

Sample plan

Nr. 1 - 07:00

100g	Cereals, QUAKER, Instant Oatmeal Organic, Regular
30g	Protein supplement, milk based, Muscle Milk, powder
1 cup	Milk, fluid, 1% fat, without added vitamin A and vitamin D

Nr. 2 - 10:00

1 large	Egg, whole, cooked, hard-boiled
3 cake	Snacks, rice cakes, brown rice, plain, unsalted
50g	Tomatoes, red, ripe, raw, year round average
100g	Turkey breast, sliced, oven roasted, luncheon meat

Nr. 3 - 13:00

200g	Chicken breast, oven-roasted, fat-free, sliced
250g	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added

Nr. 4 - 16:00

80g	Cereals, QUAKER, Instant Oatmeal Organic, Regular
30g	Nuts, walnuts, black, dried
1 cup	Milk, fluid, 1% fat, without added vitamin A and vitamin D

Nutritional data

Macronutrients	Total	Percent of energy	g per body kg
Energy	1719.75		
Protein	129.26	30.06	1.51
Carbohydrates	204.81	47.64	2.40
Sugar content in carbohydrates	41.07		
Fat	48.02	25.13	0.56
Saturated fat content in fats	9.04		
Fibres	31.79		
Sodium	3.55		