

Sample Meal Template - 1800 Calories

Qty	Measure	Description	Calories	Protein (g)	Carbs (g)	Fat (g)
Total Daily Consumption			1779	154	198	48
Calorie Breakdown			100%	34%	47%	23%
Breakfast						
2	each	Whole Eggs	160	14	0	10
1	cup	Kashi Go Lean Oatmeal	360	8	26	2
1	each	Orange	62	0	23	0
1	tblsp	Almond Butter	90	2	1	9
Total			682	24	54	21
Snack						
1	cup	Blueberries	90	0	23	0
1	ounces	Skim Milk (organic)	110	8	12	4
Total			200	8	35	4
Lunch						
6	ounces	Grilled Chicken	155	42	0	0
1	each	Yam	158	2	37	3
2	cups	Mixed Veggies	70	2	15	0
Total			423	46	52	3
Snack						
4	ounces	Low-Sodium Turkey	128	28	0	2
1/2	cup	Black Beans	112	7	23	2
1	cup	Carrots	52	1	12	1
Total			292	36	34	5
Dinner						
6	ounces	Tuna Steak	180	39	0	2
2	cups	Lettuce	20	0	0	2
2	tblsp	Balsamic Vinaigrette	20	0	10	0
1	cup	Broccoli	50	0	4	13
Total			380	39	14	17