled)      | 195        | 30          | 0         | 5           |
| Salad Mix (tomatoes, salad, cucumbers, etc) | Medium Size Serving | 0          | 0           | 0         | 0           |
| Olive Oil                                   | 1 Tsp               | 100        | 0           | 0         | 10          |
| <b>Lunch Total</b>                          |                     | <b>433</b> | <b>35</b>   | <b>25</b> | <b>17.3</b> |

## Dinner

| Food Item                             | Amount | Calories   | Protein (g) | Carbs (g) | Fat (g)   |
|---------------------------------------|--------|------------|-------------|-----------|-----------|
| Salmon Fillet (grilled)               | 120g   | 270        | 25          | 0         | 18        |
| Medium Sized Sweet Potato (palm size) | 100g   | 86         | 1           | 20        | 0         |
| Steamed Veggies (broccoli, etc)       | 100g   | 0          | 0           | 0         | 0         |
| <b>Dinner Total</b>                   |        | <b>356</b> | <b>26</b>   | <b>20</b> | <b>18</b> |

## Snack #1

| Food Item          | Amount    | Calories   | Protein (g) | Carbs (g)   | Fat (g)     |
|--------------------|-----------|------------|-------------|-------------|-------------|
| Whey Protein       | 1 Scoop   | 113        | 24          | 1.8         | 1           |
| Apple              | 1 Medium  | 72         | 0.3         | 25          | 0           |
| 85% Dark Chocolate | 4 Squares | 212        | 4.4         | 7.6         | 18.4        |
| <b>Snack Total</b> |           | <b>397</b> | <b>28.7</b> | <b>34.4</b> | <b>19.4</b> |

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# Tuesday

1700-1900kcal

Daily Totals

1749kcal

104.9g

127.4g

58.5g

## Snack #2

| Food Item              | Amount           | Calories   | Protein (g) | Carbs (g) | Fat (g)    |
|------------------------|------------------|------------|-------------|-----------|------------|
| Banana                 | 1 Medium         | 105        | 1.3         | 25        | 0.3        |
| Onken Fat Free Yoghurt | Small Pot (150g) | 180        | 6.7         | 20        | 0.2        |
| <b>Snack Total</b>     |                  | <b>285</b> | <b>8</b>    | <b>45</b> | <b>0.5</b> |

Notes/Additional Information:

# Wednesday

1700-1900kcal

Daily Totals

1869kcal

117.6g

126.8g

67.7g

## Breakfast

| Food Item                | Amount          | Calories   | Protein (g) | Carbs (g) | Fat (g)     |
|--------------------------|-----------------|------------|-------------|-----------|-------------|
| Alpen                    | 45g (1 serving) | 158        | 5           | 30        | 2.3         |
| Greek Yoghurt (full fat) | 250g            | 240        | 22.5        | 10        | 12.5        |
| Raspberries              | 100g            | 52         | 1.2         | 12        | 0.6         |
| <b>Breakfast Total</b>   |                 | <b>450</b> | <b>28.7</b> | <b>52</b> | <b>15.4</b> |

## Lunch

| Food Item                                   | Amount              | Calories   | Protein (g) | Carbs (g) | Fat (g)     |
|---|---------------------|------------|-------------|-----------|-------------|
| Wholewheat Bread                            | 2 slices            | 138        | 5           | 25        | 2.3         |
| Chicken Breast with light seasoning         | 100g (grilled)      | 195        | 30          | 0         | 5           |
| Salad Mix (tomatoes, salad, cucumbers, etc) | Medium Size Serving | 0          | 0           | 0         | 0           |
| Olive Oil                                   | 1 Tsp               | 100        | 0           | 0         | 10          |
| <b>Lunch Total</b>                          |                     | <b>433</b> | <b>35</b>   | <b>25</b> | <b>17.3</b> |

## Dinner

| Food Item                             | Amount | Calories   | Protein (g) | Carbs (g) | Fat (g)   |
|---------------------------------------|--------|------------|-------------|-----------|-----------|
| Salmon Fillet (grilled)               | 120g   | 270        | 25          | 0         | 18        |
| Medium Sized Sweet Potato (palm size) | 100g   | 86         | 1           | 20        | 0         |
| Steamed Veggies (broccoli, etc)       | 100g   | 0          | 0           | 0         | 0         |
| <b>Dinner Total</b>                   |        | <b>356</b> | <b>26</b>   | <b>20</b> | <b>18</b> |

## Snack #1

| Food Item          | Amount   | Calories   | Protein (g) | Carbs (g)   | Fat (g)   |
|--------------------|----------|------------|-------------|-------------|-----------|
| Whey Protein       | 1 Scoop  | 113        | 24          | 1.8         | 1         |
| Apple              | 1 Medium | 72         | 0.3         | 25          | 0         |
| Brazil Nuts        | 25g      | 164        | 3.6         | 3           | 16        |
| <b>Snack Total</b> |          | <b>349</b> | <b>27.9</b> | <b>29.8</b> | <b>17</b> |

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# Wednesday

1700-1900kcal

Daily Totals

1869kcal

117.6g

126.8g

67.7g

## Snack #2

| Food Item                               | Amount   | Calories   | Protein (g) | Carbs (g)   | Fat (g)    |
|---|----------|------------|-------------|-------------|------------|
| Banana                                  | 1 Medium | 105        | 1.3         | 25          | 0.3        |
| Rice Cakes                              | 2        | 80         | 1.6         | 16          | 1.2        |
| Peanut Butter (or any other nut butter) | 15g      | 96         | 4           | 7.6         | 2.3        |
| <b>Snack Total</b>                      |          | <b>281</b> | <b>6.9</b>  | <b>48.6</b> | <b>2.6</b> |

Notes/Additional Information:

# Thursday

1700-1900kcal

Daily Totals

1999kcal

145.6g

191.8g

39.4g

## Breakfast

| Food Item              | Amount   | Calories   | Protein (g) | Carbs (g)   | Fat (g)    |
|------------------------|----------|------------|-------------|-------------|------------|
| Oats                   | 70g      | 272        | 11.8        | 46.4        | 4.8        |
| Skimmed Milk           | 300ml    | 105        | 10          | 15          | 0.3        |
| Banana                 | 1 Medium | 105        | 1.3         | 25          | 0.3        |
| Whey Protein           | 1 Scoop  | 113        | 24          | 1.8         | 1          |
| <b>Breakfast Total</b> |          | <b>595</b> | <b>47.1</b> | <b>88.2</b> | <b>6.4</b> |

## Lunch

| Food Item                                   | Amount              | Calories   | Protein (g) | Carbs (g) | Fat (g)     |
|---|---------------------|------------|-------------|-----------|-------------|
| Wholewheat Bread                            | 2 Slices            | 138        | 5           | 25        | 2.3         |
| Chicken Breast with light seasoning         | 100g (grilled)      | 195        | 30          | 0         | 5           |
| Salad Mix (tomatoes, salad, cucumbers, etc) | Medium Size Serving | 0          | 0           | 0         | 0           |
| Olive Oil                                   | 1 Tsp               | 100        | 0           | 0         | 10          |
| <b>Lunch Total</b>                          |                     | <b>433</b> | <b>35</b>   | <b>25</b> | <b>17.3</b> |

## Dinner

| Food Item                                | Amount         | Calories   | Protein (g) | Carbs (g) | Fat (g)    |
|--|----------------|------------|-------------|-----------|------------|
| Chicken Breast with light seasoning      | 100g (grilled) | 195        | 30          | 0         | 5          |
| Steamed veggies (broccoli, carrots, etc) | 100g           | 130        | 5           | 26        | 0.3        |
| Rice (brown or white, doesn't matter)    | 80g (cooked)   | 103        | 2           | 22        | 0.2        |
| <b>Dinner Total</b>                      |                | <b>428</b> | <b>37</b>   | <b>48</b> | <b>5.5</b> |

## Snack #1

| Food Item          | Amount    | Calories   | Protein (g) | Carbs (g)   | Fat (g)     |
|--------------------|-----------|------------|-------------|-------------|-------------|
| Whey Protein       | 1 Scoop   | 113        | 24          | 1.8         | 1           |
| Apple              | 1 Medium  | 72         | 0.3         | 25          | 0           |
| Dark Chocolate     | 2 Squares | 106        | 2.2         | 3.8         | 9.2         |
| <b>Snack Total</b> |           | <b>291</b> | <b>26.5</b> | <b>30.6</b> | <b>10.2</b> |

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# Thursday

1700-1900kcal

Daily Totals

1999kcal

145.6g

191.8g

39.4g

## Snack #2

| Food Item               | Amount   | Calories   | Protein (g) | Carbs (g) | Fat (g)  |
|-------------------------|----------|------------|-------------|-----------|----------|
| Apple                   | 1 Medium | 72         | 0.3         | 25        | 0        |
| Protein Bar (quest bar) | 1        | 180        | 21          | 22        | 7        |
| <b>Snack Total</b>      |          | <b>252</b> | <b>21.3</b> | <b>47</b> | <b>7</b> |

Notes/Additional Information:

# Friday

1700-1900kcal

Daily Totals

1791kcal

109.2g

128.2g

39g

## Breakfast

| Food Item              | Amount          | Calories   | Protein (g) | Carbs (g)   | Fat (g)  |
|------------------------|-----------------|------------|-------------|-------------|----------|
| Cheerios               | 30g (1 serving) | 115        | 7           | 28.4        | 1.2      |
| Skimmed Milk           | 200ml           | 70         | 7           | 10          | 0.2      |
| Blubberies             | 100g            | 57         | 0.7         | 15          | 0.3      |
| Wholewheat Bread       | 2 Slices        | 138        | 5           | 25          | 2.3      |
| <b>Breakfast Total</b> |                 | <b>380</b> | <b>19.7</b> | <b>78.4</b> | <b>4</b> |

## Lunch

| Food Item                                | Amount   | Calories   | Protein (g) | Carbs (g) | Fat (g)  |
|--|----------|------------|-------------|-----------|----------|
| Whole Egg                                | 1 Medium | 74         | 6.2         | 0         | 5        |
| Egg Whites                               | 4        | 128        | 12          | 0         | 0        |
| Turkey Breast Slices                     | 100g     | 110        | 21          | 3         | 1        |
| Veggies (onions, tomatoes, peppers, etc) |          | 0          | 0           | 0         | 0        |
| <b>Lunch Total</b>                       |          | <b>312</b> | <b>39.2</b> | <b>3</b>  | <b>6</b> |

## Dinner

| Food Item                             | Amount | Calories   | Protein (g) | Carbs (g) | Fat (g)   |
|---------------------------------------|--------|------------|-------------|-----------|-----------|
| Salmon Fillet (grilled)               | 120g   | 270        | 25          | 0         | 18        |
| Medium Sized Sweet Potato (palm size) | 100g   | 86         | 1           | 20        | 0         |
| Steamed Veggies (broccoli, etc)       | 100g   | 0          | 0           | 0         | 0         |
| Olive Oil                             | 1 Tbsp | 100        | 0           | 0         | 10        |
| <b>Dinner Total</b>                   |        | <b>456</b> | <b>26</b>   | <b>20</b> | <b>28</b> |

## Snack #1

| Food Item          | Amount   | Calories   | Protein (g) | Carbs (g)   | Fat (g)  |
|--------------------|----------|------------|-------------|-------------|----------|
| Whey Protein       | 1 Scoop  | 113        | 24          | 1.8         | 1        |
| Apple              | 1 Medium | 72         | 0.3         | 25          | 0        |
| <b>Snack Total</b> |          | <b>185</b> | <b>24.3</b> | <b>26.8</b> | <b>1</b> |

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# Friday

1700-1900kcal

Daily Totals

1791kcal

109.2g

128.2g

39g

## Snack #2

| Food Item               | Amount   | Calories   | Protein (g) | Carbs (g) | Fat (g)     |
|-------------------------|----------|------------|-------------|-----------|-------------|
| Banana                  | 1 Medium | 105        | 1.3         | 25        | 0.3         |
| Protein Bar (quest bar) | 1        | 180        | 21          | 22        | 7           |
| Almonds                 | 30g      | 173        | 7           | 6         | 15          |
| <b>Snack Total</b>      |          | <b>458</b> | <b>29.3</b> | <b>53</b> | <b>22.3</b> |

Notes/Additional Information:

# Saturday

1700-1900kcal

Daily Totals

1764kcal

142g

163.2g

59.4g

## Breakfast

| Food Item              | Amount   | Calories   | Protein (g) | Carbs (g)   | Fat (g)    |
|------------------------|----------|------------|-------------|-------------|------------|
| Oats                   | 40g      | 156        | 7           | 26          | 3          |
| Skimmed Milk           | 200ml    | 70         | 7           | 10          | 0.2        |
| Banana                 | 1 Medium | 105        | 1.3         | 25          | 0.3        |
| Whey Protein           | 1 Scoop  | 113        | 24          | 1.8         | 1          |
| <b>Breakfast Total</b> |          | <b>444</b> | <b>39.3</b> | <b>62.8</b> | <b>4.5</b> |

## Lunch

| Food Item                                   | Amount              | Calories   | Protein (g) | Carbs (g) | Fat (g)    |
|---|---------------------|------------|-------------|-----------|------------|
| Wholewheat Bread                            | 2 Slices            | 138        | 5           | 25        | 2.3        |
| Chicken Breast with light seasoning         | 100g (grilled)      | 195        | 30          | 0         | 5          |
| Salad Mix (tomatoes, salad, cucumbers, etc) | Medium Size Serving | 0          | 0           | 0         | 0          |
| <b>Lunch Total</b>                          |                     | <b>333</b> | <b>35</b>   | <b>25</b> | <b>7.3</b> |

## Dinner

| Food Item                             | Amount | Calories   | Protein (g) | Carbs (g) | Fat (g)   |
|---------------------------------------|--------|------------|-------------|-----------|-----------|
| Salmon Fillet (grilled)               | 120g   | 270        | 25          | 0         | 18        |
| Medium Sized Sweet Potato (palm size) | 100g   | 86         | 1           | 20        | 0         |
| Steamed Veggies (broccoli, etc)       | 100g   | 0          | 0           | 0         | 0         |
| <b>Dinner Total</b>                   |        | <b>356</b> | <b>26</b>   | <b>20</b> | <b>18</b> |

## Snack #1

| Food Item          | Amount    | Calories   | Protein (g) | Carbs (g)   | Fat (g)     |
|--------------------|-----------|------------|-------------|-------------|-------------|
| Whey Protein       | 1 Scoop   | 113        | 24          | 1.8         | 1           |
| Apple              | 1 Medium  | 72         | 0.3         | 25          | 0           |
| 85% Dark Chocolate | 4 Squares | 212        | 4.4         | 7.6         | 18.4        |
| <b>Snack Total</b> |           | <b>397</b> | <b>28.7</b> | <b>34.4</b> | <b>19.4</b> |

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# Saturday

1700-1900kcal

Daily Totals

1764kcal

142g

163.2g

59.4g

## Snack #2

| Food Item                                   | Amount              | Calories   | Protein (g) | Carbs (g) | Fat (g)     |
|---|---------------------|------------|-------------|-----------|-------------|
| Orange                                      | 1 Medium            | 86         | 1           | 21        | 0.2         |
| Whole Egg                                   | 2 Medium            | 148        | 12          | 0         | 10          |
| Salad Mix (tomatoes, salad, cucumbers, etc) | Medium Size Serving | 0          | 0           | 0         | 0           |
| <b>Snack Total</b>                          |                     | <b>234</b> | <b>13</b>   | <b>21</b> | <b>10.2</b> |

Notes/Additional Information:

# Sunday

1700-1900kcal

Daily Totals

1869kcal

117.6g

126.8g

67.7g

## Breakfast

| Food Item                | Amount          | Calories   | Protein (g) | Carbs (g) | Fat (g)     |
|--------------------------|-----------------|------------|-------------|-----------|-------------|
| Alpen                    | 45g (1 serving) | 158        | 5           | 30        | 2.3         |
| Greek Yoghurt (full fat) | 250g            | 240        | 22.5        | 10        | 12.5        |
| Raspberries              | 100g            | 52         | 1.2         | 12        | 0.6         |
| <b>Breakfast Total</b>   |                 | <b>450</b> | <b>28.7</b> | <b>52</b> | <b>15.4</b> |

## Lunch

| Food Item                                   | Amount              | Calories   | Protein (g) | Carbs (g) | Fat (g)     |
|---|---------------------|------------|-------------|-----------|-------------|
| Wholewheat Bread                            | 2 Slices            | 138        | 5           | 25        | 2.3         |
| Chicken Breast with light seasoning         | 100g (grilled)      | 195        | 30          | 0         | 5           |
| Salad Mix (tomatoes, salad, cucumbers, etc) | Medium Size Serving | 0          | 0           | 0         | 0           |
| Olive Oil                                   | 1 Tsp               | 100        | 0           | 0         | 10          |
| <b>Lunch Total</b>                          |                     | <b>433</b> | <b>35</b>   | <b>25</b> | <b>17.3</b> |

## Dinner

| Food Item                             | Amount | Calories   | Protein (g) | Carbs (g) | Fat (g)   |
|---------------------------------------|--------|------------|-------------|-----------|-----------|
| Salmon Fillet (grilled)               | 120g   | 270        | 25          | 0         | 18        |
| Medium Sized Sweet Potato (palm size) | 100g   | 86         | 1           | 20        | 0         |
| Steamed Veggies (broccoli, etc)       | 100g   | 0          | 0           | 0         | 0         |
| <b>Dinner Total</b>                   |        | <b>356</b> | <b>26</b>   | <b>20</b> | <b>18</b> |

## Snack

| Food Item          | Amount   | Calories   | Protein (g) | Carbs (g)   | Fat (g)   |
|--------------------|----------|------------|-------------|-------------|-----------|
| Whey Protein       | 1 Scoop  | 113        | 24          | 1.8         | 1         |
| Apple              | 1 Medium | 72         | 0.3         | 25          | 0         |
| Brazil Nuts        | 25g      | 164        | 3.6         | 3           | 16        |
| <b>Snack Total</b> |          | <b>349</b> | <b>27.9</b> | <b>29.8</b> | <b>17</b> |

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# Sunday

1700-1900kcal

Daily Totals

1869kcal

117.6g

126.8g

67.7g

## Snack #2

| Food Item                               | Amount   | Calories   | Protein (g) | Carbs (g)   | Fat (g)    |
|---|----------|------------|-------------|-------------|------------|
| Banana                                  | 1 Medium | 105        | 1.3         | 25          | 0.3        |
| Rice Cakes                              | 2        | 80         | 1.6         | 16          | 1.2        |
| Peanut Butter (or any other nut butter) | 15g      | 96         | 4           | 7.6         | 2.3        |
| <b>Snack Total</b>                      |          | <b>281</b> | <b>6.9</b>  | <b>48.6</b> | <b>2.6</b> |

Notes/Additional Information: