



DADDY TAY FITNESS

FUEL GUIDE

Teriyaki Salmon Bowl

CALORIES: 543

PROTEINS: 45g

CARBS: 58g

FATS: 15g



- 1 fillet (4-5oz)-Salmon
- 1 cup-Steamed green beans
- 1 cup- Jasmine Rice
- 1 Tbsp-Teriyaki Sauce

Grilled Chicken Power Bowl

CALORIES: 396

PROTEINS: 44g

CARBS: 59g

FATS: 16g



- 5oz-grilled chicken
- 1 cup- spinach
- 1 /2cup-cherry tomato
- 1/2 cup-cucumber
- 1/2 cup-cooked quinoa
- 1/4 cup garbonzo beans
- 2 tbsp-Greek dressing

LUNCH/DINNER

Teriyaki Chicken Stir Fry

CALORIES: 374

PROTEINS: 34g

CARBS: 53g

FATS: 3g



- 5 oz-Grilled chicken
- 1 cup-Frozen Broccoli Stir Fry
- 1 cup-Jasmine rice, cooked
- 1 Tbsp-Teriyaki sauce

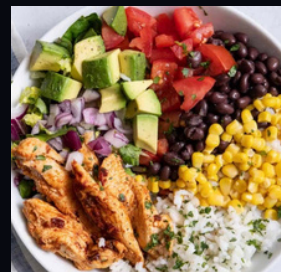
Grilled Chicken Tex Mex Bowl

CALORIES: 531

PROTEINS: 42g

CARBS: 65g

FATS: 15g



- 5oz-grilled chicken
- 1/2 cup chopped onion
- 1/2 cup black beans
- 1/2 cup-cooked rice
- 2 tbsp-salsa
- 1/2 cup-corn
- 1/2 avocado
- 1 tbsp cilantro
- 1 sliced lime

Mediterranean Salad

CALORIES: 453

PROTEINS: 35g

CARBS: 20g

FATS: 29g



- 5oz-grilled chicken
- 1/2 cup -chopped red onion
- 10 -black olives
- 2 -cups spring mix lettuce
- 1 cup-cherry tomato
- 2 tbsp-Feta Cheese
- 2 tbsp- Lemon dressing