

This is one day of a 7 day nutrition plan focusing on building muscle & losing fat.

The nutrition plan is designed specifically for the client after analyzing their energy needs, their body weight, body fat %, their gender and their goals.

	Food Name
Breakfast	Rib Eye Beef Steak, 1 steak (223 g) Mushrooms, Fresh, 1 cups (97 g) Cottage Cheese, 4 oz (113 g) Broccoli, 1 portion(s) (200 g)
Lunch	White Tuna, Canned in Water, 1 2 small cans (130 g) Red Pepper, 1 red bell pepper (115 g) Watercress, 10 sprigs (25 g) Boiled Eggs, 3 large (150 g) Avocado, 1 avocado (158 g)
Dinner	Chicken Breast, 1 portion(s) (200 g) Cauliflower, 1 head (576 g)
Snacks	Whey Protein, 1 portion (50 g)

Macronutrients Analysis

Food Name	Energy (Kcal)	Prot (g)	Fat (g)	Carb (g)	Fiber (g)	Net Carb (g)
Breakfast						
Rib Eye Beef Steak, 1 steak (223 g)	568.7	40.4	45.3	0	0	0
Mushrooms, Fresh, 1 cups (97 g)	21.3	3	0.3	3.2	1	2.2
Cottage Cheese, 4 oz (113 g)	91.5	11.8	2.6	5.4	0	5.4
Broccoli, 1 portion(s) (200 g)	68	5.6	0.7	13.3	5.2	8.1
Total for Breakfast	749.5	60.8	48.9	21.9	6.2	15.7
Lunch						
White Tuna, Canned in Water, 1 2 small cans (130 g)	166.4	30.7	3.9	0	0	0
Red Pepper, 1 red bell pepper (115 g)	29.9	1.1	0.3	6.9	2.4	4.5
Watercress, 10 sprigs (25 g)	2.8	0.6	0	0.3	0.1	0.2
Boiled Eggs, 3 large (150 g)	232.5	18.9	15.9	1.7	0	1.7
Avocado, 1 avocado (158 g)	252.8	3.2	23.2	13.5	10.6	2.9
Total for Lunch	684.4	54.5	43.3	22.4	13.1	9.3
Dinner						

Food Name	Energy (Kcal)	Prot (g)	Fat (g)	Carb (g)	Fiber (g)	Net Carb (g)
Chicken Breast, 1 portion(s) (200 g)	240	45	5.2	0	0	0
Cauliflower, 1 head (576 g)	144	11.1	1.6	28.6	11.5	17.1
Total for Dinner	384	56.1	6.8	28.6	11.5	17.1
Snacks						
Whey Protein, 1 portion (50 g)	176	39.1	0.8	3.1	1.6	1.5
Total for Snacks	176	39.1	0.8	3.1	1.6	1.5
Total	1993.9	210.5	99.8	76	32.4	43.6

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Ash	23.6 g	n/a	n/a	n/a
Starch	0.17 g	n/a	n/a	n/a
Sucrose	0.29 g	n/a	n/a	n/a
Glucose (dextrose)	10.64 g	n/a	n/a	n/a
Fructose	9.9 g	n/a	n/a	n/a
Lactose	4.79 g	n/a	n/a	n/a
Maltose	0.42 g	n/a	n/a	n/a
Water	1629.18 g	n/a	n/a	n/a
Sugars, total	28.44 g	n/a	n/a	n/a
Galactose	0.3 g	n/a	n/a	n/a
Fiber, total dietary	32.38 g	n/a	n/a	n/a
Calcium, Ca	766.07 mg	n/a	n/a	n/a
Iron, Fe	14.17 mg	n/a	n/a	n/a
Magnesium, Mg	463.71 mg	n/a	n/a	n/a
Phosphorus, P	2677.46 mg	n/a	n/a	n/a
Potassium, K	5830.09 mg	n/a	n/a	n/a
Sodium, Na	1161.48 mg	n/a	n/a	n/a
Zinc, Zn	20.63 mg	n/a	n/a	n/a
Copper, Cu	1.31 mg	n/a	n/a	n/a
Fluoride, F	24.02 µg	n/a	n/a	n/a
Manganese, Mn	2.01 mg	n/a	n/a	n/a
Selenium, Se	263.28 µg	n/a	n/a	n/a
Vitamin A, IU	7029.71 IU	n/a	n/a	n/a
Retinol	335.79 µg	n/a	n/a	n/a
Vitamin A, RAE	630.9 µg	n/a	n/a	n/a
Carotene, beta	3189.34 µg	n/a	n/a	n/a
Carotene, alpha	110.92 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	10.46 mg	n/a	n/a	n/a
Vitamin D	152.67 IU	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	0.19 µg	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	3.75 µg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Vitamin D (D2 + D3)	3.94 µg	n/a	n/a	n/a
Cryptoxanthin, beta	624.74 µg	n/a	n/a	n/a
Lycopene	n/a	n/a	n/a	n/a
Lutein + zeaxanthin	5269.84 µg	n/a	n/a	n/a
Tocopherol, beta	0.17 mg	n/a	n/a	n/a
Tocopherol, gamma	2.36 mg	n/a	n/a	n/a
Tocopherol, delta	0.05 mg	n/a	n/a	n/a
Tocotrienol, alpha	0.15 mg	n/a	n/a	n/a
Tocotrienol, beta	n/a	n/a	n/a	n/a
Tocotrienol, gamma	n/a	n/a	n/a	n/a
Tocotrienol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	631.48 mg	n/a	n/a	n/a
Thiamin	1.51 mg	n/a	n/a	n/a
Riboflavin	4.31 mg	n/a	n/a	n/a
Niacin	48.69 mg	n/a	n/a	n/a
Pantothenic acid	18.74 mg	n/a	n/a	n/a
Vitamin B6	5.64 mg	n/a	n/a	n/a
Folate, total	772.77 µg	n/a	n/a	n/a
Vitamin B12	9.29 µg	n/a	n/a	n/a
Choline, total	1171.91 mg	n/a	n/a	n/a
Menaquinone-4	16.8 µg	n/a	n/a	n/a
Dihydrophyloquinone	0.97 µg	n/a	n/a	n/a
Vitamin K (phyloquinone)	397.6 µg	n/a	n/a	n/a
Folic acid	n/a	n/a	n/a	n/a
Folate, food	772.77 µg	n/a	n/a	n/a
Folate, DFE	772.77 µg	n/a	n/a	n/a
Betaine	56.24 mg	n/a	n/a	n/a
Tryptophan	2.03 g	n/a	n/a	n/a
Threonine	7.63 g	n/a	n/a	n/a
Isoleucine	7.97 g	n/a	n/a	n/a
Leucine	13.81 g	n/a	n/a	n/a
Lysine	15.27 g	n/a	n/a	n/a
Methionine	4.36 g	n/a	n/a	n/a
Cystine	1.97 g	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Phenylalanine	7.17 g	n/a	n/a	n/a
Tyrosine	6.12 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	935.53 mg	n/a	n/a	n/a
Fatty acids, total trans	3.01 g	n/a	n/a	n/a
Fatty acids, total saturated	33.42 g	n/a	n/a	n/a
Phytosterols	103.68 mg	n/a	n/a	n/a
Stigmasterol	3.16 mg	n/a	n/a	n/a
Beta-sitosterol	120.08 mg	n/a	n/a	n/a
Fatty acids, total monounsaturated	46.55 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	10.05 g	n/a	n/a	n/a
Net Carbs (carbs - fiber)	43.61 g	n/a	n/a	n/a

* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.

For information about references used on this table, please check

<https://nutriadmin.com/docs/reference-for-nutritional-information-and-formulas-in-nutriadmin>

Shopping List

Beef Products

- Rib Eye Beef Steak, **1 steak (223 g)**

Vegetables and Vegetable Products

- Mushrooms, Fresh, **1 cups (97 g)**
- Broccoli, **1 portion(s) (200 g)**
- Red Pepper, **1 red bell pepper (115 g)**
- Watercress, **10 sprigs (25 g)**
- Cauliflower, **1 head (576 g)**

Dairy and Egg Products

- Cottage Cheese, **4 oz (113 g)**
- Boiled Eggs, **3 large (150 g)**

Finfish and Shellfish Products

- White Tuna, Canned in Water, **1 2 small cans (130 g)**

Fruits and Fruit Juices

- Avocado, **1 avocado (158 g)**

Poultry Products

- Chicken Breast, **1 portion(s) (200 g)**

Beverages

- Whey Protein, **1 portion (50 g)**

Other

