weight 160	lean LB: 123		2079	g.Pro 123	*eat to maintain; active 30-60min*
age *all*	Fat LB: 37	23%		g.Carb 102	
height 68	mo goal loss: 0			g.Fat 131	

Pre-Workouts [Opt-2] (P-25, C-11, F-22): 0400 & 1530							Post-Workouts [Opt-1] (P-25, C-22, F-9): 0700 & 2000							AM Snack & Lunch [Opt-2 & 3] (P-25, C-11, F-22): 0930 & 1130								Discretionary (C-15, F-18): 1400					
grams protein	grams carbs	≤ 28%		≥ 72%			grams protein	grams carbs	≤ 8%		≥ 92%			grams protein AM Opt2	grams protein Lunch Opt3	grams carbs	≤ 28%		≥ 72%			grams carbs	≤ 36%		≥ 64%		
		Sat ≤ 27%	Trans ≤ 1%	MUFA-65%	PUFA-35%				Sat ≤ 7%	Trans ≤ 1%	MUFA-65%	PUFA-35%					Sat ≤ 27%	Trans ≤ 1%	MUFA-65%	PUFA-35%			Sat ≤ 35%	Trans ≤ 1%	MUFA-65%	PUFA-35%	
				Ω-9 48%	Ω-3 19%	Ω-6 5%					Ω-9 60%	Ω-3 24%	Ω-6 8%						Ω-9 48%	Ω-3 19%	Ω-6 5%				Ω-9 42%	Ω-3 17%	Ω-6 5%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
25	13	7	0	13	5	1	25	26	1	0	6	3	1	25	-	13	7	0	13	5	1	15	7	0	8	2	1
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

0400 [Opt-2]: P-25, C-11, F-22	0700 [Opt-1]: P-25, C-22, F-9	0930 [Opt-2]: P-25, C-11, F-22	1130 [Opt-3]: P-0, C-11, F-22	1400 [Disc]: C-15, F-18	1530 [Opt-2]: P-25, C-11, F-22	2000 [Opt-1]: P-25, C-22, F-9

electrolyte drink btw workouts

(4oz) **½ c** CoconutWater

(1oz) **¼ c** PineappleJuice

(1 smd) **1 smidgen** SeaSalt

		phytic: cook w/ sea veg (Oat,Rice,Buckwheat,Quinoa)					*phytic: cook w/ sea veg (Oat,Rice,Buckwheat,Quinoa)*
Pre	**Berries**,raw(J.Artichoke,DandelionGreens,Garlic, Leek,Onion),cooked onion, acacia gum(15g/day)	**Beans,Lentils,Oats**,raw(J.Artichoke,DandelionGreen,Garlic,**Jicama**,Leek,Onion),cooked onion,acacia	**Berries**,raw(J.Artichoke,DandelionGreens,Garlic, Leek,Onion),cooked onion, acacia gum(15g/day)	**Banana**,**Berries**,raw(J.Artichoke,DandelionGreens, Garlic,Leek,Onion),cooked onion, acacia gum	**Banana**,**Berries**,DandelionGreens	**Berries**,raw(J.Artichoke,DandelionGreens,Garlic, Leek,Onion),cooked onion, acacia gum(15g/day)	**Beans,Lentils,Oats**,raw(J.Artichoke,DandelionGreen,Garlic,**Jicama**,Leek,Onion),cooked onion,acacia
Pro	Kombucha,Microalgae,Olives,Sauerkraut, SourPickles(w/o vinegar)	**Kefir,Milk,Miso,Tempeh,Yogurt**, Kombucha, Microalgae,Olives,Sauerkraut, SourPickles	Kombucha,Microalgae,Olives,Sauerkraut, SourPickles(w/o vinegar)	Kombucha	**DarkChocolate**,Kombucha,Yogurt	Kombucha,Microalgae,Olives,Sauerkraut, SourPickles(w/o vinegar)	**Kefir,Milk,Miso,Tempeh,Yogurt**,Kombucha, Microalgae,Olives,Sauerkraut, SourPickles
AI	LeafyGreen, BokChoy, Celery, Broccoli, Pineapple, BoneBroth, Walnuts, CococnutOil, ChiaSeeds, Flaxseeds, Turmeric, Ginger	LeafyGreen, BokChoy, Celery, Beets, Broccoli, Salmon, Walnuts, CococnutOil, ChiaSeeds, Flaxseeds, Turmeric, Ginger	LeafyGreen, BokChoy, Celery, Broccoli, Pineapple, BoneBroth, Walnuts, CococnutOil, ChiaSeeds, Flaxseeds, Turmeric, Ginger	LeafyGreen, Blueberries, Pineapple, Walnuts, CococnutOil,ChiaSeeds, Flaxseeds, Turmeric, Ginger	Blueberries, Pineapple, Walnuts, CococnutOil, ChiaSeeds, Flaxseeds, Turmeric, Ginger	LeafyGreen, BokChoy, Celery, Broccoli, Pineapple, BoneBroth, Walnuts, CococnutOil, ChiaSeeds, Flaxseeds, Turmeric, Ginger	LeafyGreen, BokChoy, Celery, Beets, Broccoli, Salmon, Walnuts, CococnutOil, ChiaSeeds, Flaxseeds, Turmeric, Ginger
Sun	**AM.Sup**						**PM.Sup**
Mon	**AM.Sup**						**PM.Sup**
Tue	**AM.Sup**						**PM.Sup**
Wed	**AM.Sup**						**PM.Sup**
Thu	**AM.Sup**						**PM.Sup**
Fri	**AM.Sup**						**PM.Sup**
Sat	**AM.Sup**						**PM.Sup**