

## Sample Meal Template - 1800 Calories

Qty	Measure	Description	Calories	Protein (g)	Carbs (g)	Fat (g)
<b>Total Daily Consumption</b>			<b>1779</b>	<b>154</b>	<b>198</b>	<b>48</b>
<b>Calorie Breakdown</b>			<b>100%</b>	<b>34%</b>	<b>43%</b>	<b>23%</b>
<b>Breakfast</b>						
2	each	Whole Eggs	160	14	0	10
1	cup	Kashi Go Lean Oatmeal	90	8	26	2
1	each	Orange	62	0	23	0
1	tblsp	Almond Butter	91	2	1	9
<b>Total</b>			<b>483</b>	<b>24</b>	<b>54</b>	<b>21</b>
<b>Snack</b>						
1	cup	Blueberries	90	0	23	0
1	ounces	Skim Milk (organic)	110	8	12	4
<b>Total</b>			<b>200</b>	<b>8</b>	<b>35</b>	<b>4</b>
<b>Lunch</b>						
6	ounces	Grilled Chicken	155	42	0	0
1	each	Yam	158	2	37	3
2	cups	Mixed Veggies	70	2	15	0
<b>Total</b>			<b>423</b>	<b>46</b>	<b>52</b>	<b>3</b>
<b>Snack</b>						
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
<b>Total</b>			<b>292</b>	<b>36</b>	<b>34</b>	<b>5</b>
<b>Dinner</b>						
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
<b>Total</b>			<b>380</b>	<b>39</b>	<b>14</b>	<b>17</b>