

Meal Plan

Mark McKenna

Prepared By: Mark McKenna

Email: mmckenna@cenegenics.com

Created: 04-18-2018

Mark's Meal Plan

Day 1

Day 1						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	83	3/4 slice 100% WHOLE WHEAT BREAD			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		91	1/4 cups AVOCADO, RAW			
		310	4 egg EGG, CHICKEN, WHOLE, HARD, BOILED			
Notes:						
Meal Totals:		Calories: 484	Carbs: 22g (19%)	Protein: 29g (24%)	Fat: 30g (57%)	Fluid: 24oz
10:00 am	Snack	176	2 tablespoons PEANUT BUTTER			
		55	1 small APPLE W/SKIN, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Notes:						
Meal Totals:		Calories: 231	Carbs: 18g (31%)	Protein: 6g (10%)	Fat: 15g (58%)	Fluid: 21oz
12:00 pm	Lunch	2	1 leaf LETTUCE, COS OR ROMAINE, RAW			
		60	2 wrap SPINACH & SOY WRAP, LOW CARB			
		27	1 tablespoons HUMMUS, GREEK STYLE			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
321	6 oz TURKEY BREAST, ROASTED					
Notes:						
Meal Totals:		Calories: 410	Carbs: 13g (13%)	Protein: 52g (51%)	Fat: 16g (36%)	Fluid: 21oz
03:00 pm	Snack	150	1 1/2 oz TURKEY JERKY			
		111	14 3/4 fl oz WHITE & GREEN TEA			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
Notes:						
Meal Totals:		Calories: 261	Carbs: 32g (49%)	Protein: 29g (44%)	Fat: 2g (7%)	Fluid: 24oz
06:00 pm	Dinner	12	3 flowerets CAULIFLOWER, BOILED, NO SALT			
		119	1 tablespoons OLIVE OIL			
		141	6 oz TUNA, YELLOWFIN, BAKED OR BROILED (AHI)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
130	1/2 cups BAKED BEAN, VEGETARIAN					
Notes:						
Meal Totals:		Calories: 402	Carbs: 31g (30%)	Protein: 37g (36%)	Fat: 15g (33%)	Fluid: 21oz
08:00 pm	Snack	23	1/2 cups STRAWBERRY, RAW			
		0	12 fl oz WATER, DRINKING WATER, PURIFIED			
		49	1/2 cups YOGURT, LOWFAT, LOW SUGAR			
		120	1 scoop WHEY PROTEIN			
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Meal Totals:		Calories: 192	Carbs: 12g (25%)	Protein: 27g (56%)	Fat: 4g (19%)	Fluid: 19oz
		Calories	Carbs	Protein	Fat	Fluid
Day 1 Totals:		1980	128g (26%)	180g (37%)	82g (37%)	130oz

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Day 2

Day 2						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	110	22 fl oz ALMOND BEVERAGE, VANILLA UNSWEETENED, NONDAIRY			
		194	2 1/2 egg EGG, CHICKEN, WHOLE, HARD, BOILED			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		95	1/2 bagel PLAIN BAGEL, LOW CARB			
Notes:						
Meal Totals:		Calories: 399	Carbs: 16g (17%)	Protein: 29g (30%)	Fat: 23g (53%)	Fluid: 33oz
10:00 am	Snack	160	2 piece STRING CHEESE			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		5	2 small-stalk CELERY, RAW			
Notes:						
Meal Totals:		Calories: 165	Carbs: 3g (7%)	Protein: 14g (32%)	Fat: 12g (61%)	Fluid: 18oz
12:00 pm	Lunch	225	5 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		2	16 fl oz ICED TEA, UNSWEETENED			
		4	1 oz TOMATO, RAW			
		80	1/4 avocado AVOCADO, RAW			
		70	1 slice RYE BREAD, SLICED, LOW CARB			
Notes:						
Meal Totals:		Calories: 381	Carbs: 12g (13%)	Protein: 54g (58%)	Fat: 12g (29%)	Fluid: 24oz
03:00 pm	Snack	28	1/2 small APPLE W/SKIN, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		160	1 bar PROTEIN BAR, SOY, CRUNCH PEANUT BUTTER			
Notes:						
Meal Totals:		Calories: 188	Carbs: 25g (47%)	Protein: 15g (28%)	Fat: 6g (25%)	Fluid: 18oz
06:00 pm	Dinner	154	5 oz BEEF, LOIN, TOP SIRLOIN, LEAN, 0" TRIM, BROILED			
		160	2 cups MUSHROOM, PORTABELLA, GRILLED			
		13	4 spears ASPARAGUS, BOILED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		80	2 teaspoons OLIVE OIL			
Notes:						
Meal Totals:		Calories: 407	Carbs: 25g (23%)	Protein: 47g (44%)	Fat: 16g (33%)	Fluid: 35oz
08:00 pm	Snack	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		129	3/4 cups CHEESE, COTTAGE 1%			
		75	1 1/4 cups CANTALOUPE, RAW			
Notes:						
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Day 2

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Time	Meal Label	Calories	Meal Items			
	Meal Totals:	Calories: 204	Carbs: 23g (44%)	Protein: 25g (48%)	Fat: 2g (9%)	Fluid: 22oz
		Calories	Carbs	Protein	Fat	Fluid
	Day 2 Totals:	1744	104g (23%)	184g (41%)	71g (36%)	150oz