

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

Daily Caloric Intake **2160** | Grams of Daily Protein **162.0** | Grams of Daily Carbohydrate **270.0** | Grams of Daily Fat **48.0**

**3 meals per day**

**54.0** grams of protein per meal | **90.0** grams of carbohydrates per meal | **16.0** grams of fat per meal

Select Day:

Day 1

# DAY 1

Day 1 | Meal 1 | Date: 12/15/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
The Nutrition Factory steak and eggs breakfast wrap	1 wrap	252	44	57	37	880	4	
Barbara's Original Puffins	.75 cup	30	2	22	1	170	5	

Day 1 | Meal 2 | Date: 12/15/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Buffalo chicken sandwich	8 oz.	222	39	31	21	406	2	
Potato vindaloo	19.5 oz.	549	7	54	8	34	11	
Texas Pete hot sauce	1 tblsp.	5	0	1	0	160	0	

Day 1 | Meal 3 | Date: 12/15/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef ,chuck, clod roast, lean only, roasted	6 oz.	170	46	0	11	126	0	
Potato vindaloo	19.5 oz.	549	7	54	8	34	11	

Bread, reduced-calorie, rye	1	28.35	3	11	1	145	1	
--------------------------------	---	-------	---	----	---	-----	---	--

DAY 2

Day 2 | Meal 1 | Date: 12/16/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 oz.boneless, skinless chicken , 4 egg whites	8 oz.	224	44	0	4	260	0	

Day 2 | Meal 2 | Date: 12/16/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Garden salad with tomatoes, carrots, 6 oz. beef diced, lean only cooked dry heat and 2 tbsp. of low calorie Russian dressing.	27 oz.	756	53	29	12	568	14	
Tortillas, ready-to-bake or -fry, whole wheat	1 tortilla	41	4	19	0	210	1	
Mushrooms, shiitake, stir-fried	1 cup whole	89	3	7	0	4	0	

Day 2 | Meal 3 | Date: 12/16/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
3 oz. chicken, 3 oz. scallops	6 oz.	168	41	0	4	252	0	
Rice, white, long-grain, regular, cooked, enriched	1 oz.	158	4	45	0	2	0	
Raspberries, raw	1 cup	123	1	15	1	1	5	

# DAY 3

Day 3 | Meal 1 | Date: 12/17/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Omlete with .75 cup egg sibstitute, .5 cup vegetables, one slice reduced fat cheese and 100% whole grain English muffin	1 serving	242	42	40	8	724	2	
Fiber One Bran	.75 cup	40	3	34	1	140	0	

Day 3 | Meal 2 | Date: 12/17/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
turkey balls	6	183	40	8	11	828	4	
Beans, kidney, red	1 cup	177	15	40	1	4	1	
seaweed	1 cup	242	2	7	0	71	0	

Day 3 | Meal 3 | Date: 12/17/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef loin, tenderloin steak, boneless trimmed to 0 fat, grilled	6 oz.	170	52	0	15	NaN	0	
Potato vindaloo	19.5 oz.	549	7	54	8	34	11	
Eggplant without salt	1 cup (1in. cubes)	99	1	9	0	1	3	

# DAY 4

Day 4 | Meal 1 | Date: 12/18/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH

4 oz.boneless, skinless chicken , 4 egg whites	8 oz.	224	44	0	4	260	0	
--	-------	-----	----	---	---	-----	---	--

Day 4 | Meal 2 | Date: 12/18/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
fish, salmon, Atlantic, wild cooked dry heat	6 oz.	170	43	0	14	96	0	
Kamut	1 cup	181	11	52	2	10	0	
Tomatoes, stewed	1 cup	101	2	13	3	460	0	

Day 4 | Meal 3 | Date: 12/18/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
6 oz. shrimp,cooked on whole wheat tortilla with lettuce, tomatoes, and onion.	19 oz.	532	44	31	1	370	4	
Ezekiel 4:9 sprouted whole grain penne pasta	2 oz.	56	9	39	2	10	0	
Parsnips	.5 cup slices	78	1	13	0	8	4	
cashews	1 oz.	28	5	9	12	3.4	1	

DAY 5

Day 5 | Meal 1 | Date: 12/19/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
3 oz. beef lean only, 4 egg whites	7 oz.	196	41	1	6	361	0	

Day 5 | Meal 2 | Date: 12/19/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Ground Beef	1 lb	800	40	0	10	500	10	

Orange and Ginger chicken	10 oz.	280	40	26	13	582	13	
Barilla White fiber Rotini	2 oz.	114	6	43	1	0	1	
pistachios	1 oz.	28	6	8	14	160	2	

#### Day 5 | Meal 3 | Date: 12/19/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, bottom round steak trimmed to 0 fat. Braised.	4.5 oz.	128	43	0	11	56	0	
Mashed sweet potatoes	1 cup	250	5	59	1	191	14	
Summer slaw	.67 cup	100	1	12	7	130	10	

## DAY 6

#### Day 6 | Meal 1 | Date: 12/20/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
3 whole extra large eggs, 5 egg whites	11 oz.	308	42	3	18	515	3	
3 whole extra large eggs, 5 egg whites	11 oz.	308	42	3	18	515	3	

#### Day 6 | Meal 2 | Date: 12/20/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
pork shoulder breast, boneless, broiled	6 oz.	170	48	0	8	92	0	
Potato vindaloo	19.5 oz.	549	7	54	8	34	11	
pecans, dry roasted	1 oz.	28	3	4	21	0	1	

Day 6 | Meal 3 | Date: 12/20/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Turkey and egg lunch salad	30 oz.	914	35	47	10	202	21	
Beans, black boiled, without salt	1 cup	185	15	45	1	6	1	

DAY 7

Day 7 | Meal 1 | Date: 12/21/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
2 whole eggs, 5 egg whites, 3 oz. tomato and onion with 2 slices mutigrain bread	17 oz.	476	42	34	14	437	6	
Kashi Cinnamon Harvest Whole Wheat Biscuits	31 biscuits	61	7	48	1	0	9	

Day 7 | Meal 2 | Date: 12/21/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
6 oz. shrimp, cooked on Tumaro' s 96 % fat free garden spinach and vegetable gourmet tortilla with lettuce, tomatoes, and onion. .	19 oz.	532	44	34	2	298	4	
Rice, white, long-grain, cooked	1 oz.	165	4	44	1	7	0	
Beans, snap, yellow	1 cup	135	2	9	0	12	2	
almonds	2 oz.	56	5	4	12	0	1	

Day 7 | Meal 3 | Date: 12/21/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
------	---------	------------	-------------	-----------	---------	-------------	-----------	---------

Mexican chicken	12.5 oz.	350	45	22	6	111	6	
Beans, pinto, canned,	1 cup	169	12	35	2	358	0	
Beefy cabbage bean stew	1 cup	224	13	23	4	591	5	