

Day: Monday

Laurie

45-50 grams protein daily

Quantity	9:30 – Breakfast	Total Grams Protein
1/2 cup	Oatmeal	5
1/4 cup	Fat free milk	2
10	Grapes	1
		Subtotal – 8
	12:30 – Lunch	
1	Tossed salad with oil	2
1	Apple	0
	Water	
		Subtotal – 2
	3:00 – Snack	
1	Graham crackers	1
10	Grapes	1
		Subtotal – 2
	4:30 – Dinner	
4 oz.	Tenderloin steak	28
6 stalks	Asparagus	2
		Subtotal – 30
	Evening Snack	
1/2 bag	Healthy Pop popcorn	2
1 glass	Cranberry juice	0
		Subtotal – 2

Notes:

TOTAL Protein – 44 grams