

SM 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	Fit Cakes - SM	380	21		47		12			
	LUNCH	Cape Cod O/S - SM	420	34		59		6		DF/GF	
	DINNER	The Seoul Bowl - SM	380	31		32		14		DF/GF	
	SNACK 1	ONE Protein Bar	230	20		23		8		GF	
	SNACK 2	Dark Chocolate Energy Balls	390	9		37		26		DF/GF	
		Daily Total:		1,800	115	26%	198	44%	66	33%	
	DAY 2		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
	BREAKFAST	Gold Medal Breakfast Burrito - O/S	610	25		64		29			
	LUNCH	Jumpin' Jambalaya - SM	430	34		44		10		DF/GF	
	DINNER	Lem-N-Pepa Chicken - SM	310	30		25		11		DF/GF	
	SNACK 1	PB Crunch Protein Pudding	310	20		19		17		GF	
	SNACK 2	Protein Dippers	150	10		14		7		GF	
	Daily Total:		1,810	119	26%	166	37%	74	37%		
DAY 3		CALORIES	PROTEIN	%	CARBS	%	FATS	%			
BREAKFAST	Get Shredded Hash - SM	460	24		25		31		DF/GF		
LUNCH	Muscle Up Meatloaf - SM	390	25		28		19		GF		
DINNER	Buddha Bowl	590	41		57		24		DF/GF		
SNACK 1	Thrive Wagyu Beef Bar - Honey Line	130	13		8		5		DF/GF		
SNACK 2	Bada Bean Snacks - Per Bag	300	21		45		9		DF/GF		
	Daily Total:		1,870	124	27%	163	35%	88	42%		
Wednesday, August 11, 2021		Second Delivery:									
	DAY 4		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
	BREAKFAST	Keto Turkey Omelette O/S	540	36		10		39		GF	
	LUNCH	Chimichurri Beef - SM	390	21		27		24		GF	
	DINNER	Rancher's Chili - SM	480	29		32		26		GF	
	SNACK 1	Greek Yogurt Berry Parfait	240	15		22		8		GF	
	SNACK 2	Chicken Apple Patties (2 Patties)	250	26		6		14		DF/GF	
		Daily Total:		1,900	127	27%	97	20%	111	53%	
	DAY 5		CALORIES	PROTEIN	%	CARBS	%	FATS	%		
	BREAKFAST	Healthy Sanchez - SM	320	19		28		14		GF	
	LUNCH	Healthy Spag & Balls - SM	490	26		52		19		GF	
	DINNER	No Butter Chicken - SM	390	27		24		21		DF/GF	
	SNACK 1	Chicken Salad Snacker	360	28		27		16			
	SNACK 2	PB Crunch Protein Pudding	310	20		19		17		GF	
	Daily Total:		1,870	120	26%	150	32%	87	42%		
DAY 6		CALORIES	PROTEIN	%	CARBS	%	FATS	%			
BREAKFAST	PB&J French Toast - SM	420	27		28		21				
LUNCH	Get Gainz Gnocchi - SM	450	28		43		19				
DINNER	Casbah Chicken - SM	370	33		30		13		GF		
SNACK 1	ONE Protein Bar	230	20		23		8		GF		
SNACK 2	Pumpkin Peanut Butter Bar	310	13		26		18				
	Daily Total:		1,780	121	27%	150	34%	79	40%		
DAY 7		CALORIES	PROTEIN	%	CARBS	%	FATS	%			
BREAKFAST	Healthy Sanchez - SM	320	19		28		14		GF		
LUNCH	Lasagna O/S	740	51		57		35				
DINNER	Ninja Chicken Stir-Fry - SM	470	36		77		4		DF/GF		
SNACK 1	ONE Protein Bar	230	20		23		8		GF		
SNACK 2	Protein Puffs	90	14		2		3.5		GF		
	Daily Total:		1,850	140	30%	187	40%	65	31%		