

Gender: Male (Active)

Age: 16 years old

Weight: 152 pounds

Height: 5'7

High School

Day 1:

- Breakfast:
 - 2 Eggs: 140 calories, 12 grams protein, 9 grams of fat, 0 carbs
 - 2 bacons: 90 calories, 6 grams protein, 8 grams of fat, 0 carbs
 - Toast: 115 calories, 6 grams protein, 1.5 grams of fat, 19.5 grams carbs
 - Total: 345 calories, 24 grams protein, 18.5 grams of fat, 19.5 grams carbs
- Lunch: Ham sandwich
 - 2 pieces of bread: 158 calories, 5.4 grams of protein, 2 grams of fat, 30 grams carbs
 - Ham: 120 calories, 10 grams protein, 1 gram of fat, 2 grams of carbs
 - Mayonnaise: 94 calories, 0.1 grams protein, 10 grams of fat, 0.1 grams carbs
 - Total: 372 calories, 15.5 grams protein, 14 grams of fat, 32.1 grams carbs
- Dinner: Steak with Mac n cheese, and potatoes
 - Steak: 679 calories, 62 grams protein, 48 grams of fat, 0 grams carbs
 - 2 things Mac n cheese: 600 calories, 26 grams protein, 12 grams of fat, 96 grams carbs
 - Mashed potatoes: 237 calories, 3.9 grams protein, 8.9 grams of fat, 35.2 grams carbs
 - Total: 1,516 calories, 91.9 grams protein, 68.9 grams of fat, 131.2 grams carbs
- Whole total: 2,233 calories, 131.4 grams protein, 101.4 grams of fat, 182.8 grams carbs

Day 2:

- Breakfast:
 - 2 scrambled eggs: 214 calories, 14 grams protein, 16 grams of fat, 2 grams carbs
 - 4 bacons: 172 calories, 11.84 grams protein, 13.36 grams of fat, 0.4 grams carbs
 - 2 pieces toast: 230 calories, 12 grams protein, 3 grams of fat, 39 grams carbs
 - Total: 616 calories, 37.84 grams proteins. 32.36 grams of fat, 41.4 grams carbs
- Lunch: McDonalds
 - Big Mac: 540 calories, 25 grams protein, 28 grams of fat, 46 grams carbs
 - Medium Fries: 340 calories, 4 grams protein, 16 grams fat, 44 grams carbs
 - Total: 880 calories, 29 grams protein, 44 grams of fat, 90 grams carbs
- Dinner: Chicken with Mac n cheese, and red potatoes
 - 2 chicken breasts: 284 calories, 53.4 grams protein, 6.2 grams fat, 0 grams carbs

- Mac n cheese: 300 calories, 13 grams protein, 6 grams fat, 48 grams carbs
- 2 medium Red potatoes: 306 calories, 6 grams protein, 2 grams fat, 68 grams carbs
- Total: 890 calories, 75.4 grams protein, 14.2 grams fat, 113 grams carbs
- Whole total: 2,386 calories, 142.24 grams protein, 90.56 grams fat, 244.4 grams carbs

Day 3:

- Breakfast:
 - 2 scrambled eggs: 214 calories, 14 grams protein, 16 grams fat, 2 grams carbs
 - 3 sausage links: 190 calories, 10 grams protein, 16 grams fat, 1 gram carbs
 - 1 Bagel: 245 calories, 10 grams protein, 1.5 grams fat, 48 grams carbs
 - Total: 649 calories, 34 grams protein, 33.5 grams fat, 51 grams carbs
- Lunch: Subway
 - Foot long Spicy Italian: 960 calories, 40 grams protein, 1 gram fat, 92 grams carbs
 - Potato chips: 152 calories, 2 grams protein, 10 grams fat, 15 grams carbs
 - Total: 1,112 calories, 42 grams protein, 11 grams fat, 107 grams carbs
- Dinner: Fazolis
 - Baked Spaghetti: 570 calories, 29 grams protein, 22 grams fat, 80 grams carbs
- Whole Total: 2,331 calories, 105 grams protein, 66.5 grams fat, 238 grams carbs

Day 4:

- Breakfast:
 - 2 eggs: 140 calories, 12 grams protein, 9 grams of fat, 0 carbs
 - 4 bacons: 172 calories, 11.84 grams protein, 13.36 grams of fat, 0.4 grams carbs
 - 1 Bagel: 245 calories, 10 grams protein, 1.5 grams fat, 48 grams carbs
 - Total: 557 calories, 33.84 grams protein, 23.86 grams fat, 48.4 grams carbs
- Lunch: Arby's
 - French dip & swiss: 740 calories, 55 grams protein, 35 grams fat, 52 grams carbs
 - Med. Curly fry: 550 calories, 6 grams protein, 29 grams fat, 65 grams carbs
 - Total: 1,290 calories, 61 grams protein, 64 grams fat, 117 grams carbs
- Dinner: Arby's
 - Double roast beef sandwich: 510 calories, 38 grams protein, 24 grams fat, 38 grams carbs
- Whole total: 2,357 calories, 132.84 grams protein, 111.86 grams fat, 203.4 grams carbs

Day 5:

- Breakfast:
 - 2 scrambled eggs: 214 calories, 14 grams protein, 16 grams of fat, 2 grams carbs

- 4 bacons: 172 calories, 11.84 grams protein, 13.36 grams of fat, 0.4 grams carbs
- 2 pieces toast: 230 calories, 12 grams protein, 3 grams of fat, 39 grams carbs
- Total: 616 calories, 37.84 grams proteins. 32.36 grams of fat, 41.4 grams carbs
- Lunch: Rallys
 - Spicy chicken double: 550 calories, 27 grams protein, 28 grams fat, 48 grams carbs
 - Chili cheese fries: 590 calories, 9 grams protein, 30 grams fat, 72 grams carbs
 - Total: 1,140 calories, 36 grams protein, 58 grams fat, 120 grams carbs
- Dinner: Steak n Shake
 - Signature w/ cheese: 660 calories, 35 grams protein, 42 grams fat, 33 grams carbs
- Whole total: 2,416 calories, 108.84 grams protein, 132.36 grams fat, 194.4 grams carbs

Conclusion:

1. Determining the dietary needs for a group of individuals is more complicated than just an individual. A group of individuals often have different nutritional requirements due to activity level, gender, BMI etc..
2. Factors considered when determining alternatives of a Gluten-Free diet were how food could come in to contact with gluten as well as how to most effectively duplicate the sensory of the food item.