

MEETING DAILY PROTEIN REQUIREMENTS & ADDITIONAL CARB & FAT INTAKE

MALE	TRAINING GOAL:	MUSCLE WEIGHT GAIN
WT. 190 lbs.	DAILY ACTIVITY LEVEL:	MODERATE
	TOTAL CALORIES NEEDED:	2,788
HEIGHT 5' - 8"	PROTEIN GRAMS NEEDED:	190
	TOTAL PROTEIN CALORIES:	760
AGE 28	REMAINING CARB & FAT CALORIES REQUIRED TO ACHIEVE THE TOTAL CALORIE GOAL:	2,028

DAILY NUTRIENT INTAKE DETAILS:

TIME OF DAY	NUTRIENT INTAKE	PROTEIN GRAMS	PROTEIN CALORIES	CARB & FAT CALORIES
7:30 AM	3 x medium eggs	17	68	18
	1 cup oatmeal	4	16	132
	8 oz. skim milk	9	36	113
10:00 AM	3 x 1 oz. Mozzarella cheese sticks	24	96	144
	Large grapefruit	2	8	98
NOON	18.5 oz. chicken noodle soup	14	56	18
	1 cup brown rice	3.5	14	96
	4 x whole wheat bread slices	16	64	96
	4 tbsp. peanut butter	16	64	45
	12 oz. lemon iced tea	0	0	120
2:30 PM	16 oz. weight gain drink	32	128	191
	2 oz. cashews	10	40	273
	Large banana	1.5	6	115
6:30 PM	8 oz. chicken breast	52	208	0
	1.5 cups green beans	3.5	14	52
	1 cup mashed potatoes	4	16	221
	1 tbsp. butter	0	0	102
	12 oz. 1% milk	13	52	106
9:00 PM	2 cups of non-fat yogurt	28	112	25
DAILY NUTRIENT INTAKE BREAKDOWN:		249.5	998	1,965
		PROTEIN GRAMS	PROTEIN CALORIES	CARB & FAT CALORIES

DAILY SUMMARY:

THE PROTEIN GOAL WAS 1 GRAM/POUND OF BODY WT. = 190 GRAMS. NOTE THAT 249.5 GRAMS WERE CONSUMED WHICH MET THE REQUIREMENT, BUT ADDED 238 ADDITIONAL CALORIES.

THE GOAL WAS MUSCLE WEIGHT GAIN & HIS ACTIVITY LEVEL WAS MODERATE. THE TOTAL CALORIES REQUIRED FOR THAT WAS 2,788, INCLUDING 190 GRAMS OF PROTEIN (760 TOTAL PROTEIN CALORIES) LEAVING A REMAINDER OF 2,028 CALORIES OF COMBINED CARB AND FAT CALORIES TO CONSUME.

THE TOTAL CARB AND FAT INTAKE CALORIES WAS 1,965. INCLUDING THE CALORIES FROM PROTEIN INTAKE (998), THE TOTAL CALORIE INTAKE WAS 2,963. THIS RESULTED IN A SURPLUS OF 175 CALORIES (2,963 - 2,788). THIS PERSON THEREFORE CONSUMED ENOUGH PROTEIN AND TOTAL CALORIES TO FACILITATE MUSCLE WEIGHT GAIN.