



B.S.T.C

Body. Sport. Tone. Condition

905

Monday

Time	Foods	Size	Grams	Protein	Carbohydrates	Fat	Calories
06h00	Oats		50	6.2	29	5	171
	Honey	1 x Table Spoons	15	0	12	0	43
	Peanut Butter	1 x Tea Spoons	8	2	2	4	46
10h00	Provita Cracker Bread	2 x Breads	15	2	11	0	56
	Large Egg Whites		102	11	1	0	49
12h00	Chicken		80	23	0	3	117
	McCain Broccoli (frozen)		50	1	1	0	10
14h00	Tuna (salt water)	Small Tin	119	32	0	0	131
	Provita Cracker Bread	2 x Breads	15	2	11	0	56
18h00	Beef		100	30.7	0.0	8.9	205
	Lettuce		50	0.5	1.5	0.1	7
	Cucumber		30	0.2	1.1	0.0	5
	Green Pepper		30	0.4	2.1	0.1	9

110	71	21	905
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Tuesday

Time	Foods	Size	Grams	Protein	Carbohydrates	Fat	Calories
06h00	Oats		50	6.2	29	5	171
	Honey	1 x Table Spoons	15	0	12	0	43
	Peanut Butter	1 x Tea Spoons	8	2	2	4	46
10h00	Provita Cracker Bread	2 x Breads	15	2	11	0	56
	Tuna (in salt water)	Small Tin	118	32	0	0	130
12h00	Chicken		80	23	0	3	117
	Green Beans (McCain)		30	0	2	0	12
14h00	Egg Whites		100	11	1	0	48
	Provita Cracker Bread	2 x Breads	15	2	11	0	56
18h00	Beef		100	30.7	0.0	8.9	205
	Lettuce		50	0.5	1.5	0.1	7
	Cucumber		30	0.2	1.1	0.0	5
	Green Pepper		30	0.4	2.1	0.1	9

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B.S.T.C

Body.Sport.Tone.Condition

905

Wednesday

Time	Breakfast	Size	Grams	Protein	Carbohydrates	Fat	Calories
06h00	Oats		50	6.2	29	5	171
	Honey	1 x Table Spoons	15	0	12	0	43
	Peanut Butter	1 x Tea Spoons	8	2	2	4	46
10h00	Provita Cracker Bread	2 x Breads	15	2	11	0	56
	Large Egg Whites	2 x Eggs	102	11	1	0	49
12h00	Chicken		80	23	0	3	117
	McCain Broccoli (frozen)		50	1	1	0	10
14h00	Large Egg Whites	2 x Eggs	102	11	1	0	49
	Provita Cracker Bread	2 x Breads	15	2	11	0	56
18h00	Beef		140	42.9	0.0	12.4	287
	Lettuce		50	0.5	1.5	0.1	7
	Cucumber		30	0.2	1.1	0.0	5
	Green Pepper		30	0.4	2.1	0.1	9

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B.S.T.C

Body. Sport. Tone. Condition

905

Thursday

Time	Foods	Size	Grams	Protein	Carbohydrates	Fat	Calories
06h00	Oats		50	6.2	29	5	171
	Honey	1 x Table Spoons	15	0	12	0	43
	Peanut Butter	1 x Tea Spoons	8	2	2	4	46
10h00	Provita Cracker Bread	2 x Breads	15	2	11	0	56
	Large Egg Whites		100	11	1	0	48
12h00	Chicken		80	23	0	3	117
	McCain Broccoli (frozen)		50	1	1	0	10
14h00	Tuna (salt water)	Small Tin	120	32	0	0	132
	Provita Cracker Bread	2 x Breads	15	2	11	0	56
18h00	Beef		100	30.7	0.0	8.9	205
	Lettuce		50	0.5	1.5	0.1	7
	Cucumber		30	0.2	1.1	0.0	5
	Green Pepper		30	0.4	2.1	0.1	9

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B.S.T.C

Body. Sport. Tone. Condition

905

Friday

Time	Foods	Size	Grams	Protein	Carbohydrates	Fat	Calories
06h00	Oats		50	6.2	29	5	171
	Honey	1 x Table Spoons	15	0	12	0	43
	Peanut Butter	1 x Tea Spoons	8	2	2	4	46
10h00	Provita Cracker Bread	2 x Breads	15	2	11	0	56
	Large Egg Whites		102	11	1	0	49
12h00	Chicken		80	23	0	3	117
	McCain Broccoli (frozen)		50	1	1	0	10
14h00	Tuna (salt water)	Small Tin	119	32	0	0	131
	Provita Cracker Bread	2 x Breads	15	2	11	0	56
18h00	Beef		100	30.7	0.0	8.9	205
	Lettuce		50	0.5	1.5	0.1	7
	Cucumber		30	0.2	1.1	0.0	5
	Green Pepper		30	0.4	2.1	0.1	9

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