**Nutrition Data**

 Name:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Day 1 | Day 2 | Day 3 |
| Section #1 | Protein - Total Calories | 1000 | 1100 | 900 |
| Carbs - Total Calories | 1300 | 1600 | 1400 |
| Fat - Total Calories | 800 | 700 | 900 |
| Total Daily Calories | 3100 | 3400 | 3200 |
| Section #2 | Protein - Daily Percentage |  32% | 32%  |  28% |
| Carbs - Daily Percentage |  42% | 47%  |  44% |
| Fat - Daily Percentage  | 26%  | 21%  |  28% |
| Section #3 | Average Total Calories | 3233 |
| Protein - Average Calories | 1000  |
| Carbs - Average Calories | 1433  |
| Fat - Average Calories |  800 |