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

**Meal 1:**

[egg whites](javascript:nutrientpop('1124'))

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

[egg](javascript:nutrientpop('1123'))

**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](javascript:nutrientpop('5011'))

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

[oatmeal](javascript:nutrientpop('20038'))

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

[apple](javascript:nutrientpop('9003'))

**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](javascript:nutrientpop('16398'))

**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](javascript:nutrientpop('5011'))

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

[apple](javascript:nutrientpop('9003'))

**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](javascript:nutrientpop('16398'))

**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