

SM Everyday

Delivery Date	WEEKLY MEALS	MEALS	CALORIES	PROTEIN	% Protein	CARBS	% Carbs	FATS	% Fats	Gluten Free/Dairy Free
Sunday, August 8, 2021	Week One	First Delivery:								
	DAY 1		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	Fit Cakes - SM	380	21		47		12		
	LUNCH	Canadian Salmon - SM	310	20		29		12		DF/GF
	DINNER	Rancher's Chili - SM	500	55		32		26		GF
	SNACK 1	Protein Cookies	200	8		25		8		
	SNACK 2	Greek Yogurt Berry Parfait	240	15		22		8		GF
		Daily Total:	1,630	119	29%	155	38%	66	36%	
	DAY 2		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	Ain't No Yolk Omelette - O/S	260	33		7		10		GF
	LUNCH	Healthy Spag & Balls - SM	490	26		52		19		GF
	DINNER	Buddha Bowl	590	41		57		24		DF/GF
	SNACK 1	Thrive Wagyu Beef Bar - Maple Apple	130	13		7		5		DF/GF
	SNACK 2	Protein Dippers	150	10		14		7		GF
		Daily Total:	1,620	123	30%	137	34%	65	36%	
	DAY 3		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	The Breakwich - O/S	400	21		37		20		
	LUNCH	The Turkey Dinner - SM	280	31		33		3.5		GF
	DINNER	The Seoul Bowl - SM	380	31		32		14		DF/GF
	SNACK 1	Dark Chocolate Energy Balls	390	9		37		26		DF/GF
	SNACK 2	ONE Protein Bar	230	20		23		8		GF
	Daily Total:	1,680	112	27%	162	39%	72	38%		
Wednesday, August 11, 2021	Second Delivery:									
	DAY 4		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	PB&J French Toast - SM	420	27		28		21		
	LUNCH	Guinness Beef Stew - SM	300	20		20		15		DF
	DINNER	Casbah Chicken - SM	370	33		30		13		GF
	SNACK 1	Chicken Salad Snacker	360	28		27		16		
	SNACK 2	ONE Protein Bar	230	20		23		8		GF
		Daily Total:	1,680	128	30%	128	30%	73	39%	
	DAY 5		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	Egg Bites - Kale & Bacon	280	17		18		16		GF
	LUNCH	Sustain Greens	470	33		32		24		GF
	DINNER	Tasty Thai Beef - SM	390	29		31		18		DF/GF
	SNACK 1	Bada Bean Snacks - Per Bag	300	21		45		9		DF/GF
	SNACK 2	PB Crunch Protein Pudding	310	20		19		17		GF
		Daily Total:	1,750	120	27%	145	33%	84	43%	
	DAY 6		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	Champion's Scramble - SM	320	25		9		21		DF/GF
	LUNCH	Jumpin' Jambalaya - SM	430	34		44		10		DF/GF
	DINNER	Get Gainz Gnocchi - SM	450	28		43		19		
	SNACK 1	Pumpkin Peanut Butter Bar	310	13		26		18		
	SNACK 2	Protein Dippers	150	10		14		7		GF
	Daily Total:	1,660	110	27%	136	33%	75	41%		
DAY 7		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
BREAKFAST	Fit Cakes - SM	380	21		47		12			
LUNCH	Muscle Up Meatloaf - SM	390	25		28		19		GF	
DINNER	Killer Enchiladas - Turkey - SM	340	17		34		14		GF	
SNACK 1	Trail Mix Energy Balls	250	19		28		7			
SNACK 2	Protein Cookies	200	8		25		8			
	Daily Total:	1,560	90	23%	162	42%	60	35%		