

© Health Beet	Amount	Protein g	Carbs g	Fat g	Calories
Breakfast					
Carbs	1 serving		20		100
<i>Bread, tortilla, Potato, Rice White/Brown, Quinoa, Beans, Rice Cakes, Cream of Rice, Oatmeal, Fruit</i>					
Protein	1 serving	20		5	150
<i>Eggs, Egg whites, protein powder</i>					
Veggies	1 cup	2	6		30
<i>Any Combination - Asparagus , Broccoli, Cucumber, Cabbage , Cauliflower, Lettuce (other greens) Spinach, Zucchini, Brussel Sprouts, Kale, Onion, Radishes, Celery , Mushrooms, Green Beans, Arugula, Eggplant</i>					
Fats					
<i>Avocado, coconut, olive oil, nuts</i>					
Lunch					
Protein	4 oz	27		5	150
<i>Chicken Breast , Turkey Breast, Lean Ground Beef , Lean Ground Chicken , Lean Ground Turkey , Lean Pork , Fish like Cod, Tilapia, Orange Roughy , Halibut, Shrimp, Tuna, Egg Whites</i>					
Carbs	2 serving		40		200
<i>Bread, tortilla, Potato, Rice White/Brown, Quinoa, Beans, Rice Cakes, Cream of Rice, Oatmeal, Fruit</i>					
Veggies	1 cup	2	6		30
<i>Any Combination - Asparagus , Broccoli, Cucumber, Cabbage , Cauliflower, Lettuce (other greens) Spinach, Zucchini, Brussel Sprouts, Kale, Onion, Radishes, Celery , Mushrooms, Green Beans, Arugula, Eggplant</i>					
Fats	1 tablespoon			14	130
<i>Dressing, olive oil, avocado</i>					
Snack					
Protein	1 serving	20			150
<i>Greek Yogurt, Protein powder</i>					
Carbs	1 serving		20		100
<i>Fruit, bread, tortillas</i>					
Fats					
<i>1 tablespoon nut Butter, 60g Avocado, 16g nuts (</i>	1 tablespoon			14	130
Dinner					
Protein	4 oz	27			150
<i>Chicken Breast , Turkey Breast, Lean Ground Beef , Lean Ground Chicken , Lean Ground Turkey , Lean Pork , Fish like Cod, Tilapia, Orange Roughy , Halibut, Shrimp, Tuna, Egg Whites</i>					
Carbs	1 serving		20		100
<i>Bread, tortilla, Potato, Rice White/Brown, Quinoa, Beans, Rice Cakes, Cream of Rice, Oatmeal, Fruit</i>					
Veggies	1 cup	2	6		30
<i>1 Cup of or Any Combination - Asparagus , Broccoli, Cucumber, Cabbage , Cauliflower, Lettuce (other greens) Spinach, Zucchini, Brussel Sprouts, Kale, Onion, Radishes, Celery , Mushrooms, Green Beans, Arugula, Eggplant</i>					
Fats					
<i>Olive oil, dressing, nuts, avocado</i>	1 tablespoon			14	130
TOTALS	© Health Beet	100	118	38	1580