

## MEAL LOG

Date: 2024-12-18

### Breakfast (8:00 AM):

- Oatmeal with berries: 350 calories
- Coffee: 5 calories
- Protein: 12g, Carbs: 65g, Fat: 8g

### Lunch (1:00 PM):

- Grilled chicken salad: 450 calories
- Whole grain bread: 150 calories
- Protein: 45g, Carbs: 35g, Fat: 15g

### Dinner (7:00 PM):

- Salmon with vegetables: 550 calories
- Brown rice: 200 calories
- Protein: 50g, Carbs: 45g, Fat: 20g

### Total Daily:

- Calories: 1705
- Protein: 107g
- Carbs: 145g
- Fat: 43g

Notes: Felt energized throughout the day