

# LG Everyday

Delivery Date	WEEKLY MEALS	MEALS	CALORIES	PROTEIN	% Protein	CARBS	% Carbs	FATS	% Fats	Gluten Free/Dairy Free	
Sunday, August 8, 2021	- Week One		First Delivery:								
	- DAY 1		CALORIES	PROTEIN		CARBS		FATS			
		BREAKFAST	Champion's Scramble - LG	450	44		9		27		DF/GF
		LUNCH	Canadian Salmon - LG	440	32		32		20		DF/GF
		DINNER	Casbah Chicken - LG	520	51		37		19		GF
		SNACK 1	Protein Dippers	150	10		14		7		GF
		SNACK 2	Greek Yogurt Berry Parfait	240	15		22		8		GF
			Daily Total:	1,800	152	34%	114	25%	81	41%	
		- DAY 2		CALORIES	PROTEIN		CARBS		FATS		
		BREAKFAST	Ain't No Yolk Omelette - O/S	260	33		7		10		GF
		LUNCH	Healthy Spag & Balls - LG	760	42		77		31		GF
		DINNER	Buddha Bowl	590	41		57		24		DF/GF
		SNACK 1	Thrive Wagyu Beef Bar - Honey Line	130	13		8		5		DF/GF
		SNACK 2	Protein Cookies	200	8		25		8		
			Daily Total:	1,940	137	28%	174	36%	78	36%	
		- DAY 3		CALORIES	PROTEIN		CARBS		FATS		
		BREAKFAST	Egg Bites - Sundried Tomato & Goat Cheese	270	15		20		15		GF
		LUNCH	Get Gainz Gnocchi - LG	630	39		59		27		
		DINNER	Performance Samurai Steak - LG	510	43		45		18		DF
		SNACK 1	Trail Mix Energy Balls	250	19		28		7		
		SNACK 2	PB Crunch Protein Pudding	310	20		19		17		GF
		Daily Total:	1,970	136	28%	171	35%	84	38%		
Wednesday, August 11, 2021	- DAY 4		CALORIES	PROTEIN		CARBS		FATS			
	BREAKFAST	PB&J French Toast - LG	720	50		50		33			
	LUNCH	Tex Mex Greens	370	27		25		20		GF	
	DINNER	The Turkey Dinner - LG	410	49		44		5		GF	
	SNACK 1	Chicken Salad Snacker	360	28		27		16			
	SNACK 2	Fruit & Vanilla Yogurt Dip	120	5		22		2		GF	
			Daily Total:	1,980	159	32%	168	34%	76	35%	
		- DAY 5		CALORIES	PROTEIN		CARBS		FATS		
	BREAKFAST	Gold Medal Breakfast Burrito - O/S	610	25		64		29			
	LUNCH	Sustain Greens	470	33		32		24		GF	
	DINNER	Tasty Thai Beef - LG	590	46		37		29		DF/GF	
	SNACK 1	Greek Yogurt Berry Parfait	240	15		22		8		GF	
	SNACK 2	Nuts - N - More Salted Caramel	190	11		7		14		GF	
			Daily Total:	2,100	130	25%	162	31%	104	45%	
		- DAY 6		CALORIES	PROTEIN		CARBS		FATS		
	BREAKFAST	Balanced Breakfast - LG	420	24		36		20		DF/GF	
	LUNCH	Lem-N-Pepa Chicken - LG	470	49		37		15		DF/GF	
	DINNER	The Seoul Bowl - LG	560	45		49		20		DF/GF	
	SNACK 1	Via Bar - Lemon Berry	210	4		32		8		DF/GF	
	SNACK 2	Pumpkin Peanut Butter Bar	310	13		26		18			
			Daily Total:	1,970	135	27%	180	37%	81	37%	
	- DAY 7		CALORIES	PROTEIN		CARBS		FATS			
BREAKFAST	Fit Cakes - LG	580	34		66		20				
LUNCH	Guinness Beef Stew - LG	400	27		26		20		DF		
DINNER	Killer Enchiladas - Beef - LG	470	34		40		17		GF		
SNACK 1	Trail Mix Energy Balls	250	19		28		7				
SNACK 2	Carb Rite Bar	190	21		1.5		4		GF		
		Daily Total:	1,890	135	29%	162	34%	68	32%		