© Health Beet	Amount	Protein g	Carbs g	Fat q	Calories
Breakfast					
Carbs	1 serving		20		100
Bread, tortilla, Potato, Rice White/Brown, Quinoa, Beans, Rice Cakes, Crea	m of Rice, Oatmeal,	Fruit			
Protein	1 serving	20		5	150
Eggs, Egg whites, protein powder					
Veggies	1 cup	2	6		30
Any Combination - Asparagus , Broccoli, Cucumber, Cabbage , Cauliflower,	Lettuce (other gree	ens) Spinach, Z	uchinni, Bruss	sel Sprouts,	
Kale, Onion, Radishes, Celery, Mushrooms, Green Beans, Arugula, Eggpla	nnt			·	
Fats					
Avocado, coconut, olive oil, nuts					
Lunch					
Protein	4 oz	27		5	150
Chicken Breast, Turkey Breast, Lean Ground Beef, Lean Ground Chicken,	Lean Ground Turke	y , Lean Pork ,	Fish like Cod,	Tilapia,	
Orange Roughy , Halibit, Shrimp, Tuna, Egg Whites	•			•	
Carbs	2 serving		40		200
Bread, tortilla, Potato, Rice White/Brown, Quinoa, Beans, Rice Cakes, Crea		, Fruit	•	•	•
Veggies	1 cup	2	6		30
Any Combination - Asparagus , Broccoli, Cucumber, Cabbage , Cauliflower,	Lettuce (other gree	ns) Spinach, Z	Zuchinni, Bruss	sel Sprouts.	
Kale, Onion, Radishes, Celery, Mushrooms, Green Beans, Arugula, Eggpla		, ,	,	, ,	
Fats	1 tablespoor			14	130
Dressing, olive oil, avocado	T tabicspoor	1		17	150
Snack					
Protein	1 serving	20			150
Greek Yogurt, Protein powder	1 Scrving	20			130
Carbs	1 serving		20		100
Fruit. bread. tortillas	1 Serving		20		100
Fats					
1 tablespoon nut Butter, 60g Avocado, 16g nuts (1 tablespoor	1		14	130
Dinner	Tablespoor	1		1-	130
Protein	4 07	27			150
Chicken Breast ,Turkey Breast, Lean Ground Beef , Lean Ground Chicken ,	1			Tilania	130
Orange Roughy , Halibit, Shrimp, Tuna, Egg Whites	Lean Ground Tarke	y , Lean Tork ,	Tisti inc ood,	тпарта,	
Carbs	1 serving		20		100
Bread, tortilla, Potato, Rice White/Brown, Quinoa, Beans, Rice Cakes, Crea		Fruit			
Veggies	1 cup	2	6		30
1 Cup of or Any Combination - Asparagus , Broccoli, Cucumber, Cabbage ,		other areens) Spinach. Zuc	: hinni.	30
Brussel Sprouts, Kale, Onion, Radishes, Celery, Mushrooms, Green Beans		, s g. como,	, 5,55011, 200	· ··· · · · · · · · · · · · · · · · ·	
Fats	,,ggp.unc				
Olive oil, dressing, nuts, avocado	1 tablespoor	1		14	130
TOTALS © Health Beet		100	118		1580