

## Dietary Program For Steven Spencer Muscle Gain (P30% - C50% - F20%)

Daily Caloric Intake **1920** | Grams of Daily Protein **144.0** | Grams of Daily Carbohydrate **240.0** | Grams of Daily Fat **42.7**

**4 meals per day**

**36.0** grams of protein per meal | **60.0** grams of carbohydrates per meal | **10.7** grams of fat per meal

Select Day:

Processing Meals.... Please Wait A Moment. If you are generating multiple weeks of meals, this may take a few minutes.

