

LG Performance

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	Gold Medal Breakfast Burrito - O/S	610	25		64		29			
	LUNCH	Tasty Thai Beef - LG	590	46		37		29		DF/GF	
	DINNER	Cajun Fit Chicken - LG	420	50		43		7		GF	
	SNACK 1	ONE Protein Bar	230	20		23		8		GF	
	SNACK 2	Chicken Salad Snacker	360	28		27		16			
		Daily Total:		2,210	169	31%	194	35%	89	36%	
	DAY 2		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
	BREAKFAST	Keto Turkey Omelette O/S	540	36		10		39		GF	
	LUNCH	Healthy Spag & Balls - LG	760	42		77		31		GF	
	DINNER	Buddha Bowl	590	41		57		24		DF/GF	
	SNACK 1	PB Crunch Protein Pudding	310	20		19		17		GF	
	SNACK 2	Bada Bean Snacks - Per Bag	300	21		45		9		DF/GF	
		Daily Total:		2,500	160	26%	208	33%	120	43%	
	DAY 3		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
	BREAKFAST	Fit Cakes - LG	580	34		66		20			
	LUNCH	Mucho Macho Carne Bowl	750	52		61		36		DF/GF	
	DINNER	Lem-N-Pepa Chicken - LG	470	49		37		15		DF/GF	
	SNACK 1	Chicken Apple Patties (2 Patties)	250	26		6		14		DF/GF	
	SNACK 2	Fit Protein Cookie Dough - Peanut Butter	240	8		12		20		DF/GF	
	Daily Total:		2,290	169	30%	182	32%	105	41%		
Wednesday, August 11, 2021		Second Delivery:									
	DAY 4		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
	BREAKFAST	Champion's Scramble - LG	450	44		9		27		DF/GF	
	LUNCH	Jumpin' Jambalaya - LG	680	54		59		20		DF/GF	
	DINNER	Rancher's Chili - LG	610	36		43		32		GF	
	SNACK 1	Pumpkin Peanut Butter Bar	310	13		26		18			
	SNACK 2	Chicken Apple Patties (2 Patties)	250	26		6		14		DF/GF	
		Daily Total:		2,300	173	30%	143	25%	111	43%	
	DAY 5		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
	BREAKFAST	Healthy Sanchez - LG	500	29		48		19		GF	
	LUNCH	Performance Samurai Steak - LG	510	43		45		18		DF	
	DINNER	No Butter Chicken - LG	620	45		41		31		DF/GF	
	SNACK 1	Chicken Salad Snacker	360	28		27		16			
	SNACK 2	PB Crunch Protein Pudding	310	20		19		17		GF	
		Daily Total:		2,300	165	29%	180	31%	101	40%	
	DAY 6		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
	BREAKFAST	PB&J French Toast - LG	720	50		50		33			
	LUNCH	The Seoul Bowl - LG	560	45		49		20		DF/GF	
	DINNER	Casbah Chicken - LG	520	51		37		19		GF	
	SNACK 1	ONE Protein Bar	230	20		23		8		GF	
	SNACK 2	Bada Bean Snacks - Per Bag	300	21		45		9		DF/GF	
	Daily Total:		2,330	187	32%	204	35%	89	34%		
DAY 7		CALORIES	PROTEIN	%	CARBS	%	FATS	%			
BREAKFAST	Get Shredded Hash - LG	630	39		30		41		DF/GF		
LUNCH	Lasagna O/S	740	51		57		35				
DINNER	Ninja Chicken Stir-Fry - LG	580	54		84		6		DF/GF		
SNACK 1	ONE Protein Bar	230	20		23		8		GF		
SNACK 2	Protein Dippers	150	10		14		7		GF		
	Daily Total:		2,330	174	30%	208	36%	97	37%		