

LG Performance



Delivery Date	WEEKLY MEALS	MEALS	CALORIES	PROTEIN	% Protein	CARBS	% Carbs	FATS	% Fats	Gluten Free/Dairy Free
	Client:									
Sunday, May 12, 2024	Week One	First Delivery:								
	DAY 1		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	Gold Medal Breakfast Burrito - O/S	610	25		64		29		
	LUNCH	Tokyo Teriyaki Stirfry - LG	520	53		65		6		DF/GF
	DINNER	Chimichurri Beef - LG	580	38		36		33		GF
	SNACK 1	Collagen Protein PB Brownie (One)	260	9		22		18		GF
	SNACK 2	Chicken Salad Snacker	370	26		22		20		GF
		Daily Total:	2,340	151	26%	209	36%	106	41%	
	DAY 2		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	Get Shredded Hash - LG	570	39		30		33		DF/GF
	LUNCH	Club Med Beef - LG	580	42		47		23		GF
	DINNER	Casbah Chicken - LG	500	51		39		14		GF
	SNACK 1	PB Crunch Protein Pudding	330	21		20		18		GF
	SNACK 2	PB Protein Energy Balls	380	16		38		19		GF
		Daily Total:	2,360	169	29%	174	29%	107	41%	
	DAY 3		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	Balanced Breakfast - LG	460	34		41		17		DF/GF
	LUNCH	Mac & Gainz - LG	850	41		56		51		
	DINNER	So Clucking Good - LG	600	52		42		26		GF
	SNACK 1	Coconut Blueberry Chia Muesli	240	13		32		7		GF
	SNACK 2	Daryl's Protein Bar	230	22		16		9		GF
		Daily Total:	2,380	162	27%	187	31%	110	42%	
Saturday, April 27, 2024		Second Delivery:								
	DAY 4		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	Pumpkin Walnut Fitcakes - LG	670	49		57		28		
	LUNCH	Dinner In Sparta - LG	500	45		32		22		GF
	DINNER	Hook, Line, & Snapper - LG	490	51		24		21		DF
	SNACK 1	Lean Snack Pack	240	12		16		14		GF
	SNACK 2	PB Crunch Protein Pudding	330	21		20		18		GF
		Daily Total:	2,230	178	32%	149	27%	103	42%	
	DAY 5		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	CocoBanana French Toast - LG	620	34		59		27		
	LUNCH	Healthy Spag & Balls - LG	650	28		74		27		GF
	DINNER	No Butter Chicken - LG	570	40		44		26		DF/GF
	SNACK 1	Chicken Salad Snacker	370	26		22		20		GF
	SNACK 2	Quest Protein Chips	140	19		5		5		
		Daily Total:	2,350	147	25%	204	35%	105	40%	
	DAY 6		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	Keto Turkey Omelette O/S	540	36		10		39		GF
	LUNCH	Power Chicken Tacos	610	43		67		18		DF
	DINNER	Bangkok Green Curry - LG	480	50		31		16		DF/GF
	SNACK 1	Greek Yogurt Berry Parfait	240	15		22		8		
	SNACK 2	PB Protein Energy Balls	380	16		38		19		GF
		Daily Total:	2,250	160	28%	168	30%	100	40%	