

# SM Lean

Delivery Date	WEEKLY MEALS	MEALS	CALORIES	PROTEIN	% Protein	CARBS	% Carbs	FATS	% Fats	Gluten Free/Dairy Free	
Sunday, August 8, 2021	<b>Week One</b>	<b>First Delivery:</b>									
	<b>DAY 1</b>		<b>CALORIES</b>	<b>PROTEIN</b>	<b>%</b>	<b>CARBS</b>	<b>%</b>	<b>FATS</b>	<b>%</b>		
	<b>BREAKFAST</b>	Egg Bites - Kale & Bacon	280	17		18		16		GF	
	<b>LUNCH</b>	The Turkey Dinner - SM	280	31		33		3.5		GF	
	<b>DINNER</b>	Lem-N-Pepa Chicken - SM	310	30		25		11		DF/GF	
	<b>SNACK 1</b>	ONE Protein Bar	230	20		23		8		GF	
	<b>SNACK 2</b>	Fruit & Vanilla Yogurt Dip	120	5		22		2		GF	
			<b>Daily Total:</b>	<b>1,220</b>	<b>103</b>	<b>34%</b>	<b>121</b>	<b>40%</b>	<b>41</b>	<b>30%</b>	
	<b>DAY 2</b>		<b>CALORIES</b>	<b>PROTEIN</b>	<b>%</b>	<b>CARBS</b>	<b>%</b>	<b>FATS</b>	<b>%</b>		
	<b>BREAKFAST</b>	Balanced Breakfast - SM	290	18		26		13		DF/GF	
	<b>LUNCH</b>	Turkish Bowl	400	33		33		15		GF	
	<b>DINNER</b>	Club Med Chicken - SM	290	30		13		14		DF/GF	
	<b>SNACK 1</b>	Protein Dippers	150	10		14		7		GF	
	<b>SNACK 2</b>	Bada Bean Snacks - Per Bag	300	21		45		9		DF/GF	
			<b>Daily Total:</b>	<b>1,430</b>	<b>112</b>	<b>31%</b>	<b>131</b>	<b>37%</b>	<b>58</b>	<b>37%</b>	
	<b>DAY 3</b>		<b>CALORIES</b>	<b>PROTEIN</b>	<b>%</b>	<b>CARBS</b>	<b>%</b>	<b>FATS</b>	<b>%</b>		
	<b>BREAKFAST</b>	Ain't No Yolk Omelette - O/S	260	33		7		10		GF	
	<b>LUNCH</b>	Be-Fit & Rice - SM	250	21		36		5		DF/GF	
	<b>DINNER</b>	Fired Up! Tandoori Chicken - SM	260	21		33		6		GF	
	<b>SNACK 1</b>	Pumpkin Peanut Butter Bar	310	13		26		18			
	<b>SNACK 2</b>	Protein & Co. Bar	200	15		24		9			
		<b>Daily Total:</b>	<b>1,280</b>	<b>103</b>	<b>32%</b>	<b>126</b>	<b>39%</b>	<b>48</b>	<b>34%</b>		
Wednesday, August 11, 2021		<b>Second Delivery:</b>									
	<b>DAY 4</b>		<b>CALORIES</b>	<b>PROTEIN</b>	<b>%</b>	<b>CARBS</b>	<b>%</b>	<b>FATS</b>	<b>%</b>		
	<b>BREAKFAST</b>	Egg Bites - Sundried Tomato & Goat Cheese	270	15		20		15		GF	
	<b>LUNCH</b>	Killer Enchiladas - Turkey - SM	340	17		34		14		GF	
	<b>DINNER</b>	Chef's Vietnamese Chicken - SM	300	26		32		9		DF/GF	
	<b>SNACK 1</b>	Trail Mix Energy Balls	250	19		28		7			
	<b>SNACK 2</b>	Greek Yogurt Berry Parfait	240	15		22		8		GF	
			<b>Daily Total:</b>	<b>1,400</b>	<b>92</b>	<b>26%</b>	<b>136</b>	<b>39%</b>	<b>53</b>	<b>34%</b>	
	<b>DAY 5</b>		<b>CALORIES</b>	<b>PROTEIN</b>	<b>%</b>	<b>CARBS</b>	<b>%</b>	<b>FATS</b>	<b>%</b>		
	<b>BREAKFAST</b>	Ain't No Yolk Omelette - O/S	260	33		7		10		GF	
	<b>LUNCH</b>	Lean Samurai Steak - SM	240	24		13		10		DF/GF	
	<b>DINNER</b>	Sustain Greens	470	33		32		24		GF	
	<b>SNACK 1</b>	ONE Protein Bar	230	20		23		8		GF	
	<b>SNACK 2</b>	Protein Puffs	90	14		2		3.5		GF	
			<b>Daily Total:</b>	<b>1,290</b>	<b>124</b>	<b>38%</b>	<b>77</b>	<b>24%</b>	<b>56</b>	<b>39%</b>	
	<b>DAY 6</b>		<b>CALORIES</b>	<b>PROTEIN</b>	<b>%</b>	<b>CARBS</b>	<b>%</b>	<b>FATS</b>	<b>%</b>		
	<b>BREAKFAST</b>	Fit Cakes - SM	380	21		47		12			
	<b>LUNCH</b>	Cajun Fit Chicken - SM	290	31		34		5		GF	
	<b>DINNER</b>	Guinness Beef Stew - SM	300	20		20		15		DF	
	<b>SNACK 1</b>	Thrive Wagyu Beef Bar - Honey Line	130	13		8		5		DF/GF	
	<b>SNACK 2</b>	PB Crunch Protein Pudding	310	20		19		17		GF	
		<b>Daily Total:</b>	<b>1,410</b>	<b>105</b>	<b>30%</b>	<b>128</b>	<b>36%</b>	<b>54</b>	<b>34%</b>		
<b>DAY 7</b>		<b>CALORIES</b>	<b>PROTEIN</b>	<b>%</b>	<b>CARBS</b>	<b>%</b>	<b>FATS</b>	<b>%</b>			
<b>BREAKFAST</b>	Champion's Scramble - SM	320	25		9		21		DF/GF		
<b>LUNCH</b>	Thai-riffic Turkey Burger O/S - LG	420	26		21		26		DF/GF		
<b>DINNER</b>	So Legit Chicken Fingers - SM	270	21		38		5				
<b>SNACK 1</b>	Carb Rite Bar	190	21		1.5		4		GF		
<b>SNACK 2</b>	Bada Bean Snacks - Per Bag	300	21		45		9		DF/GF		
		<b>Daily Total:</b>	<b>1,500</b>	<b>114</b>	<b>30%</b>	<b>115</b>	<b>31%</b>	<b>65</b>	<b>39%</b>		