

# FULL DAY OF EATING

## EPISODE 1 BY: MARIAH

### ALEXANDRA

#### MEAL #1

1 FULL EGG  
1/3 CUP (80 ML) KIRKLAND EGG WHITES  
CIABATTA BUN  
BANANA

#### & THAT ADDS UP TO ABOUT

367 CALORIES  
56G CARBS  
6G FAT  
23G PROTEIN

#### MEAL #2

1 TAKE: 70G MANGO CHUNKS  
1 WHOLE BANANA  
30G WHEY PROTEIN  
200ML OF ORANGE JUICE  
70G OF PEACH CHUNKS

#### AND THAT COMES OUT TO AROUND:

348 CALORIES  
56G CARBS  
1G FAT  
30G PROTEIN

#### MEAL #3

131G ALBACORE WHITE TUNA  
168G CUCUMBER

#### AND THAT COMES TO ABOUT:

151 CALORIES  
6G CARBS  
3G FAT  
28G PROTEIN

#### MEAL #4:

EDGE PROTEIN CEREAL (WITH 2% MILK) , AND  
STARBUCKS CHOCOLATE CHIP COOKIE COMBO WEIGHED  
OUT AT A WHOPPING \*DRUMROLL\*

700 CALORIES  
94G CARBS  
24G FAT  
25G PROTEIN

#### MEAL #5

PIZZA!!!!

GROUND TURKEY  
SPINACH  
CHEESE  
(AND THE DOUGH AND THE SAUCE AND EVERYTHING ELSE  
ETC ETC) AND KNOWING WHAT I PUT ON IT, I GUESSED  
THAT FOR THE AMOUNT OF THE PIZZA I ATE (HALF LOL)  
IT WOULD HAVE WEIGHED IN AT AROUND:

400 CALORIES  
24G CARBS  
16G FAT  
20G PROTEIN

HOPE YOU GUYS ENJOYED THIS!!! LET ME KNOW HOW  
YOU'VE BEEN LIKING THE DOWNLOADABLE LINKS!

LOVE, ALWAYS-MARIAH <3