

SM Performance



Delivery Date	WEEKLY MEALS	MEALS	CALORIES	PROTEIN	% Protein	CARBS	% Carbs	FATS	% Fats	Gluten Free/Dairy Free
	Client:									
Thursday, May 9, 2024	Week One	First Delivery:								
	DAY 1		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	Keto Turkey Omelette O/S	540	36		10		39		GF
	LUNCH	Tokyo Teriyaki Stirfry - SM	370	33		50		4.5		DF/GF
	DINNER	Bangin Burrito Bowl Beef - SM	580	23		51		31		GF
	SNACK 1	Greek Yogurt Berry Parfait	240	15		22		8		
	SNACK 2	Promax Protein Bar	290	20		37		7		GF
		Daily Total:	2,020	127	25%	170	34%	90	40%	
	DAY 2		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	Fit Cakes - SM	400	24		52		10		
	LUNCH	Southwest Salad	480	34		37		24		GF
	DINNER	Hook, Line, & Snapper - SM	290	27		17		14		DF
	SNACK 1	PB Crunch Protein Pudding	330	21		20		18		GF
	SNACK 2	Salted Caramel Coconut Balls	270	7		27		15		GF
		Daily Total:	1,770	113	26%	153	35%	81	41%	
	DAY 3		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	Ain't No Yolk Omelette - O/S	280	43		9		7		GF
	LUNCH	Mac & Gainz - SM	630	28		45		37		
	DINNER	Club Med Beef - SM	430	27		38		18		GF
	SNACK 1	Lean Snack Pack	240	12		16		14		GF
	SNACK 2	PB Protein Energy Balls	380	16		38		19		GF
		Daily Total:	1,960	126	26%	146	30%	95	44%	
Sunday, May 12, 2024		Second Delivery:								
	DAY 4		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	Chorizo Sunrise with Eggs- SM	430	23		22		26		DF/GF
	LUNCH	Tasty Thai Beef - SM	410	31		38		16		DF/GF
	DINNER	Chimichurri Beef - SM	410	24		27		24		GF
	SNACK 1	Coconut Blueberry Chia Muesli	240	13		32		7		GF
	SNACK 2	Chicken Salad Snacker	370	26		22		20		GF
		Daily Total:	1,860	117	25%	141	30%	93	45%	
	DAY 5		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	Pumpkin Walnut Fitcakes - SM	430	29		38		19		
	LUNCH	Hail the Kale Caesar	620	40		25		42		GF
	DINNER	No Butter Chicken - SM	380	25		32		17		DF/GF
	SNACK 1	Chocolate Almond Energy Balls	370	9		45		19		GF
	SNACK 2	Quest Protein Chips	140	19		5		5		
		Daily Total:	1,940	122	25%	145	30%	102	47%	
	DAY 6		CALORIES	PROTEIN	%	CARBS	%	FATS	%	
	BREAKFAST	CocoBanana French Toast - SM	440	21		45		20		
	LUNCH	Tasty Thai Beef - SM	410	31		38		16		DF/GF
	DINNER	Casbah Chicken - SM	340	31		30		10		GF
	SNACK 1	PB Crunch Protein Pudding	330	21		20		18		GF
	SNACK 2	Clean Beans	360	18		45		10		DF/GF
		Daily Total:	1,880	122	26%	178	38%	74	35%	