

1500 cal plan

	<u>protein</u>	<u>carbs</u>	<u>fat</u>
<u>meal 1</u>			
.5 cup instant oatmeal	5.3	27.4	2.6
1 whole egg plus 3 egg whites	17.1	1.1	7.2
 <u>snack 1</u>			
1 medium sized apple	0.5	24.7	0.3
1 scoop protein powder in water	24	2	2
1 TBS peanut butter	4	3.1	8.1
 <u>meal 2</u>			
1 piece whole wheat bread	3	22	0
3 oz turkey breast	25.6	0	0.6
1 cup radishes	0.8	4.3	0
1 large orange	1.7	21.6	0.2
 <u>snack 2</u>			
1 Cup nonfat cottage cheese	28	10	0
.5 Cup pineapple	0.4	10.8	0
 <u>meal 3</u>			
3 oz roasted chicken breast	26.7	0	3.1
2 cups cooked cauliflower	4.6	10.2	1.1
2 tsp butter	0	0	7.7
 Totals			
	141.7	137.2	32.9
 Calories			
total calories	567	549	296
percentages	1,412	39%	21%