

Moderate Keto Muscle-Building 40f/40p/20c

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Daily Plan Averages

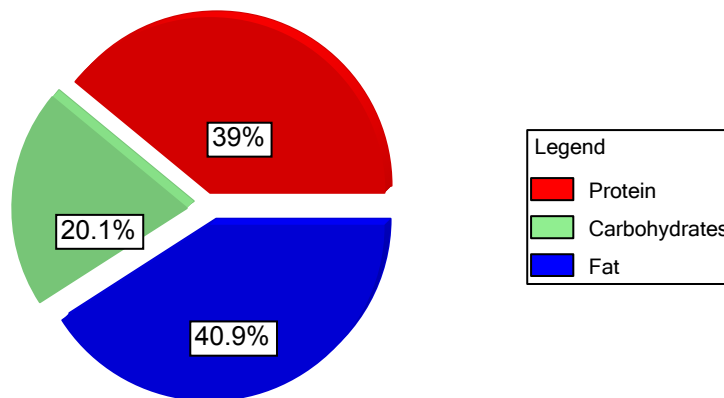
Calories: 1777 kCal
Protein: 39%
Carbohydrates: 20.1%
Fat: 40.9%

Fat: 80 grams
Carbohydrates: 89 grams
Protein: 172 grams
Saturated Fat: 22 grams
Cholesterol: 356 mgs
Fiber: 28 grams
Sodium: 2250 mgs

First Number is daily amount

*-Number in () is recommended daily amount

Nutritional Breakdown for Meal Plan



This is a higher fat muscle-building mealplan for consistent long-burning energy and reducing inflammation and cravings. Mental focus will be clearer than the typical low-fat bodybuilding plan and heart and muscles will receive the energy they need to lift longer and heavier.

Provided By: Maxine Johnson

Consult a qualified health professional before starting any exercise and/or nutrition program.
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Day 1:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Breakfast:									
Mixed Berries	1 Cup	79	1	18.9	0.6	0.1	0	4.2	1.6
Sun Warrior Protein Powder	2 Scoop	200	4	0	38	0	0	4	640
Water, plain	1 Cup	0	0	0	0	0	0	0	1
Meal Total:		279	5	18.9	38.6	0.1	0	8.2	642.6
Snack:									
Nuts, cashew nuts, raw	1 oz	156.8	12.4	8.6	5.2	2.2	0	0.9	3.4
Raw Apples	1/2 medium (2-3/4" dia) (approx 3 per lb)	35.9	0.1	9.5	0.2	0	0	1.7	0.7
Meal Total:		192.7	12.5	18.1	5.3	2.2	0	2.6	4.1
Lunch:									
Yam, cooked, boiled, drained, or baked, with salt	4 oz	129.3	0.2	30.6	1.7	0	0	4.4	276.7
Asparagus, cooked, boiled, drained, with salt	4 spears (1/2" base)	13.2	0.1	2.5	1.4	0	0	1.2	144
Butter, salted	1 tsp(s)	33.9	3.8	0	0	2.4	10.2	0	27.2
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	5 oz	266.3	11	0	39.1	4.5	120.4	N/A	93.5
Meal Total:		442.7	15.2	33.1	42.3	7	130.6	5.6	541.4
Snack:									
Peanut Butter	2 Tablespoons	210	16	6	7	2.5	0	2	45
Celery, raw	5 stalk, small (5" long)	13.6	0.1	2.5	0.6	0	0	1.4	68
Meal Total:		223.6	16.1	8.5	7.6	2.5	0	3.4	113
Dinner:									
Vinegar and Oil	2 tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3
Garden Salad	2 cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7
Fish, salmon, coho, wild, cooked, moist heat	5 oz	260.7	10.6	0	38.8	2.3	80.7	0	75.1
Meal Total:		415.5	26.8	3	39.7	5.2	80.7	1.1	82.1

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N/A = Nutritional Information Not Available

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Day 1:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Snack:										
Water, plain	1	Cup	0	0	0	0	0	0	0	1
Sun Warrior Protein Powder	2	Scoop	200	4	0	38	0	0	4	640
Whole Milk Yogurt	1/4	Cup	44	2	3.7	2.7	1.4	8.5	0	42.3
Meal Total:			244	6	3.7	40.7	1.4	8.5	4	683.3
Total Nutritional Values:			1798	82	85	174	18	220	25	2066

+ Indicates Item has Recipe

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Day 2:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Breakfast:										
Egg, whole, cooked, scrambled	2	large	203.7	14.9	2.7	13.5	4.5	429.4	0	341.6
Mixed Berries	1/2	Cup	39.5	0.5	9.4	0.3	0	0	2.1	0.8
Meal Total:			243.3	15.4	12.1	13.9	4.5	429.4	2.1	342.4
Snack:										
Sun Warrior Protein Powder	2	Scoop	200	4	0	38	0	0	4	640
Grapefruit	1/2	medium (approx 4" dia)	41	0.1	10.3	0.8	0	0	1.4	0
Water, plain	1 1/2	Cup	0	0	0	0	0	0	0	1.5
Meal Total:			241	4.1	10.3	38.8	0	0	5.4	641.5
Lunch:										
Fish, salmon, coho, wild, cooked, dry heat	5	oz	196.9	6.1	0	33.2	1.5	77.9	0	82.2
Butter, salted	2	tsp(s)	67.8	7.7	0	0.1	4.9	20.3	0	54.5
Broccoli, cooked, boiled, drained, with salt	1	cup(s), chopped	54.6	0.6	11.2	3.7	0.1	0	5.1	408.7
Meal Total:			319.3	14.4	11.2	37	6.5	98.3	5.1	545.4
Snack:										
Granny Smith Apple	1	raw, with skin	111.8	0.7	29	0.4	0.1	0	5.1	0
Whole Milk Yogurt	1/2	Cup	87.9	4.1	7.4	5.4	2.7	16.9	0	84.6
Raw Pumpkin Seeds	1	oz	150	13	5	7	3	0	4	5
Meal Total:			349.7	17.7	41.4	12.8	5.8	16.9	9.1	89.6
Dinner:										
Wild rice, cooked	1/3	cup(s)	54.7	0.2	11.5	2.2	0	0	1	1.6
Vinegar and Oil	2	tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3
Garden Salad	2	cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7
CHICKEN LIGHT & DARK MEAT ONLY-ROASTED	4	oz	215.5	8.4	0	32.8	2.3	100.9	0	97.5
Meal Total:			425	24.7	14.6	35.9	5.3	100.9	2.1	106.2
Snack:										
Sun Warrior Protein Powder	2	Scoop	200	4	0	38	0	0	4	640
Water, plain	1	Cup	0	0	0	0	0	0	0	1
Meal Total:			200	4	0	38	0	0	4	641
Total Nutritional Values:			1778	80	90	176	22	646	28	2366

+ Indicates Item has Recipe

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Day 3:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Breakfast:										
Sun Warrior Protein Powder	2	Scoop	200	4	0	38	0	0	4	640
Water, plain	1	Cup	0	0	0	0	0	0	0	1
Mixed Berries	1/2	Cup	39.5	0.5	9.4	0.3	0	0	2.1	0.8
Yogurt	0.3	Cup	139.8	4.2	11.4	6.6	1.2	13.8	1.2	207
Meal Total:			379.3	8.7	20.8	44.9	1.2	13.8	7.3	848.8
Snack:										
Granny Smith Apple	1	raw, with skin	111.8	0.7	29	0.4	0.1	0	5.1	0
Cottage Cheese creamed, large or small curd	1/4	cup(s), large curd (not packed)	51.4	2.3	1.8	5.8	0.9	8.9	0	191.1
Meal Total:			163.2	2.9	30.8	6.3	1	8.9	5.1	191.1
Lunch:										
Green Beans - Cooked w/ Salt	1	cup(s)	35.1	0.2	7.9	2	0.1	0	4	330.8
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	5	oz	325.8	18	0	38.4	7.1	94.9	0	80.7
Sauerkraut, Raw	2	Tablespoons	2.6	0	1.3	0	0	0	0.9	98.6
Beans, black turtle soup, mature seeds, cooked, boiled, without salt	1/2	cup(s)	120.2	0.3	22.5	7.6	0.1	0	4.9	2.8
Meal Total:			483.8	18.6	31.7	48	7.2	94.9	9.8	512.8
Snack:										
Nuts, cashew butter, plain, with salt added	1	tbsp(s)	93.9	7.9	4.4	2.8	1.6	0	0.3	98.2
Sun Warrior Protein Powder	2	Scoop	200	4	0	38	0	0	4	640
Water, plain	1 1/2	Cup	0	0	0	0	0	0	0	1.5
Organic Coconut Oil	1	Tbsp	120	14	0	0	12	0	0	0
Meal Total:			413.9	25.9	4.4	40.8	13.6	0	4.3	739.7
Dinner:										
Garden Salad	2	cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7
Vinegar and Oil	2	tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3
Fish, salmon, coho, wild, cooked, dry heat	4	oz	157.5	4.9	0	26.6	1.2	62.3	0	65.7
Meal Total:			312.4	21	3	27.5	4.1	62.3	1.1	72.8

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Day 3:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Snack:									
Tea, herb, chamomile, brewed	1 cup(s) (8 fl oz)	2.4	0	0.5	0	0	0	0	2.4
Meal Total:		2.4	0	0.5	0	0	0	0	2.4
Total Nutritional Values:		1755	77	91	167	27	180	28	2368

+ Indicates Item has Recipe

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Day 4:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Breakfast:									
Egg(s) (Without salt)	1 large egg(s)	71.5	5	0.4	6.3	1.6	211.5	0	70
Mixed Berries	1 Cup	79	1	18.9	0.6	0.1	0	4.2	1.6
Avocado	1/2 avocado	160.8	14.7	8.6	2	2.1	0	6.7	7
Parmesan Cheese - Grated	1 tbsp(s)	21.6	1.4	0.2	1.9	0.9	4.4	0	76.4
Meal Total:		332.9	22.1	28	10.9	4.6	215.9	10.9	155
Snack:									
Water, plain	1 Cup	0	0	0	0	0	0	0	1
Sun Warrior Protein Powder	1 Scoop	100	2	0	19	0	0	2	320
Nectarines, raw	1 1/2 cup(s) slices	91.1	0.7	21.8	2.2	0.1	0	3.5	0
Meal Total:		191.1	2.7	21.8	21.2	0.1	0	5.5	321
Lunch:									
Garden Salad	2 cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7
Vinegar and Oil	2 tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	4 oz	213.1	8.8	0	31.3	3.6	96.3	N/A	74.8
Meal Total:		367.9	25	3	32.2	6.5	96.3	1.1	81.8
Snack:									
Granny Smith Apple	1 raw, with skin	111.8	0.7	29	0.4	0.1	0	5.1	0
Water, plain	1 Cup	0	0	0	0	0	0	0	1
Sun Warrior Protein Powder	2 Scoop	200	4	0	38	0	0	4	640
Meal Total:		311.8	4.7	29	38.4	0.1	0	9.1	641
Dinner:									
Fish, salmon, pink, cooked, dry heat	4 oz	168.9	5	0	29	0.8	75.9	0	97.5
Asparagus, cooked, boiled, drained, with salt	5 spears (1/2" base)	16.5	0.2	3.1	1.8	0	0	1.5	180
Garden Salad	2 cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7
Vinegar and Oil	2 tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3
Butter, salted	1 tsp(s)	33.9	3.8	0	0	2.4	10.2	0	27.2
Meal Total:		374.2	25.2	6.1	31.7	6.2	86.1	2.6	311.8

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Day 4:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Snack:										
Sun Warrior Protein Powder	2	Scoop	200	4	0	38	0	0	4	640
Water, plain	1	Cup	0	0	0	0	0	0	0	1
Meal Total:			200	4	0	38	0	0	4	641

+ Indicates Item has Recipe

Total Nutritional Values: 1778 84 88 172 18 398 33 2152

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Day 5:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Breakfast:									
Mixed Berries	1 Cup	79	1	18.9	0.6	0.1	0	4.2	1.6
Water, plain	1 Cup	0	0	0	0	0	0	0	1
Sun Warrior Protein Powder	2 Scoop	200	4	0	38	0	0	4	640
Meal Total:		279	5	18.9	38.6	0.1	0	8.2	642.6
Snack:									
Nuts, cashew nuts, raw	1 oz	156.8	12.4	8.6	5.2	2.2	0	0.9	3.4
Raw Apples	1/2 medium (2-3/4" dia) (approx 3 per lb)	35.9	0.1	9.5	0.2	0	0	1.7	0.7
Meal Total:		192.7	12.5	18.1	5.3	2.2	0	2.6	4.1
Lunch:									
Asparagus, cooked, boiled, drained, with salt	4 spears (1/2" base)	13.2	0.1	2.5	1.4	0	0	1.2	144
Yam, cooked, boiled, drained, or baked, with salt	4 oz	129.3	0.2	30.6	1.7	0	0	4.4	276.7
Butter, salted	1 tsp(s)	33.9	3.8	0	0	2.4	10.2	0	27.2
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	5 oz	266.3	11	0	39.1	4.5	120.4	N/A	93.5
Meal Total:		442.7	15.2	33.1	42.3	7	130.6	5.6	541.4
Snack:									
Peanut Butter	2 Tablespoons	210	16	6	7	2.5	0	2	45
Celery, raw	5 stalk, small (5" long)	13.6	0.1	2.5	0.6	0	0	1.4	68
Meal Total:		223.6	16.1	8.5	7.6	2.5	0	3.4	113
Dinner:									
Garden Salad	2 cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7
Fish, salmon, coho, wild, cooked, moist heat	5 oz	260.7	10.6	0	38.8	2.3	80.7	0	75.1
Vinegar and Oil	2 tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3
Meal Total:		415.5	26.8	3	39.7	5.2	80.7	1.1	82.1

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Day 5:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Snack:										
Water, plain	1	Cup	0	0	0	0	0	0	0	1
Sun Warrior Protein Powder	2	Scoop	200	4	0	38	0	0	4	640
Whole Milk Yogurt	1/4	Cup	44	2	3.7	2.7	1.4	8.5	0	42.3
Meal Total:			244	6	3.7	40.7	1.4	8.5	4	683.3
Total Nutritional Values:			1798	82	85	174	18	220	25	2066

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Day 6:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Breakfast:										
Egg, whole, cooked, scrambled	2	large	203.7	14.9	2.7	13.5	4.5	429.4	0	341.6
Mixed Berries	1/2	Cup	39.5	0.5	9.4	0.3	0	0	2.1	0.8
Meal Total:			243.3	15.4	12.1	13.9	4.5	429.4	2.1	342.4
Snack:										
Sun Warrior Protein Powder	2	Scoop	200	4	0	38	0	0	4	640
Water, plain	1 1/2	Cup	0	0	0	0	0	0	0	1.5
Grapefruit	1/2	medium (approx 4" dia)	41	0.1	10.3	0.8	0	0	1.4	0
Meal Total:			241	4.1	10.3	38.8	0	0	5.4	641.5
Lunch:										
Fish, salmon, coho, wild, cooked, dry heat	5	oz	196.9	6.1	0	33.2	1.5	77.9	0	82.2
Broccoli, cooked, boiled, drained, with salt	1	cup(s), chopped	54.6	0.6	11.2	3.7	0.1	0	5.1	408.7
Butter, salted	2	tsp(s)	67.8	7.7	0	0.1	4.9	20.3	0	54.5
Meal Total:			319.3	14.4	11.2	37	6.5	98.3	5.1	545.4
Snack:										
Whole Milk Yogurt	1/2	Cup	87.9	4.1	7.4	5.4	2.7	16.9	0	84.6
Raw Pumpkin Seeds	1	oz	150	13	5	7	3	0	4	5
Granny Smith Apple	1	raw, with skin	111.8	0.7	29	0.4	0.1	0	5.1	0
Meal Total:			349.7	17.7	41.4	12.8	5.8	16.9	9.1	89.6
Dinner:										
CHICKEN LIGHT & DARK MEAT ONLY-ROASTED	4	oz	215.5	8.4	0	32.8	2.3	100.9	0	97.5
Garden Salad	2	cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7
Vinegar and Oil	2	tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3
Wild rice, cooked	1/3	cup(s)	54.7	0.2	11.5	2.2	0	0	1	1.6
Meal Total:			425	24.7	14.6	35.9	5.3	100.9	2.1	106.2
Snack:										
Water, plain	1	Cup	0	0	0	0	0	0	0	1
Sun Warrior Protein Powder	2	Scoop	200	4	0	38	0	0	4	640
Meal Total:			200	4	0	38	0	0	4	641
Total Nutritional Values:			1778	80	90	176	22	646	28	2366

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Day 7:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Breakfast:										
Water, plain	1	Cup	0	0	0	0	0	0	0	1
Sun Warrior Protein Powder	2	Scoop	200	4	0	38	0	0	4	640
Yogurt	0.3	Cup	139.8	4.2	11.4	6.6	1.2	13.8	1.2	207
Mixed Berries	1/2	Cup	39.5	0.5	9.4	0.3	0	0	2.1	0.8
Meal Total:			379.3	8.7	20.8	44.9	1.2	13.8	7.3	848.8
Snack:										
Cottage Cheese creamed, large or small curd	1/4	cup(s), large curd (not packed)	51.4	2.3	1.8	5.8	0.9	8.9	0	191.1
Granny Smith Apple	1	raw, with skin	111.8	0.7	29	0.4	0.1	0	5.1	0
Meal Total:			163.2	2.9	30.8	6.3	1	8.9	5.1	191.1
Lunch:										
Beans, black turtle soup, mature seeds, cooked, boiled, without salt	1/2	cup(s)	120.2	0.3	22.5	7.6	0.1	0	4.9	2.8
Green Beans - Cooked w/ Salt	1	cup(s)	35.1	0.2	7.9	2	0.1	0	4	330.8
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	5	oz	325.8	18	0	38.4	7.1	94.9	0	80.7
Sauerkraut, Raw	2	Tablespoons	2.6	0	1.3	0	0	0	0.9	98.6
Meal Total:			483.8	18.6	31.7	48	7.2	94.9	9.8	512.8
Snack:										
Organic Coconut Oil	1	Tbsp	120	14	0	0	12	0	0	0
Water, plain	1 1/2	Cup	0	0	0	0	0	0	0	1.5
Sun Warrior Protein Powder	2	Scoop	200	4	0	38	0	0	4	640
Nuts, cashew butter, plain, with salt added	1	tbsp(s)	93.9	7.9	4.4	2.8	1.6	0	0.3	98.2
Meal Total:			413.9	25.9	4.4	40.8	13.6	0	4.3	739.7
Dinner:										
Fish, salmon, coho, wild, cooked, dry heat	4	oz	157.5	4.9	0	26.6	1.2	62.3	0	65.7
Garden Salad	2	cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7
Vinegar and Oil	2	tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3
Meal Total:			312.4	21	3	27.5	4.1	62.3	1.1	72.8

Provided By: Maxine Johnson

N/A = Nutritional Information Not Available

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Moderate Keto Muscle-Building 40f/40p/20c

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Day 7:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Snack:									
Tea, herb, chamomile, brewed	1 cup(s) (8 fl oz)	2.4	0	0.5	0	0	0	0	2.4
Meal Total:		2.4	0	0.5	0	0	0	0	2.4
Total Nutritional Values:		1755	77	91	167	27	180	28	2368

+ Indicates Item has Recipe

Provided By: Maxine Johnson

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