

Diet

5:00 AM			2:00 PM		
Smoothie	Banana	90	Preshow	Can of Tuna	90
	Peanut Butter			Cup of Green Beans	80
	Protein Powder	210			170
		300			
7:30 AM			5:00 PM		
Sub-Fast	1/2 cup of oatmeal	150	Salad	Lettuce	15
	1/4 cup of raisins	120		Mixed Veggies	40
	6 egg whites	102		Tuna	90
				Dressing	80
		372			225
10:00:00 AM (pre workout)			7:00 PM		
Ezekiel PB&J	Peanut Butter	95	Encore	Mixed Veggies	40
	Preserves	90			
	Bread	160			
		345	Coke Life		90
Lunch					
Salad	Lettuce	15			
	Mixed Veggies	40			
	Breast of Chicken	231			
	Dressing	80			
		366			
		1383			525
					1908
				Grand Total	