

Recommended Food (Protein)				
Food	Serving	P	F	C
Chicken Breast	4 oz	25	2	0
Tuna	1 can	25	2	0
Whey	1 scoop	20	1	1
Milk (skim)	1 cup	8	0	12
Greek Yogurt (low/no fat)	1 cup	20	0	5
Egg White	1 egg	5	0	0
Smoked ham	1 oz	9	2	0
Soybeans	100g	17	9	10
Steak (Cubed)	4 oz	25	5	0
String Cheese (low fat)	1 stick	8	4	0
Recommended Food (Fats)				
Food	Serving	P	F	C
Peanut Butter	2 tbsp	7	16	8
Peanuts	1 oz	7	14	7
Olive Oil	1 tbsp	0	14	0
Avocado	1 medium	3	21	12
Cheese (American)	1 slice	3	4	2
Egg Yolk	1 yolk	0	6	0
Yogurt (full fat)	1 cup	5	10	20
Recommended Food (Carbohydrates)				
Food	Serving	P	F	C
Rice	100g	7	1	35
Beans	130g	6	1	29
Oats	1/2 cup	5	3	27
Pasta	1 cup	7	1	40
Sweet Potato	100g	2	0	20
Regular Potato	1 medium	3	0	26
Bagel	1 bagel	7	2	50
Bread (wheat)	1 slice	3	1	14
Banana	100g	0	0	20
Strawberries	100g	0	0	15
Blueberries	100g	0	0	15