

- I am applying to be the nutritional specialist for the BAREfit adventure training gym in Louisville Kentucky. The function of the facility is to provide a group work out as individual training for those seeking fitness. As a part of this, they are wanting to add a menu for various age groups in order to help them reach their goals more efficiently. Many people attend this gym. This includes different genders, body types, and ages. This is a trail test is specifically for women ages 25-30 in moderate- extremely in shape who are very active and are not pregnant or lactating.
- The recommended dietary allowances for women ages 25-30 in this specific category for this training are 2,685 calories per day

	Day 1	Day 2
Breakfast	-1 slice peanut banana toast -gluten free bread option -6 strips of bacon	-1 omelet with cheese and spinach
Lunch	-2 simple caprese sandwiches -1 serving of cheese slices	-Tropical protein smoothie - Peanut butter & carrots
Dinner	-1 serving grilled salmon with dill butter -2 cups tomato soup -1 serving quinoa	- Easy pan fried lemon chicken - Quick grapefruit - Zucchini spears