

# LG Everyday



Delivery Date	WEEKLY MEALS	MEALS	CALORIES	PROTEIN	% Protein	CARBS	% Carbs	FATS	% Fats	Gluten Free/Dairy Free
	<b>Client:</b>									
<b>Monday, April 15, 2024</b>	<b>Week One</b>	<b>First Delivery:</b>								
	<b>DAY 1</b>		<b>CALORIES</b>	<b>PROTEIN</b>		<b>CARBS</b>		<b>FATS</b>		
	<b>BREAKFAST</b>	Garden Frittata	270	14		16		17		GF
	<b>LUNCH</b>	Dinner In Sparta - LG	500	45		32		22		GF
	<b>DINNER</b>	Mac & Gainz - LG	850	41		56		51		
	<b>SNACK 1</b>	Chocolate Almond Energy Balls	370	9		45		19		GF
	<b>SNACK 2</b>	Fruit & Vanilla Yogurt Dip	120	5		22		2		GF
		<b>Daily Total:</b>	<b>2,110</b>	<b>114</b>	<b>22%</b>	<b>171</b>	<b>32%</b>	<b>111</b>	<b>47%</b>	
	<b>DAY 2</b>		<b>CALORIES</b>	<b>PROTEIN</b>		<b>CARBS</b>		<b>FATS</b>		
	<b>BREAKFAST</b>	Balanced Breakfast - LG	460	34		41		17		DF/GF
	<b>LUNCH</b>	Power Chicken Tacos	610	43		67		18		DF
	<b>DINNER</b>	Cajun Fit Chicken - LG	410	50		44		6		DF/GF
	<b>SNACK 1</b>	MidDay Squares - Cookie Dough	340	12		22		26		DF/GF
	<b>SNACK 2</b>	Bliss Bar	200	7		33		8		GF
		<b>Daily Total:</b>	<b>2,020</b>	<b>146</b>	<b>29%</b>	<b>207</b>	<b>41%</b>	<b>75</b>	<b>33%</b>	
	<b>DAY 3</b>		<b>CALORIES</b>	<b>PROTEIN</b>		<b>CARBS</b>		<b>FATS</b>		
	<b>BREAKFAST</b>	The Breakwich - O/S	380	20		34		17		
	<b>LUNCH</b>	Lem-N-Pepa Chicken - LG	450	49		37		14		DF/GF
	<b>DINNER</b>	K-Steak & Rice - LG	600	41		60		22		DF
	<b>SNACK 1</b>	Collagen Protein Brownie (one)	200	7		21		13		GF
	<b>SNACK 2</b>	Coconut Blueberry Chia Muesli	240	13		32		7		GF
		<b>Daily Total:</b>	<b>1,870</b>	<b>130</b>	<b>28%</b>	<b>184</b>	<b>39%</b>	<b>73</b>	<b>35%</b>	
<b>Thursday, March 28, 2024</b>		<b>Second Delivery:</b>								
	<b>DAY 4</b>		<b>CALORIES</b>	<b>PROTEIN</b>		<b>CARBS</b>		<b>FATS</b>		
	<b>BREAKFAST</b>	CocoBanana French Toast - LG	620	34		59		27		
	<b>LUNCH</b>	Southwest Salad	480	34		37		24		GF
	<b>DINNER</b>	The Turkey Dinner - LG	410	48		45		4.5		DF/GF
	<b>SNACK 1</b>	Daryl's Protein Bar	230	22		16		9		GF
	<b>SNACK 2</b>	Greek Yogurt Berry Parfait	240	15		22		8		
		<b>Daily Total:</b>	<b>1,980</b>	<b>153</b>	<b>31%</b>	<b>179</b>	<b>36%</b>	<b>73</b>	<b>33%</b>	
	<b>DAY 5</b>		<b>CALORIES</b>	<b>PROTEIN</b>		<b>CARBS</b>		<b>FATS</b>		
	<b>BREAKFAST</b>	Ain't No Yolk Omelette - O/S	280	43		9		7		GF
	<b>LUNCH</b>	Tasty Thai Beef - LG	550	46		42		22		DF/GF
	<b>DINNER</b>	Molto Bene Chicken - LG	470	54		15		21		GF
	<b>SNACK 1</b>	Chicken Salad Snacker	370	26		22		20		GF
	<b>SNACK 2</b>	Collagen Protein PB Brownie (One)	260	9		22		18		GF
		<b>Daily Total:</b>	<b>1,930</b>	<b>178</b>	<b>37%</b>	<b>110</b>	<b>23%</b>	<b>88</b>	<b>41%</b>	
	<b>DAY 6</b>		<b>CALORIES</b>	<b>PROTEIN</b>		<b>CARBS</b>		<b>FATS</b>		
	<b>BREAKFAST</b>	Mighty Muesli Overnight Oats	340	17		44		14		GF
	<b>LUNCH</b>	Chimichurri Beef - LG	580	38		36		33		GF
	<b>DINNER</b>	Bangkok Green Curry - LG	480	50		31		16		DF/GF
	<b>SNACK 1</b>	Apricot Cashew Energy Balls	250	5		41		8		DF/GF
	<b>SNACK 2</b>	PB Crunch Protein Pudding	330	21		20		18		GF
		<b>Daily Total:</b>	<b>1,980</b>	<b>131</b>	<b>26%</b>	<b>172</b>	<b>35%</b>	<b>89</b>	<b>40%</b>	