

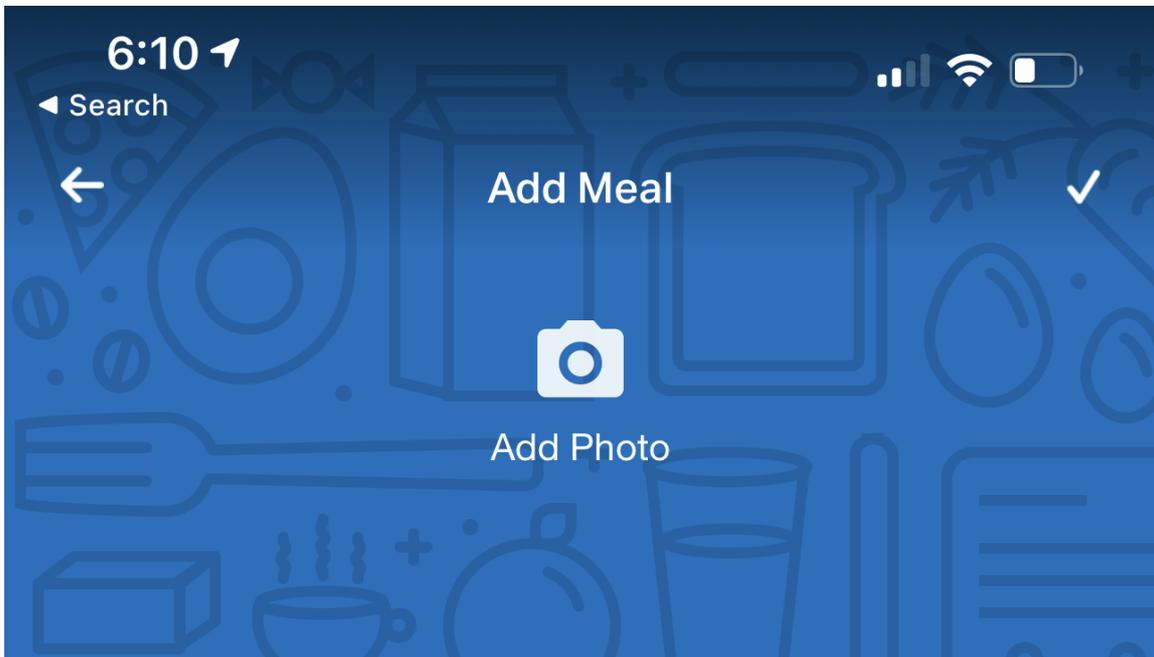
Food Plan

The goal is 1500 Calories w/o exercise. Using My fitness pal to track.

Meal Preps

4/25

I



chicken kebab



Number of Servings

1

Time



32%
50.5 g
Carbs

29%
20 g
Fat

39%
61 g
Protein

Show Nutrition Facts

Meal Items

Roasted Chicken

Uncle Ben's Ready Rice (Pouch), 0.5 pouch

190

Chicken Kebab

Sticks Kebab Shop, 2 kebab

380



turkey sandwich



Number of Servings

1

Time



45%

32 g
Carbs

26%

8.2 g
Fat

28%

20 g
Protein

Show Nutrition Facts

Meal Items

Italian Bread

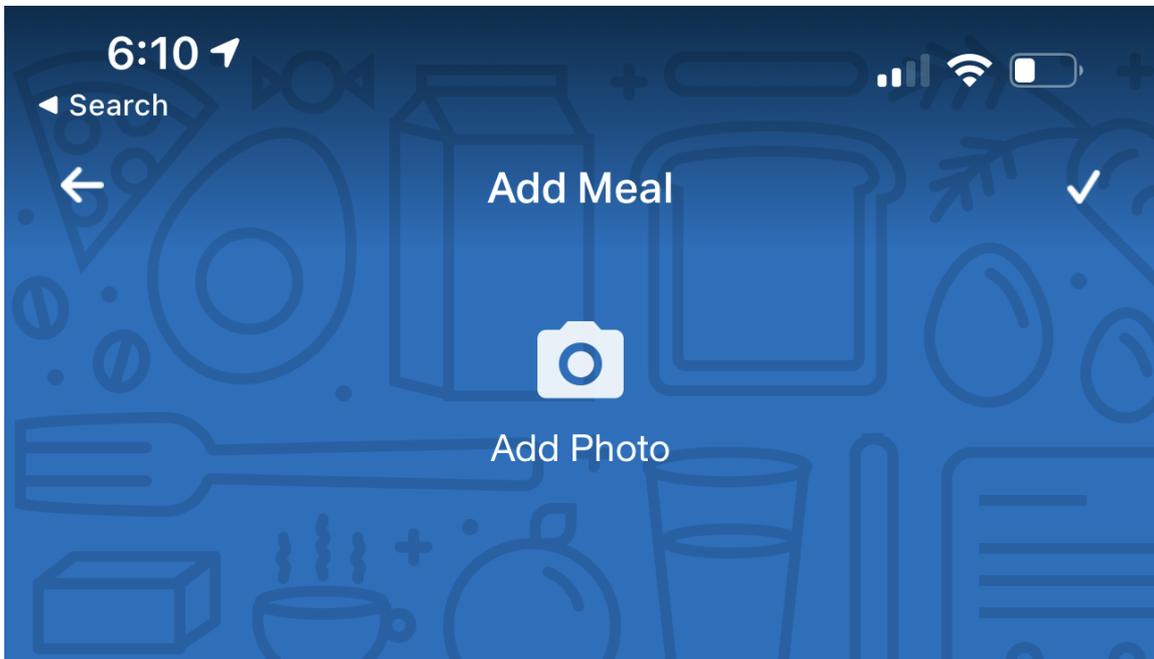
schmidt 647, 2 slice

80

Organic Turkey Breast

Plainville Farms, 2 oz

50



smoked salmon bun and cucumbers



Number of Servings

1

Time



43%
33 g
Carbs

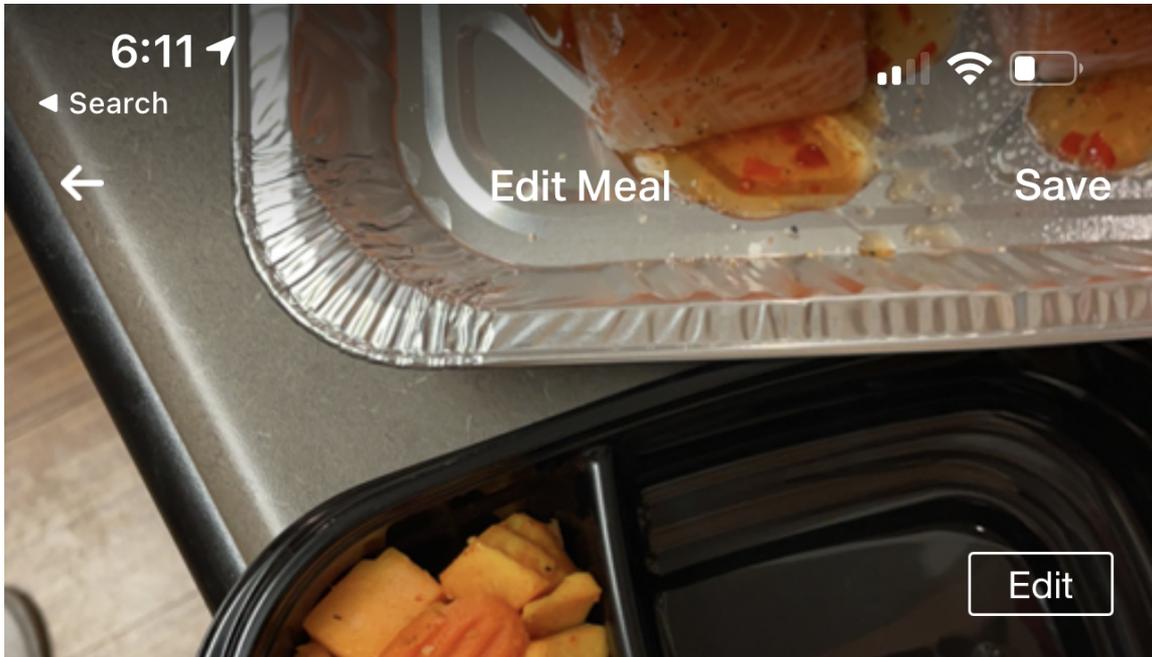
21%
7.3 g
Fat

35%
27.2 g
Protein

Show Nutrition Facts

Meal Items

Nova Salmon Harris Teeter, 0.5 package (4 oz)	75
647 sandwich roll Schmidt, 1 roll	80



salmon and veggie

Share with

Public



38%
48.5 g
Carbs

31%
17.5 g
Fat

32%
41 g
Protein

Show Nutrition Facts ▾

Meal Items

- Salmon
Atlantic Salmon, 1 fillet 280
- Sweet Red Chili Dipping Sauce
Harris Teeter, 5 Tbsp (35 g) 150
- Roasted veggies
Roasted veggies, 250 g 88

4/18

I

Smoked salmon and tomatoes - 192

Asparagus rice, veggies, sauce and