**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 | | |