

# SM Everyday



Delivery Date	WEEKLY MEALS	MEALS	CALORIES	PROTEIN	% Protein	CARBS	% Carbs	FATS	% Fats	Gluten Free/Dairy Free
	<b>Client:</b>									
<b>Saturday, April 13, 2024</b>	<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>	Garden Frittata	270	14		16		17		GF
	<b>LUNCH</b>	The Seoul Bowl - SM	380	31		32		14		DF
	<b>DINNER</b>	Sustain Greens	500	55		44		19		GF
	<b>SNACK 1</b>	Salted Caramel Coconut Balls	270	7		27		15		GF
	<b>SNACK 2</b>	Chicken Salad Snacker	370	26		22		20		GF
		<b>Daily Total:</b>	<b>1,790</b>	<b>133</b>	<b>30%</b>	<b>141</b>	<b>32%</b>	<b>85</b>	<b>43%</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>	CocoBanana French Toast - SM	440	21		45		20		
	<b>LUNCH</b>	Bangkok Green Curry - SM	320	31		23		10		DF/GF
	<b>DINNER</b>	Chimichurri Beef - SM	410	24		27		24		GF
	<b>SNACK 1</b>	Hornby Bar - Chocolate Espresso	370	10		43		19		DF/GF
	<b>SNACK 2</b>	Lean Snack Pack	240	12		16		14		GF
		<b>Daily Total:</b>	<b>1,780</b>	<b>98</b>	<b>22%</b>	<b>154</b>	<b>35%</b>	<b>87</b>	<b>44%</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>	Get Shredded Hash - SM	430	24		26		26		DF/GF
	<b>LUNCH</b>	Killer Enchiladas - Turkey - SM	320	22		33		9		GF
	<b>DINNER</b>	Club Med Beef - SM	430	27		38		18		GF
	<b>SNACK 1</b>	Promax Protein Bar	290	20		37		7		GF
	<b>SNACK 2</b>	PB Crunch Protein Pudding	330	21		20		18		GF
		<b>Daily Total:</b>	<b>1,800</b>	<b>114</b>	<b>25%</b>	<b>154</b>	<b>34%</b>	<b>78</b>	<b>39%</b>	
<b>Tuesday, April 16, 2024</b>		<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>	Fit Cakes - SM	400	24		52		10		
	<b>LUNCH</b>	Bangin Burrito Bowl Chicken - SM	460	30		46		19		GF
	<b>DINNER</b>	Dinner In Sparta - SM	310	26		21		13		GF
	<b>SNACK 1</b>	Greek Yogurt Berry Parfait	240	15		22		8		
	<b>SNACK 2</b>	Clean Beans	360	18		45		10		DF/GF
		<b>Daily Total:</b>	<b>1,770</b>	<b>113</b>	<b>26%</b>	<b>186</b>	<b>42%</b>	<b>60</b>	<b>31%</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	280	43		9		7		GF
	<b>LUNCH</b>	Tokyo Teriyaki Stirfry - SM	370	33		50		4.5		DF/GF
	<b>DINNER</b>	No Butter Chicken - SM	380	25		32		17		DF/GF
	<b>SNACK 1</b>	PB Protein Energy Balls	380	16		38		19		GF
	<b>SNACK 2</b>	Coconut Blueberry Chia Muesli	240	13		32		7		GF
		<b>Daily Total:</b>	<b>1,650</b>	<b>130</b>	<b>32%</b>	<b>161</b>	<b>39%</b>	<b>55</b>	<b>30%</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>	Balanced Breakfast - SM	270	18		29		9		DF/GF
	<b>LUNCH</b>	Lem-N-Pepa Chicken - SM	310	30		25		12		DF/GF
	<b>DINNER</b>	Mac & Gainz - SM	630	28		45		37		
	<b>SNACK 1</b>	Collagen Protein PB Brownie (One)	260	9		22		18		GF
	<b>SNACK 2</b>	Chicken Salad Snacker	370	26		22		20		GF
		<b>Daily Total:</b>	<b>1,840</b>	<b>111</b>	<b>24%</b>	<b>143</b>	<b>31%</b>	<b>96</b>	<b>47%</b>	