Kcal: 1955 Fats: 23g Protein: 243g carbs: 207g

**Meal 1:**

egg whites

**5 Calories:** 57
**Fats:** 0 Grams| **Protein** 12 Grams| **Carbs** 0 Grams

egg

**1 Calories:** 55
**Fats:** 4 Grams| **Protein** 4 Grams| **Carbs** 0 Grams

Protein 20g   |   Carbs 24g   |   Fat 6g   | Calories 242

**Meal 2:**

[protein powder in water](http://www.bodybuilding.com/store/protein-powder.html)

**2 scoops Calories:** 240
**Fats:** 3 Grams| **Protein** 50 Grams| **Carbs** 6 Grams

[mixed fruit](http://www.bodybuilding.com/fun/nutrientfood.php?food=0900)

**1/2 cup Calories:** 108
**Fats:** 0 Grams| **Protein** 1 Grams| **Carbs** 27 Grams

Protein 51g   |   Carbs 33g   |   Fat 3g   | Calories 348

**Meal 3:**

chicken breast

**6 oz Calories:** 134
**Fats:** 0 Grams| **Protein** 29 Grams| **Carbs** 4 Grams

oatmeal

**1 cup Calories:** 130
**Fats:** 2 Grams| **Protein** 4 Grams| **Carbs** 24 Grams

apple

**1 Calories:** 91
**Fats:** 0 Grams| **Protein** 0 Grams| **Carbs** 24 Grams

Protein 33g   |   Carbs 28g   |   Fat 2g   | Calories 355

**Meal 4:**

[protein powder in 14-16 oz water](http://www.bodybuilding.com/store/protein-powder.html)

**2 scoops Calories:** 6
**Fats:** 3 Grams| **Protein** 50 Grams| **Carbs** 6 Grams

peanut butter

**1 tsp Calories:** 31
**Fats:** 3 Grams| **Protein** 1 Grams| **Carbs** 1 Grams

[mixed fruit](http://www.bodybuilding.com/fun/nutrientfood.php?food=0900)

**1/2 cup Calories:** 108
**Fats:** 0 Grams| **Protein** 1 Grams| **Carbs** 27 Grams

Protein 52g   |   Carbs 34g   |   Fat 6g   | Calories 379

**Meal 5:**

chicken breast

**6 oz Calories:** 134
**Fats:** 0 Grams| **Protein** 29 Grams| **Carbs** 4 Grams

apple

**1 Calories:** 91
**Fats:** 0 Grams| **Protein** 0 Grams| **Carbs** 24 Grams

[mixed vegetables](http://www.bodybuilding.com/fun/nutrientfood.php?food=1100)

**1 cup Calories:** 27
**Fats:** 0 Grams| **Protein** 6 Grams| **Carbs** 26 Grams

Protein 35g   |   Carbs 6g   |   Fat 3g   | Calories 240

**Meal 6:**

[protein powder in 14-16 oz water](http://www.bodybuilding.com/store/protein-powder.html)

**2 scoops Calories:** 6
**Fats:** 3 Grams| **Protein** 50 Grams| **Carbs** 6 Grams

peanut butter

**1 tsp Calories:** 31
**Fats:** 3 Grams| **Protein** 1 Grams| **Carbs** 1 Grams

[mixed fruit](http://www.bodybuilding.com/fun/nutrientfood.php?food=0900)

**1/2 cup Calories:** 108
**Fats:** 0 Grams| **Protein** 1 Grams| **Carbs** 27 Grams