	Calories	Protein	Carbs	Fat	Sugar	Fiber	
		17%	36%	47%			Net Carbs:
	1,552	57	123	72	14	42	81
Meals	**Calories**	**Protein**	**Carbs**	**Fat**	**Sugar**	**Fiber**	
oatmeal	85	3	14	2	0	2	
chia seeds	60	2	5	4	0	5	
ground flax	70	2	4	0	0	4	
sunflower seeds	90	3	3	8	0	1	
	305	10	26	14	0	12	14
Meals	**Calories**	**Protein**	**Carbs**	**Fat**	**Sugar**	**Fiber**	
dehydrated kidney beans	96	7	17	0	0	6	
flavored tvp	63	12	7	0	3	4	
oatmeal	85	3	14	2	0	2	
mayo	100	0	0	11	0	0	
dehydraded veggie mix	58	2	13	0	5	2	
Veggie Mix: green beans, celery, onions, tomatoes, spinach, peas, parsley, green bell peppers, and carrots							
	402	24	51	13	8	14	37
snacks	**Calories**	**Protein**	**Carbs**	**Fat**	**Sugar**	**Fiber**	
cashews	160	5	8	13	1	1	
mixed nuts	170	6	5	15	1	2	
beer - 2 reg or 3 lite	285		9.6				
	615	11	23	28	2	3	20
Last food at 4:30	**Calories**	**Protein**	**Carbs**	**Fat**	**Sugar**	**Fiber**	
peanut butter	180	7	8	15	4	2	
whole wheat tortilla wrap - 1	50	5	15	2	0	11	
	230	12	23	17	4	13	10