



Here are the instructions for your nutrition program:

Your nutrition program is provided below. Read the instructions carefully. Be sure to pay attention to the serving sizes provided in the tables below. If you prefer a different choice of meals, macronutrients (e.g., low carb, vegan, or keto, etc), you can always chat with the Adaptive Workout Builder to adjust to your preferences.

**To use the chat feature, scroll to the bottom and press "next."**

Here are the instructions for the user in a numbered list format:

1. Eat 5 meals per day as you indicated by your preference.
2. Pick and choose your preferred protein, carbohydrate, and fat from the list below. Each macronutrient has been calculated to hit your target calories and macronutrients based on your meal preference.
3. **To be truly successful, weigh your foods uncooked. Weight your foods according to the serving size in each table.**
4. You can eat as much green vegetables as you like.
5. Try to drink at least 90 oz of fluids per day. This can come from various sources, but water is the best option. For reference, 1 gallon of water is 128 oz.
6. **Every 4th week, take a diet break. Eat foods that you want, but be reasonable with your intake.**
7. On rest days, remove your carb source from your last meal and replace it with a green vegetable.
8. Stick to low-calorie condiments (e.g., salt, pepper, mustard, McCormick's seasoning, Lowry's marinades, etc.).

For a 41-year-old male with a body weight of 255 lbs, a height of 72 inches, a slightly active lifestyle (e.g., Teaching, Cashier, etc.), and an endomorph somatotype, with a goal of cutting, the recommended daily calorie intake is 2700 calories.

Total Macronutrients:

- Protein: 236g
- Carbohydrates: 303g

- Fat: 60g

Macronutrients per Meal (based on 5 meals):

- Protein: 47g
- Carbohydrates: 61g
- Fat: 12g

Here are the adjusted nutrition facts tables to reflect the macronutrients per meal, based on a total of 5 meals per day:

Table 1. Protein

<b>Food</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>	<b>Fat (g)</b>
Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, raw	204g	271	47	0	7.45
Chicken, broiler or fryer, breast, skinless, boneless, meat only, raw	204g	233	47	0	3.37
Turkey, all classes, breast, meat only, raw	199g	229	47	0	2.11
Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	209g	251	47	0	5.91
Egg, whole, raw, fresh	7.5 large (375g)	540	47	2.7	35.7
Egg white, raw, fresh	13 large (429g)	221	47	3.12	0.78

<b>Food</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>	<b>Fat (g)</b>
Soy protein isolate	53g	178	47	0	0.28
Tuna, yellowfin, fresh, raw	201g	219	47	0	1.91
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	582g	442	47	10.94	27.81
Greek yogurt, plain, nonfat	461g	272	47	16.6	1.8
Cottage cheese, nonfat	450g	324	47	29.97	1.31
Whey protein powder, isolate	53g	186	47	1.69	0.27
Casein protein powder	61g	229	47	6.5	0.92

Table 2. Carbohydrate

<b>Food</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>	<b>Fat (g)</b>
Sweet potato, raw	303g	260	4.75	61	0.15
Potato, white, flesh and skin, raw	388g	268	6.52	61	0.39
Rice, brown, long-grain, raw	79g	290	5.96	61	2.31

<b>Food</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>	<b>Fat (g)</b>
Rice, white, long-grain, regular, raw, unenriched	76g	277	5.42	61	0.5
Pasta, whole wheat, dry	82g	289	9.99	61	2.4
Quinoa, uncooked	95g	350	13.41	61	5.77
Oats, raw	92g	358	15.54	61	6.35
Banana, raw	268g	239	2.92	61	0.88
Apple, raw, with skin	440g	229	1.14	61	0.75
Orange, raw	519g	244	4.88	61	0.62
Blueberries, raw	421g	240	3.12	61	1.39

Table 3. Fat

<b>Food</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>	<b>Fat (g)</b>
Avocado, raw	82g	131	1.64	7	12
Olive oil	13.5g	119	0	0	12
Coconut oil	13.4g	119	0	0	12
Butter, unsalted	14.8g	106	0.13	0.01	12
Almonds, raw	24g	139	5.08	5.17	12
Walnuts, raw	18.4g	120	2.8	2.52	12

<b>Food</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>	<b>Fat (g)</b>
Macadamia nuts, raw	15.8g	113	1.25	2.18	12
Chia seeds, dried	39g	190	6.45	16.43	12
Flaxseed, raw	28.5g	152	5.21	8.22	12
Sunflower seeds, hulled	23.3g	136	4.84	4.66	12
Salmon, Atlantic, raw	89.3g	186	18.26	0	12

Based on the nutrition facts tables provided, here are 10 meal examples that reflect the calculated macronutrients per meal:

1. Grilled Chicken Breast with Roasted Sweet Potatoes
  - Chicken Breast (204g): 233 calories, 47g protein, 0g carbs, 3.37g fat
  - Sweet Potatoes (303g): 260 calories, 4.75g protein, 61g carbs, 0.15g fat
2. Turkey Breast with Brown Rice and Broccoli
  - Turkey Breast (199g): 229 calories, 47g protein, 0g carbs, 2.11g fat
  - Brown Rice (79g): 290 calories, 5.96g protein, 61g carbs, 2.31g fat
  - Broccoli (91g): 31 calories, 2.57g protein, 6.04g carbs, 0.34g fat
3. Tuna Salad with Mixed Greens
  - Tuna (201g): 219 calories, 47g protein, 0g carbs, 1.91g fat
  - Mixed Greens (100g): 23 calories, 2.2g protein, 3.63g carbs, 0.32g fat
  - Olive Oil (13.5g): 119 calories, 0g protein, 0g carbs, 12g fat
4. Beef Stir-Fry with Quinoa
  - Beef (204g): 271 calories, 47g protein, 0g carbs, 7.45g fat

- Quinoa (95g): 350 calories, 13.41g protein, 61g carbs, 5.77g fat
- Stir-Fried Vegetables (100g): 27 calories, 2.2g protein, 5.8g carbs, 0.3g fat

#### 5. Tofu Curry with Brown Rice

- Tofu (582g): 442 calories, 47g protein, 10.94g carbs, 27.81g fat
- Brown Rice (79g): 290 calories, 5.96g protein, 61g carbs, 2.31g fat
- Curry Sauce (100g): 50 calories, 1.1g protein, 5.9g carbs, 2.5g fat

#### 6. Greek Yogurt with Berries and Chia Seeds

- Greek Yogurt (461g): 272 calories, 47g protein, 16.6g carbs, 1.8g fat
- Blueberries (421g): 240 calories, 3.12g protein, 61g carbs, 1.39g fat
- Chia Seeds (39g): 190 calories, 6.45g protein, 16.43g carbs, 12g fat

#### 7. Cottage Cheese with Apple and Walnuts

- Cottage Cheese (450g): 324 calories, 47g protein, 29.97g carbs, 1.31g fat
- Apple (440g): 229 calories, 1.14g protein, 61g carbs, 0.75g fat
- Walnuts (18.4g): 120 calories, 2.8g protein, 2.52g carbs, 12g fat

#### 8. Grilled Salmon with Roasted Potatoes

- Salmon (89.3g): 186 calories, 18.26g protein, 0g carbs, 12g fat
- Potatoes (388g): 268 calories, 6.52g protein, 61g carbs, 0.39g fat
- Olive Oil (13.5g): 119 calories, 0g protein, 0g carbs, 12g fat

#### 9. Egg White Omelet with Vegetables

- Egg Whites (429g): 221 calories, 47g protein, 3.12g carbs, 0.78g fat
- Mixed Vegetables (100g): 27 calories, 2.2g protein, 5.8g carbs, 0.3g fat
- Avocado (82g): 131 calories, 1.64g protein, 7g carbs, 12g fat

#### 10. Whey Protein Shake with Banana and Peanut Butter

- Whey Protein (53g): 186 calories, 47g protein, 1.69g carbs, 0.27g fat
- Banana (268g): 239 calories, 2.92g protein, 61g carbs, 0.88g fat
- Peanut Butter (30g): 191 calories, 7.9g protein, 7g carbs, 12g fat

These meal examples provide a variety of protein, carbohydrate, and fat sources to help meet the calculated macronutrient requirements. Remember to adjust the serving sizes based on your individual needs and preferences.