

Sample Meal Plan

BREAKFAST	Calories	Carbs	Protein	Fat
1 WHOLE EGG	72	0	6	4
.4ozs EGG WHITES	67	0	13	0
1/2 CUP OATMEAL (dry)	150	27	5	3



SNACK	Calories	Carbs	Protein	Fat
PROTEIN SHAKE	110	1	30	0
MEDIUM SIZE APPLE	80	17	0	0

LUNCH	Calories	Carbs	Protein	Fat
CILANTRO LIME CHICKEN	506	54	58	7
SWEET POTATOES				
BROCCOLI				
	TOTAL CALORIES FOR MEAL			



SNACK	Calories	Carbs	Protein	Fat
PROTEIN SHAKE	110	1	30	0

DINNER	Calories	Carbs	Protein	Fat
LEMON ROASTED SALMON	683	80	40	22
SWEET POTATOES				
BROCCOLI				
HERB RICE				
	TOTAL CALORIES FOR MEAL			



Total	Calories	Carbs	Protein	Fat
	1778	180	182	36



Monk Nutrition

