

# SM Lean



Delivery Date	WEEKLY MEALS	MEALS	CALORIES	PROTEIN	% Protein	CARBS	% Carbs	FATS	% Fats	Gluten Free/Dairy Free
	<b>Client:</b>									
<b>Sunday, May 5, 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>	Ain't No Yolk Omelette - O/S	280	43		9		7		GF
	<b>LUNCH</b>	Bangkok Green Curry - SM	320	31		23		10		DF/GF
	<b>DINNER</b>	Cajun Fit Chicken - SM	280	31		36		3.5		DF/GF
	<b>SNACK 1</b>	Collagen Protein PB Brownie (One)	260	9		22		18		GF
	<b>SNACK 2</b>	Apricot Cashew Energy Balls	250	5		41		8		DF/GF
		<b>Daily Total:</b>	<b>1,390</b>	<b>119</b>	<b>34%</b>	<b>131</b>	<b>38%</b>	<b>47</b>	<b>30%</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>	The Breakwich - O/S	380	20		34		17		
	<b>LUNCH</b>	Salmon & Smash - SM	310	28		13		17		
	<b>DINNER</b>	Killer Enchiladas - Beef - SM	330	24		29		12		GF
	<b>SNACK 1</b>	Quest Protein Chips	140	19		5		5		
	<b>SNACK 2</b>	PB Crunch Protein Pudding	330	21		20		18		GF
		<b>Daily Total:</b>	<b>1,490</b>	<b>112</b>	<b>30%</b>	<b>101</b>	<b>27%</b>	<b>69</b>	<b>42%</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>	Balanced Breakfast - SM	270	18		29		9		DF/GF
	<b>LUNCH</b>	Fired Up! Tandoori Chicken - SM	260	21		33		6		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>	Daryl's Protein Bar	230	22		16		9		GF
		<b>Daily Total:</b>	<b>1,310</b>	<b>102</b>	<b>31%</b>	<b>121</b>	<b>37%</b>	<b>45</b>	<b>31%</b>	
<b>Wednesday, May 8, 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>	Garden Frittata	270	14		16		17		GF
	<b>LUNCH</b>	Hail the Kale Caesar	620	40		25		42		GF
	<b>DINNER</b>	Lem-N-Pepa Chicken - SM	310	30		25		12		DF/GF
	<b>SNACK 1</b>	Collagen Protein Brownie (One)	200	7		21		13		GF
	<b>SNACK 2</b>	Fruit & Vanilla Yogurt Dip	120	5		22		2		GF
		<b>Daily Total:</b>	<b>1,520</b>	<b>96</b>	<b>25%</b>	<b>109</b>	<b>29%</b>	<b>86</b>	<b>51%</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>	Chorizo Sunrise - SM	300	15		21		17		DF/GF
	<b>LUNCH</b>	JZ's Power Steak Salad - SM	300	22		27		12		DF/GF
	<b>DINNER</b>	The Turkey Dinner - SM	260	29		29		3		DF/GF
	<b>SNACK 1</b>	Chicken Salad Snacker	370	26		22		20		GF
	<b>SNACK 2</b>	Bliss Bar	200	7		33		8		GF
		<b>Daily Total:</b>	<b>1,430</b>	<b>99</b>	<b>28%</b>	<b>132</b>	<b>37%</b>	<b>60</b>	<b>38%</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>	Champion's Scramble - SM	250	22		6		15		DF/GF
	<b>LUNCH</b>	Casbah Chicken - SM	340	31		30		10		GF
	<b>DINNER</b>	Molto Bene Chicken - SM	330	33		14		15		GF
	<b>SNACK 1</b>	Chia Pudding	250	4		23		18		GF
	<b>SNACK 2</b>	RX Bar Coconut Chocolate	200	12		23		8		DF/GF
		<b>Daily Total:</b>	<b>1,370</b>	<b>102</b>	<b>30%</b>	<b>96</b>	<b>28%</b>	<b>66</b>	<b>43%</b>	