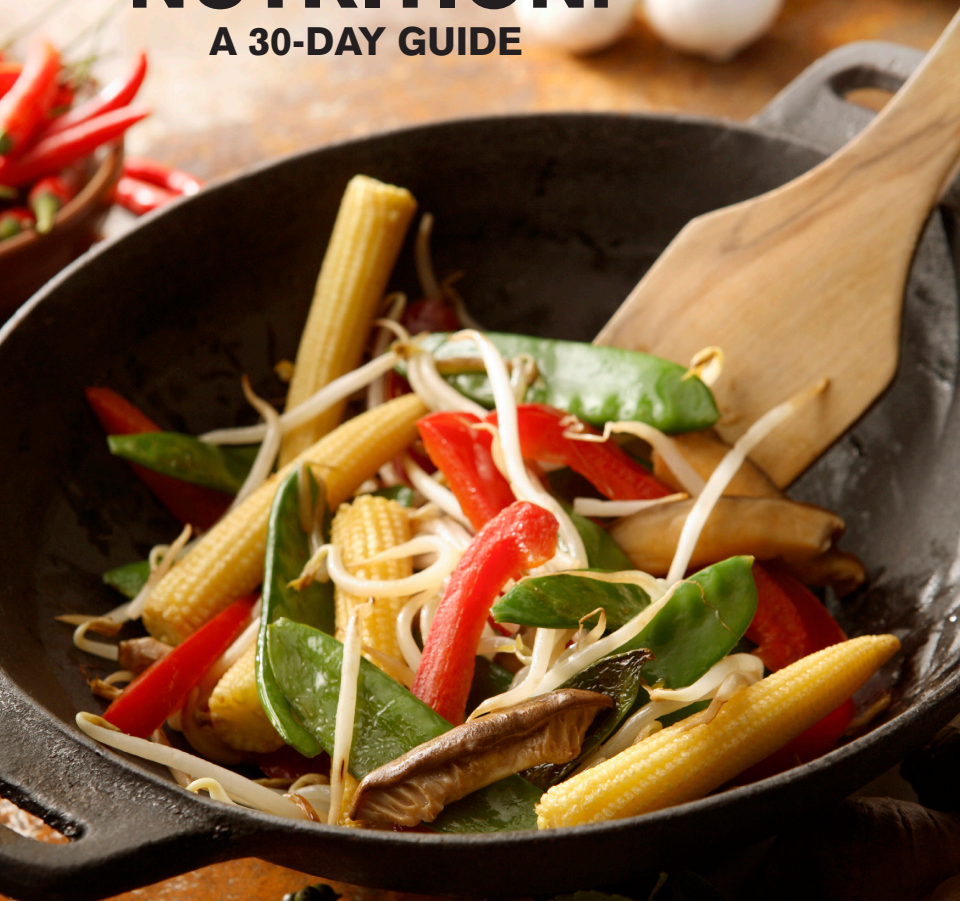


RUTHLESS NUTRITION:

A 30-DAY GUIDE



WEIDER

RUTHLESS



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HOW TO USE THIS MEAL PLAN:

Designed for overall improved health and lean muscle development, this 30-day meal plan can be repeated every month until you achieve your desired results. It is also a great way to maintain a healthy diet regimen.

This plan maps out exactly what you need for three meals and three snacks each day, complete with recipes and grocery lists.

The daily calorie count is approximately 1,800 calories. Your calorie goals are 400 calories per meal and 200 calories for each morning, afternoon, and evening snack. The meal plan is approximately 25% protein, 25% healthy fat and 50% carbohydrates to fuel your workouts and support lean muscle development.

If you want to lose excess weight, you may choose to drop to 1,500 calories per day if you are a man, and 1,200 calories per day if you are a woman. Simply eliminate the snacks or 300 to 600 calories of your choice.

If you are male or feel you need more calories to fuel your workouts and build lean muscle, try adding a 200 to 300 calorie protein shake to your day, preferably after your workouts.

Feel free to try other snack combinations, but stick to the calorie guidelines of 100 to 200 calories per snack.

The recipes serve four, but you will eat each meal twice during the week: once as the original meal and once as a leftover. The purpose is to help you grocery shop and cook efficiently.

Because this meal plan is designed to be cost-efficient, you'll see repeats of snacks, meals, and ingredients in one-week increments. This way, you buy fewer ingredients, learn to master new food combinations, and then learn new recipes and combinations as each week progresses.

Use the grocery lists as a guide. You don't have to buy everything on the list each week, just use it as a check-list/reminder.

Unless otherwise specified, drink water with each meal or snack.

TIPS FOR SUCCESSFUL WEIGHT LOSS:

Use a food scale and/or measuring cups to accurately consume what the meal plan recommends. Even if it's just for the first week, measure your food. This makes all the difference and teaches you true portion control--one of the greatest contributors to long-lasting, healthy weight control.

Portion sizes are small, but the foods are high-volume and high nutrient density to help you feel full and healthy. You will likely experience some hunger in the beginning, and it's absolutely normal and actually a necessary part of weight loss and changing your body. Hunger means your body is changing. And as long as you are eating every four to six hours, your body will be fine. Just remember, it goes away after the first week or so, and you'll start feeling lighter and more energetic as you continue to follow the meal plan and complete your daily workouts.

If you find yourself eating away from home or unable to follow the meal plan for a period, don't stress. Just stick to your calorie goals (400 calories per meal) and get back on your meal plan as soon as you can. Give this plan a full 30 days. Don't quit. Changing your eating habits is not going to be easy, but it will be worth it. And when you finish 30 days of healthy eating, you'll have a stockpile of your favorite healthy meals, snacks, and recipes that you can then add into your life as you start to create your own healthy options.





DAYS 1 - 7 GROCERIES

FRESH PRODUCE

2 lbs. broccoli
6 bell peppers
1 lb. asparagus
1 small white onion AND red onion
1-2 large celery bunches
4 large English cucumbers
1 large jicama
2 lbs. baby spinach
2 lbs. carrots
3 hearts of romaine lettuce
8 roma tomatos
1 small avocado
2 lbs. strawberries
2 lemons
2, 3-inch diameter oranges
4, 3-inch diameter grapefruits
6, 7-inch bananas
9 clementines (1800 plan only)
1 pint blueberries (if using)
1 bunch red grapes
6, 3-inch diameter apples
1 pineapple
Fresh herbs of choice
Fresh herbs of choice

STAPLE FOODS / CONDIMENTS

Organic, all-natural apricot preserves
Balsamic vinegar
Cider vinegar
Red wine vinegar
Dijon mustard
Extra-virgin olive oil and coconut oil
Honey
Natural peanut butter
Pepperoncini peppers
Pure maple syrup
Whole wheat bread crumbs
Prepared hummus
Almond Butter

CANNED GOODS

8 oz. chunk light tuna in water
1 medium can olives

Please view specific quantities only as a guideline.
Product availability may vary.

MILK, CHEESE, AND OTHER DAIRY PRODUCTS

16 oz. 1% cottage cheese (2% for 1800 plan)
30 oz. of fat-free plain Greek yogurt
4 oz. feta cheese
1 small container grated parmesan/romano cheese
1 gallon skim milk

MEAT, POULTRY, FISH

6 lbs. boneless, skinless chicken breast
6 eggs
2 lbs. pork tenderloin (1 lb. as ground, ask the butcher)

GRAINS

1 large bag brown rice
1 package of 3-oz. whole wheat wraps
1 large canister of dry oats

BAKING / BULK / SNACK SECTIONS

1 cup chopped pecans (optional)
1 lb. raw almonds
6 oz. 65% cacao dark chocolate (1800 plan only)

SEASONINGS

Black pepper
Cinnamon
Crushed red pepper flakes
Curry powder
Fennel seeds
Garlic salt
Italian seasoning
Sage
Salt



MEALS DAY 1

BREAKFAST

1 Oatmeal Parfait:

- ½ cup dry oats, cooked with water
- ½ cup blueberries OR ¾ cup sliced strawberries
- 4 oz. fat-free, plain Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 1 tsp honey
- 8 oz. skim milk

*Layer yogurt, berries, and nuts over the cooked oatmeal. Drizzle with honey and splash with milk until desired consistency is achieved, and consume any extra milk on the side.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|---|----|-----|---|
| 150 | 27 | 3 | 5 | 0 | 4 |
| 41 | 11 | 0 | 1 | 1 | 2 |
| 80 | 8 | 0 | 12 | 60 | 1 |
| 45 | 1 | 4 | 2 | 0 | 1 |
| 20 | 6 | 0 | 0 | 0 | 0 |
| 80 | 11 | 0 | 8 | 120 | 0 |

| | | | | | |
|-----|----|---|----|-----|---|
| 416 | 64 | 7 | 28 | 181 | 8 |
|-----|----|---|----|-----|---|

MORNING SNACK

- ½, 3-inch diameter grapefruit
- ½ TBSP honey
- 2 cups sliced English cucumber

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|----|----|---|---|---|---|
| 65 | 16 | 0 | 1 | 0 | 2 |
| 32 | 9 | 0 | 0 | 0 | 0 |
| 28 | 4 | 0 | 0 | 0 | 1 |

| | | | | | |
|-----|----|---|---|---|---|
| 125 | 29 | 0 | 1 | 0 | 3 |
|-----|----|---|---|---|---|

LUNCH

Lemon Fresh Tuna Salad:

- 4 oz. chunk light tuna packaged in water, drained
- 3 cups shredded romaine lettuce
- 1 cup shredded carrots
- 2 roma tomatos, diced
- 1 1/2 TBSP extra-virgin olive oil
- 1 1/2 TBSP lemon juice
- Black pepper to taste

*Toss all ingredients together.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|-----|----|-----|-----|-----|
| 100 | 0 | 1 | 24 | 360 | 0 |
| 24 | 4.5 | 0 | 1.5 | 15 | 1.5 |
| 47 | 11 | 0 | 1 | 87 | 3 |
| 32 | 8 | 0 | 4 | 10 | 2 |
| 180 | 0 | 21 | 0 | 0 | 0 |
| 6 | 1.5 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 60 | 0 |

| | | | | | |
|-----|----|----|------|-----|-----|
| 389 | 25 | 22 | 30.5 | 532 | 6.5 |
|-----|----|----|------|-----|-----|

AFTERNOON SNACK

- 18 raw almonds
- 1, 3-inch diameter apple

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|----|---|---|---|
| 120 | 5 | 11 | 5 | 0 | 2 |
| 72 | 19 | 0 | 0 | 1 | 3 |

| | | | | | |
|-----|----|----|---|---|---|
| 192 | 24 | 11 | 5 | 1 | 5 |
|-----|----|----|---|---|---|

DINNER

1, 4-oz. serving Seared Pork Tenderloin with Maple-Mustard Glaze

- 2/3 cup brown rice
- 2 cups chopped, steamed broccoli

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|---|----|-----|----|
| 230 | 8 | 6 | 24 | 339 | 0 |
| 144 | 30 | 1 | 3 | 7 | 2 |
| 110 | 22 | 2 | 8 | 128 | 10 |

| | | | | | |
|-----|----|---|----|-----|----|
| 484 | 60 | 9 | 35 | 474 | 12 |
|-----|----|---|----|-----|----|

EVENING SNACK

- 1, 7-inch banana
- 1 TBSP almond butter

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|----|----|---|---|-----|---|
| 90 | 18 | 2 | 4 | 136 | 2 |
| 90 | 12 | 4 | 8 | 0 | 2 |

| | | | | | |
|-----|----|---|----|-----|---|
| 180 | 30 | 6 | 12 | 136 | 4 |
|-----|----|---|----|-----|---|

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------|-----|----|-------|------|------|
| 1786 | 232 | 55 | 111.5 | 1324 | 38.5 |
|------|-----|----|-------|------|------|



DAYS 1 - 7: DAY 1 MEALS

DAY 1 BASE TOTALS

BREAKFAST

Scrambled Eggs with Veggies:

- 1 tsp coconut oil
- 1 whole egg, scrambled
- 3 egg whites, scrambled
- 3 cups chopped vegetables

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 80 | 0 | 10 | 0 | 0 | 0 |
| 101 | 1 | 7 | 7 | 171 | 0 |
| 51 | 1 | 0 | 11 | 165 | 0 |
| 100 | 20 | 0 | 4.5 | 94 | 7.5 |

- 1, 3-inch diameter orange

| | | | | | |
|-----|----|----|------|-----|------|
| 69 | 18 | 0 | 1 | 1 | 3 |
| 401 | 40 | 17 | 23.5 | 431 | 10.5 |

MORNING SNACK

- 2 kiwi fruits
- 4 oz. plain fat-free Greek yogurt
- 1 tsp honey

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 80 | 31 | 2 | 4 | 18 | 10 |
| 80 | 8 | 0 | 12 | 60 | 1 |
| 20 | 6 | 0 | 0 | 0 | 0 |
| 180 | 45 | 2 | 16 | 78 | 11 |

LUNCH

1 Fresh Spinach Salad:

- 4 cups baby spinach
- 1, 3-inch diameter apple, sliced into thin wedges
- 5 oz. grilled chicken, cut into strips
- 2 TBSP crumbled feta cheese
- 1 TBSP extra-virgin olive oil
- 1 TBSP red wine vinegar

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 40 | 2 | 0 | 4 | 130 | 4 |
| 72 | 19 | 0 | 0 | 1 | 3 |
| 163 | 0 | 4 | 30 | 225 | 0 |
| 45 | 1 | 4 | 4 | 195 | 0 |
| 120 | 0 | 14 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 440 | 22 | 22 | 38 | 551 | 7 |

*Toss all ingredients together.

AFTERNOON SNACK

- 18 raw almonds
- 1, 3-inch diameter apple

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 120 | 5 | 11 | 5 | 0 | 2 |
| 72 | 19 | 0 | 0 | 1 | 3 |
| 192 | 24 | 11 | 5 | 1 | 5 |

DINNER

1 serving Italian Chicken and Vegetables

- 4 oz. roasted new potatoes

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-------|------|-------|------|-----|
| 264 | 27.25 | 7.25 | 26.25 | 78.5 | 3 |
| 112 | 20 | 2 | 2 | 7 | 2 |
| 376 | 47.25 | 9.25 | 28.25 | 85.5 | 5 |

EVENING SNACK

- ½ cup 2% cottage cheese
- 8 oz. fresh pineapple
- 1, 7-inch carrot stick

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 102 | 4 | 2 | 16 | 459 | 0 |
| 56 | 11 | 0 | 0 | 0 | 1 |
| 30 | 7 | 0 | 1 | 50 | 2 |
| 188 | 22 | 2 | 17 | 509 | 3 |

DAY 2 BASE TOTALS

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|--------|-------|--------|--------|------|
| 1777 | 200.25 | 63.25 | 127.75 | 1655.5 | 41.5 |



MEALS DAY 3

BREAKFAST

- 20 raw almonds
- **1 "Keeps the Doctor Away" Green Smoothie:**
 - 1 ½ cups baby spinach
 - ½, 3-inch diameter apple with skin
 - 1, 7" banana
 - ½ cup grapes
 - 4 oz. fat-free, plain Greek yogurt

*Put all ingredients in blender and process until desired texture is achieved.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 133 | 3 | 20 | 8 | 0 | 4 |
| 15 | 0 | 0 | 2 | 49 | 2 |
| 55 | 15 | 0 | 0 | 1 | 3 |
| 72 | 23 | 0 | 1 | 1 | 2 |
| 52 | 14 | 0 | 0 | 2 | 1 |
| 80 | 9 | 0 | 12 | 50 | 0 |
| 407 | 64 | 20 | 23 | 103 | 12 |

MORNING SNACK

- 2 TBSP natural peanut butter
- 12, 4-inch celery sticks

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 190 | 6 | 16 | 8 | 150 | 2 |
| 6 | 2 | 0 | 0 | 28 | 0 |
| 196 | 8 | 16 | 8 | 178 | 2 |

LUNCH

1 Chicken, Herb, and Veggie Stack:

- 1/2 cup dry brown rice, cooked (~1 cup cooked)
- 3-oz. boneless, skinless chicken breast, roasted with 1 tsp olive oil
- 2 cups shredded romaine
- 1, roma tomato, diced
- 1 cup of baby spinach
- 1/2 TBSP extra-virgin olive oil
- 2 tsp lime juice for spritzing
- 1/2 cup fresh herbs of choice, chopped

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 150 | 31 | 1 | 4 | 0 | 2 |
| 136 | 0 | 6 | 19 | 41 | 0 |
| 8 | 2 | 0 | 1 | 4 | 1 |
| 16 | 4 | 0 | 2 | 5 | 1 |
| 10 | 0 | 0 | 2 | 32 | 2 |
| 60 | 0 | 7 | 0 | 0 | 0 |
| 4 | 1 | 0 | 0 | 2 | 0 |
| 34 | 0 | 0 | 0 | 0 | 0 |
| 418 | 38 | 14 | 28 | 84 | 6 |

AFTERNOON SNACK

- 3 oz. carrot sticks
- 2 cups sliced English cucumber
- 3 oz. bell pepper slices
- 3 clementines

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 35 | 8 | 0 | 1 | 65 | 2 |
| 28 | 4 | 0 | 0 | 0 | 1 |
| 18 | 4 | 0 | 1 | 0 | 2 |
| 120 | 26 | 1.5 | 1.5 | 0 | 6 |
| 201 | 42 | 1.5 | 1.5 | 65 | 11 |

DINNER

1 serving Apricot Chicken

- 1/3 cup dry brown rice, cooked (~2/3 cup cooked)
- **7 Roasted Asparagus Spears**

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|------|-----|-----|
| 248 | 15 | 3 | 24 | 35 | 0 |
| 100 | 21 | 0.7 | 2.7 | 0 | 1.3 |
| 22 | 4 | 0 | 2 | 2 | 2 |
| 370 | 40 | 3.7 | 28.7 | 37 | 3.3 |

EVENING SNACK

- 1, 8-oz. glass of skim milk
- 3 oz. 65% cacao dark chocolate
- 8 pecan halves

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|------|-----|------|-----|-----|
| 80 | 11 | 0 | 8 | 120 | 0 |
| 68 | 7.5 | 6 | 1.5 | 0 | 1.5 |
| 72 | 2 | 8 | 2 | 0 | 0 |
| 220 | 20.5 | 14 | 11.5 | 120 | 1.5 |

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-------|------|-------|-----|------|
| 1812 | 212.5 | 69.2 | 102.7 | 587 | 35.8 |

DAY 3 BASE TOTALS



DAYS 1 - 7: DAY 3 MEALS

BREAKFAST

1 Oatmeal Parfait:

- ½ cup steel cut oats, cooked with water
- ½ cup blueberries OR ¾ cup sliced strawberries
- 5 oz. fat-free, plain Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 1 tsp honey
- 8 oz. skim milk

*Layer yogurt, berries, and nuts over the cooked oatmeal. Drizzle with honey and splash with milk until desired consistency is achieved, and consume any extra milk on the side.

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-----------|------------|----------|
| 150 | 27 | 3 | 5 | 0 | 4 |
| 41 | 11 | 0 | 1 | 1 | 2 |
| 80 | 9 | 0 | 12 | 50 | 0 |
| 45 | 1 | 4 | 2 | 0 | 1 |
| 20 | 6 | 0 | 0 | 0 | 0 |
| 80 | 11 | 0 | 8 | 120 | 0 |
| 416 | 65 | 7 | 28 | 171 | 7 |

MORNING SNACK

- 1, 3-inch diameter grapefruit
- ½ TBSP honey
- 2 cups sliced English cucumber

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|----------|----------|----------|
| 130 | 32 | 0 | 20 | 0 | 4 |
| 32 | 9 | 0 | 0 | 0 | 0 |
| 28 | 4 | 0 | 0 | 0 | 1 |
| 190 | 45 | 0 | 2 | 0 | 5 |

LUNCH

Lemon Fresh Tuna Salad:

- 4 oz. chunk light tuna packaged in water, drained
- 3 cups shredded romaine lettuce
- 1 cup shredded carrots
- 2 roma tomatos, diced
- 1 1/2 TBSP extra-virgin olive oil
- 1 1/2 TBSP lemon juice
- Black pepper to taste

*Toss all ingredients together.

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|-------------|------------|------------|
| 100 | 0 | 1 | 24 | 360 | 0 |
| 24 | 4.5 | 0 | 1.5 | 15 | 1.5 |
| 47 | 11 | 0 | 1 | 87 | 3 |
| 32 | 8 | 0 | 4 | 10 | 2 |
| 180 | 0 | 21 | 0 | 0 | 0 |
| 6 | 1.5 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 60 | 0 |
| 389 | 25 | 22 | 30.5 | 532 | 6.5 |

AFTERNOON SNACK

- 1 ¼ cups chopped broccoli, steamed
- 1/3 cup shredded, all-natural cheese melted on top

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|----------|-----------|-----------|------------|----------|
| 38 | 5 | 0 | 3 | 250 | 3 |
| 160 | 1 | 13 | 8 | 253 | 0 |
| 198 | 6 | 13 | 11 | 503 | 3 |

DINNER

1 serving (9) Feisty Pork Meatballs

- 1 cup organic, all-natural marinara sauce

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|-----------|------------|----------|
| 230 | 6 | 5 | 25 | 369 | 1 |
| 180 | 24 | 8 | 4 | 480 | 6 |
| 410 | 30 | 13 | 29 | 849 | 7 |

EVENING SNACK

- 1, 7-inch banana
- 1 TBSP almond butter

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-----------|------------|----------|
| 90 | 18 | 2 | 4 | 136 | 2 |
| 90 | 12 | 4 | 8 | 0 | 2 |
| 180 | 30 | 6 | 12 | 136 | 4 |

DAY 4 BASE TOTALS

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-----|-----|-------|------|------|
| 1783 | 201 | 61 | 112.5 | 2191 | 32.5 |



MEALS DAY 5

BREAKFAST

- 20 raw almonds
- 1 "Keeps the Doctor Away" Green Smoothie:
- 1 ½ cups baby spinach
- ½, 3-inch diameter apple with skin
- 1, 7-inch banana
- ½ cup grapes
- 4 oz. fat-free, plain Greek yogurt

*Put all ingredients in blender and process until desired texture is achieved.

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|----|----|----|---|
| 133 | 3 | 20 | 8 | 0 | 4 |
| 15 | 0 | 0 | 2 | 49 | 2 |
| 55 | 15 | 0 | 0 | 1 | 3 |
| 72 | 23 | 0 | 1 | 1 | 2 |
| 52 | 14 | 0 | 0 | 2 | 1 |
| 80 | 9 | 0 | 12 | 50 | 0 |

407 64 20 23 103 12

MORNING SNACK

- 2 TBSP natural peanut butter
- 12, 4-inch celery sticks

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|---|----|---|-----|---|
| 190 | 6 | 16 | 8 | 150 | 2 |
| 6 | 2 | 0 | 0 | 28 | 0 |

196 8 16 8 178 2

LUNCH

1 Chicken, Herb, and Veggie Stack:

- 1/2 cup dry brown rice, cooked (~1 cup cooked)
- 3-oz. boneless, skinless chicken breast, roasted with 1 tsp olive oil
- 2 cups shredded romaine
- 1, roma tomato, diced
- 1 cup of baby spinach
- 1/2 TBSP extra-virgin olive oil
- 2 tsp lime juice for spritzing
- 1/2 cup fresh herbs of choice, chopped

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|---|----|----|---|
| 150 | 31 | 1 | 4 | 0 | 2 |
| 136 | 0 | 6 | 19 | 41 | 0 |
| 8 | 2 | 0 | 1 | 4 | 1 |
| 16 | 4 | 0 | 2 | 5 | 1 |
| 10 | 0 | 0 | 2 | 32 | 2 |
| 60 | 0 | 7 | 0 | 0 | 0 |
| 4 | 1 | 0 | 0 | 2 | 0 |
| 34 | 0 | 0 | 0 | 0 | 0 |

418 38 14 28 84 6

AFTERNOON SNACK

- 3 oz. carrot sticks
- 2 cups sliced English cucumber
- 3 oz. bell pepper slices
- 3 clementines

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|-----|-----|----|---|
| 35 | 8 | 0 | 1 | 65 | 2 |
| 28 | 4 | 0 | 0 | 0 | 1 |
| 18 | 4 | 0 | 1 | 0 | 2 |
| 120 | 26 | 1.5 | 1.5 | 0 | 6 |

201 42 1.5 1.5 65 11

DINNER

1 serving Strawberry Avocado Salad:

- 1 ¼ cups halved strawberries
- 2 cups shredded romaine
- 1/8 tsp EACH of salt and freshly ground black pepper
- 1 TBSP diced red onion
- 2 oz. chopped red bell pepper
- 1/2 TBSP extra-virgin olive oil
- 1/2 TBSP fruity vinegar
- 3-oz. grilled chicken
- 1 oz. avocado slices
- 1/3 cup dry brown rice, cooked (~2/3 cup cooked)

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|-----|-----|-----|-----|
| 61 | 15 | 1 | 1 | 2 | 4 |
| 14 | 2 | 0 | 1 | 4 | 1 |
| 0 | 0 | 0 | 0 | 140 | 0 |
| 4 | 0 | 0 | 0 | 0 | 0 |
| 12 | 3 | 0 | 0 | 0 | 0 |
| 60 | 0 | 7 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 98 | 0 | 2 | 20 | 56 | 0 |
| 50 | 3 | 5 | 1 | 0 | 2 |
| 100 | 21 | 0.7 | 2.7 | 0 | 1.3 |

399 44 15.7 25.7 202 8.3

EVENING SNACK

- 1, 8-oz. glass of skim milk
- 3 oz. 65% cacao dark chocolate
- 8 pecan halves

CAL CHO FAT PRO SOD FIB

| | | | | | |
|----|-----|---|-----|-----|-----|
| 80 | 11 | 0 | 8 | 120 | 0 |
| 68 | 7.5 | 6 | 1.5 | 0 | 1.5 |
| 72 | 2 | 8 | 2 | 0 | 0 |

220 20.5 14 11.5 120 1.5

CAL CHO FAT PRO SOD FIB

1841 216.5 81.2 99.7 752 40.8



DAYS 1 - 7: DAY 5 MEALS

DAY 5 BASE TOTALS

BREAKFAST

Scrambled Eggs with Veggies:

- 1 tsp coconut oil
- 1 whole egg, scrambled
- 3 egg whites, scrambled
- 3 cups chopped vegetables
- 1, 3-inch diameter orange

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|-------------|------------|-------------|
| 80 | 0 | 10 | 0 | 0 | 0 |
| 101 | 1 | 7 | 7 | 171 | 0 |
| 51 | 1 | 0 | 11 | 165 | 0 |
| 100 | 20 | 0 | 4.5 | 94 | 7.5 |
| 69 | 18 | 0 | 1 | 1 | 3 |
| 401 | 40 | 17 | 23.5 | 431 | 10.5 |

MORNING SNACK

- 2 kiwi fruits
- 4 oz. plain fat-free Greek yogurt
- 1 tsp honey

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-----------|-----------|-----------|
| 80 | 31 | 2 | 4 | 18 | 10 |
| 80 | 8 | 0 | 12 | 60 | 1 |
| 20 | 6 | 0 | 0 | 0 | 0 |
| 180 | 45 | 2 | 16 | 78 | 11 |

LUNCH

1 Fresh Spinach Salad:

- 4 cups baby spinach
- 1, 3-inch diameter apple, sliced into thin wedges
- 4 oz. grilled chicken, cut into strips
- 2 TBSP crumbled feta cheese
- 1 TBSP extra-virgin olive oil
- 1 TBSP red wine vinegar

*Toss all ingredients together.

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|-----------|------------|----------|
| 40 | 2 | 0 | 4 | 130 | 4 |
| 72 | 19 | 0 | 0 | 1 | 3 |
| 195 | 0 | 5 | 36 | 270 | 0 |
| 45 | 1 | 4 | 4 | 195 | 0 |
| 120 | 0 | 14 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 472 | 22 | 23 | 44 | 596 | 7 |

AFTERNOON SNACK

- 18 raw almonds
- 1, 3-inch diameter apple

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|----------|----------|----------|
| 120 | 5 | 11 | 5 | 0 | 2 |
| 72 | 19 | 0 | 0 | 1 | 3 |
| 192 | 24 | 11 | 5 | 1 | 5 |

DINNER

1 serving Apricot Chicken

- 1/3 cup dry brown rice, cooked (~2/3 cup cooked)

7 Roasted Asparagus Spears

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|------------|-------------|-----------|------------|
| 248 | 15 | 3 | 24 | 35 | 0 |
| 100 | 21 | 0.7 | 2.7 | 0 | 1.3 |
| 22 | 4 | 0 | 2 | 2 | 2 |
| 370 | 40 | 3.7 | 28.7 | 37 | 3.3 |

EVENING SNACK

- 1, 7-inch banana
- 1 TBSP almond butter

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-----------|------------|----------|
| 90 | 18 | 2 | 4 | 136 | 2 |
| 90 | 12 | 4 | 8 | 0 | 2 |
| 180 | 30 | 6 | 12 | 136 | 4 |

DAY 6 BASE TOTALS

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-----|------|-------|------|------|
| 1795 | 201 | 62.7 | 129.2 | 1279 | 40.8 |



MEALS DAY 7

BREAKFAST

1 Oatmeal Parfait:

- ½ cup steel cut oats, cooked with water
- ½ cup blueberries OR ¾ cup sliced strawberries
- 5 oz. fat-free, plain Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 1 tsp honey
- 8 oz. skim milk

*Layer yogurt, berries, and nuts over the cooked oatmeal. Drizzle with honey and splash with milk until desired consistency is achieved, and consume any extra milk on the side.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 150 | 27 | 3 | 5 | 0 | 4 |
| 41 | 11 | 0 | 1 | 1 | 2 |
| 80 | 9 | 0 | 12 | 50 | 0 |
| 45 | 1 | 4 | 2 | 0 | 1 |
| 20 | 6 | 0 | 0 | 0 | 0 |
| 80 | 11 | 0 | 8 | 120 | 0 |
| 416 | 65 | 7 | 28 | 171 | 7 |

MORNING SNACK

- 1, 3-inch diameter grapefruit
- ½ TBSP honey
- 2 cups sliced English cucumber

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 130 | 32 | 0 | 20 | 0 | 4 |
| 32 | 9 | 0 | 0 | 0 | 0 |
| 28 | 4 | 0 | 0 | 0 | 1 |
| 190 | 45 | 0 | 2 | 0 | 5 |

LUNCH

1 Cinnamon Banana Roll-Up:

- 1, 3-oz. organic, all-natural whole wheat wrap
- 2 TBSP crunchy natural peanut butter
- 1 tsp honey
- ½, 7-inch banana, sliced
- Dash of cinnamon

*Spread peanut butter over wrap, top with honey, banana, and cinnamon. Roll-up.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|------|-----|-----|-----|-----|
| 160 | 30 | 3 | 6 | 310 | 4 |
| 190 | 8 | 16 | 7 | 65 | 2 |
| 16 | 4.5 | 0 | 0 | 0 | 0 |
| 36 | 12 | 0 | 1 | 1 | 1 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 402 | 54.5 | 19 | 14 | 376 | 7 |

AFTERNOON SNACK

- 3 oz. carrot sticks
- 2 cups sliced English cucumber
- 3 oz. bell pepper slices
- 3 clementines

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 35 | 8 | 0 | 1 | 65 | 2 |
| 28 | 4 | 0 | 0 | 0 | 1 |
| 18 | 4 | 0 | 1 | 0 | 2 |
| 120 | 26 | 1.5 | 1.5 | 0 | 6 |
| 201 | 42 | 1.5 | 1.5 | 65 | 11 |

DINNER

1 serving (9) Feisty Pork Meatballs

- 1 cup organic, all-natural marinara sauce

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 230 | 6 | 5 | 25 | 369 | 1 |
| 180 | 24 | 8 | 4 | 480 | 6 |
| 410 | 30 | 13 | 29 | 849 | 7 |

EVENING SNACK

- ½ cup 2% cottage cheese
- 8 oz. fresh pineapple
- 1, 7-inch carrot stick

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 102 | 4 | 2 | 16 | 459 | 0 |
| 56 | 11 | 0 | 0 | 0 | 1 |
| 30 | 7 | 0 | 1 | 50 | 2 |
| 188 | 22 | 2 | 17 | 509 | 3 |

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-------|------|------|------|-----|
| 1807 | 258.5 | 42.5 | 93.5 | 1970 | 40 |

DAY 7 BASE TOTALS



DAYS 8 - 15 GROCERIES

FRESH PRODUCE

1 large zucchini or summer squash
1 small white onion and red onion
2 lbs. broccoli
8 large bell peppers
2 jalapeno peppers
1 bunch green onions
2 large celery bunches
1/2 lb. tomatillos
2 large English cucumbers
2 large jicamas
2 lbs.(32 oz.) baby spinach
2 lbs. carrots
3 hearts of romaine lettuce
2 lbs. tomatos AND 2 roma tomatos
2 cups sugar snap peas
2 small avocados
1-2 lbs. strawberries
3 lemons AND 6 limes
1, 3-inch diameter orange
4, 3-inch diameter grapefruits
4, 7-inch bananas
9 clementines (1800 plan only)
1 pint blueberries
2, 3-inch diameter apples
10 kiwi fruits
1 bunch cilantro
1 bulb. of fresh garlic
1 fresh pineapple

STAPLE FOODS / CONDIMENTS

Distilled white vinegar
Red wine vinegar*
Extra-virgin olive, canola, and coconut oils*
Cider vinegar*
Honey*
Natural peanut butter*
Prepared hummus*
Almond Butter*
Tabasco Sauce

CANNED GOODS

4 oz. canned, chunk light tuna in water
1 small can olives
2, 15-oz. cans low-sodium, organic chicken broth

Please view specific quantities only as a guideline.
Product availability may vary. *Items will likely already be on hand
from Week 1 list.

MILK, CHEESE, AND OTHER DAIRY PRODUCTS

2, 16-oz. containers 1% cottage cheese
(1 lb. 1% and 1 lb. 2% for 1800 plan)
24 oz. fat-free plain Greek yogurt
4-oz. container reduced-fat sour cream
1 gallon skim milk
feta cheese*
1 small block shreddable, slicable cheese*

FROZEN FOODS

3 cups edamame in pods, (6 cups for 1800 plan)
1 medium bag frozen corn

MEAT, POULTRY, FISH

5-6 lbs. boneless skinless chicken breast
Dozen eggs
4, 6-oz. tilapia fillets

GRAINS

1 package 3-oz. all-natural, organic whole wheat wraps*
1 large canister of dry oats*
Brown rice*
Quinoa*

BAKING / BULK / SNACK SECTIONS

1 cup chopped pecans
1 lb. raw almonds
9-oz. 65% cacao dark chocolate (1800 plan only)
1/4 cup flaxseed

SEASONINGS

Black pepper/Lemon pepper
Cinnamon
Salt
Garlic salt
Oregano
Cumin
Red pepper flakes
Garlic powder
Paprika
Vanilla extract



MEALS DAY 8

BREAKFAST

Scrambled Eggs with Veggies:

- 1 tsp coconut oil
- 1 whole egg, scrambled
- 3 egg whites, scrambled
- 3 cups chopped vegetables

- 1, 3-inch diameter orange

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|----|-----|-----|-----|
| 80 | 0 | 10 | 0 | 0 | 0 |
| 101 | 1 | 7 | 7 | 171 | 0 |
| 51 | 1 | 0 | 11 | 165 | 0 |
| 100 | 20 | 0 | 4.5 | 94 | 7.5 |

| | | | | | |
|-----|----|----|------|-----|------|
| 69 | 18 | 0 | 1 | 1 | 3 |
| 401 | 40 | 17 | 23.5 | 431 | 10.5 |

MORNING SNACK

- 2 kiwi fruits
- 4 oz. plain fat-free Greek yogurt
- 1 tsp honey

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|----|----|---|----|----|----|
| 80 | 31 | 2 | 4 | 18 | 10 |
| 80 | 8 | 0 | 12 | 60 | 1 |
| 20 | 6 | 0 | 0 | 0 | 0 |

| | | | | | |
|-----|----|---|----|----|----|
| 180 | 45 | 2 | 16 | 78 | 11 |
|-----|----|---|----|----|----|

LUNCH

- 1/3 cup cooked quinoa
- **1 serving Chicken and Vegetable Topper:**
- 1 cup diced tomatoes
- 1 cup chopped carrots
- 1 large bell pepper, chopped
- 1/5 (~2-oz.) medium avocado, chopped (spritz with lime juice)
- 2 oz. chopped, cooked chicken
- 1/3 cup 1% cottage cheese
- Black pepper OR lemon pepper to taste
- Sliced green onions if desired

*Mix first 5 ingredients together, serve with cottage cheese, pepper, and onions over quinoa.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|------|-----|----|-----|-----|
| 71 | 13.3 | 1.3 | 3 | 4 | 1.3 |
| 30 | 6 | 0 | 2 | 0 | 2 |
| 52 | 12 | 0 | 2 | 88 | 4 |
| 30 | 8 | 0 | 0 | 0 | 4 |
| 100 | 6 | 9 | 1 | 0 | 4 |
| 55 | 0 | 1 | 12 | 23 | 0 |
| 60 | 3 | 1 | 9 | 300 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 2 | 0 | 0 | 0 | 0 | 0 |

| | | | | | |
|-----|------|------|----|-----|------|
| 400 | 48.3 | 12.3 | 29 | 415 | 15.3 |
|-----|------|------|----|-----|------|

AFTERNOON SNACK

- 3 oz. carrot sticks
- 2 cups sliced English cucumber
- 3 oz. bell pepper slices
- 3 clementines

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|-----|-----|----|---|
| 35 | 8 | 0 | 1 | 65 | 2 |
| 28 | 4 | 0 | 0 | 0 | 1 |
| 18 | 4 | 0 | 1 | 0 | 2 |
| 120 | 26 | 1.5 | 1.5 | 0 | 6 |

| | | | | | |
|-----|----|-----|-----|----|----|
| 201 | 42 | 1.5 | 1.5 | 65 | 11 |
|-----|----|-----|-----|----|----|

DINNER

1 serving Fiesta Chicken Platter

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|-------|------|-------|--------|------|
| 406 | 40.75 | 15.5 | 29.75 | 469.25 | 8.75 |
|-----|-------|------|-------|--------|------|

| | | | | | |
|-----|-------|------|-------|--------|------|
| 406 | 40.75 | 15.5 | 29.75 | 469.25 | 8.75 |
|-----|-------|------|-------|--------|------|

EVENING SNACK

- ½ cup 2% cottage cheese
- 8 oz. fresh pineapple
- 1, 7-inch carrot stick

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|---|----|-----|---|
| 102 | 4 | 2 | 16 | 459 | 0 |
| 56 | 11 | 0 | 0 | 0 | 1 |
| 30 | 7 | 0 | 1 | 50 | 2 |

| | | | | | |
|-----|----|---|----|-----|---|
| 188 | 22 | 2 | 17 | 509 | 3 |
|-----|----|---|----|-----|---|

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------|--------|------|--------|---------|-------|
| 1776 | 238.05 | 50.3 | 118.75 | 1967.25 | 59.55 |
|------|--------|------|--------|---------|-------|



DAYS 8 - 15: DAY 8 MEALS

DAY 8 BASE TOTALS

BREAKFAST

- 20 raw almonds
- 1 "Keeps the Doctor Away" Green Smoothie:
 - 1 ½ cups baby spinach
 - ½, 3-inch diameter apple with skin
 - 1, 7-inch banana
 - ½ cup grapes
 - 4 oz. fat-free, plain Greek yogurt

*Put all ingredients in blender and process until desired texture is achieved.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 133 | 3 | 20 | 8 | 0 | 4 |
| 15 | 0 | 0 | 2 | 49 | 2 |
| 55 | 15 | 0 | 0 | 1 | 3 |
| 72 | 23 | 0 | 1 | 1 | 2 |
| 52 | 14 | 0 | 0 | 2 | 1 |
| 80 | 9 | 0 | 12 | 50 | 0 |
| 407 | 64 | 20 | 23 | 103 | 12 |

MORNING SNACK

- 2 TBSP natural peanut butter
- 12, 4-inch celery sticks

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 190 | 6 | 16 | 8 | 150 | 2 |
| 6 | 2 | 0 | 0 | 28 | 0 |
| 196 | 8 | 16 | 8 | 178 | 2 |

LUNCH

1 Chicken, Herb, and Veggie Stack:

- 1/2 cup dry brown rice, cooked (~1 cup cooked)
- 3-oz. boneless, skinless chicken breast, roasted with 1 tsp olive oil
- 2 cups shredded romaine
- 1 roma tomato, diced
- 1 cup of baby spinach
- 1/2 TBSP extra-virgin olive oil
- 2 tsp lime juice for spritzing
- 1/2 cup fresh herbs of choice, chopped

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 150 | 31 | 1 | 4 | 0 | 2 |
| 136 | 0 | 6 | 19 | 41 | 0 |
| 8 | 2 | 0 | 1 | 4 | 1 |
| 16 | 4 | 0 | 2 | 5 | 1 |
| 10 | 0 | 0 | 2 | 32 | 2 |
| 60 | 0 | 7 | 0 | 0 | 0 |
| 4 | 1 | 0 | 0 | 2 | 0 |
| 34 | 0 | 0 | 0 | 0 | 0 |
| 418 | 38 | 14 | 28 | 84 | 6 |

AFTERNOON SNACK

- 1 ¼ cups chopped broccoli, steamed
- 1/3 cup shredded, all-natural cheese melted on top

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 38 | 5 | 0 | 3 | 250 | 3 |
| 160 | 1 | 13 | 8 | 253 | 0 |
| 198 | 6 | 13 | 11 | 503 | 3 |

DINNER

1 serving Baja Tilapia

- 1/3 cup dry brown rice, cooked (~2/3 cup cooked)

1 Cinnamon Honey Grapefruit:

- 1/2, 3-inch diameter grapefruit
- 1/2 tsp honey
- Cinnamon as desired

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|------|------|-------|-------|-----|
| 233 | 15.5 | 9.25 | 33.75 | 209.3 | 3.5 |
| 100 | 21 | 0.7 | 2.7 | 0 | 1.3 |
| 65 | 16 | 0 | 1 | 0 | 2 |
| 10 | 2 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 408 | 54.5 | 9.95 | 37.45 | 209.3 | 6.8 |

EVENING SNACK

- 1, 8-oz. glass of skim milk
- 3 oz. 65% cacao dark chocolate
- 8 pecan halves

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|------|-----|------|-----|-----|
| 80 | 11 | 0 | 8 | 120 | 0 |
| 68 | 7.5 | 6 | 1.5 | 0 | 1.5 |
| 72 | 2 | 8 | 2 | 0 | 0 |
| 220 | 20.5 | 14 | 11.5 | 120 | 1.5 |

DAY 9 BASE TOTALS

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-----|-------|--------|--------|------|
| 1847 | 191 | 86.95 | 118.95 | 1197.3 | 31.3 |



MEALS DAY 10

BREAKFAST

1 Oatmeal Parfait:

- ½ cup steel cut oats, cooked with water
- ½ cup blueberries OR ¾ cup sliced strawberries
- 5 oz. fat-free, plain Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 1 tsp honey
- 8 oz. skim milk

*Layer yogurt, berries, and nuts over the cooked oatmeal. Drizzle with honey and splash with milk until desired consistency is achieved, and consume any extra milk on the side.

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|---|----|-----|---|
| 150 | 27 | 3 | 5 | 0 | 4 |
| 41 | 11 | 0 | 1 | 1 | 2 |
| 80 | 9 | 0 | 12 | 50 | 0 |
| 45 | 1 | 4 | 2 | 0 | 1 |
| 20 | 6 | 0 | 0 | 0 | 0 |
| 80 | 11 | 0 | 8 | 120 | 0 |

416 65 7 28 171 7

MORNING SNACK

- 1, 3-inch diameter grapefruit
- ½ TBSP honey
- 2 cups sliced English cucumber

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|---|----|---|---|
| 130 | 32 | 0 | 20 | 0 | 4 |
| 32 | 9 | 0 | 0 | 0 | 0 |
| 28 | 4 | 0 | 0 | 0 | 1 |

190 45 0 2 0 5

LUNCH

- 1/3 cup cooked quinoa
- **1 serving Chicken and Vegetable Topper:**
- 1 cup diced tomatoes
- 1 cup chopped carrots
- 1 large bell pepper, chopped
- 1/5 (~2-oz.) medium avocado, chopped (spritz with lime juice)
- 2 oz. chopped, cooked chicken
- 1/3 cup 1% cottage cheese
- Black pepper OR lemon pepper to taste
- Sliced green onions if desired

*Mix first 5 ingredients together, serve with cottage cheese, pepper, and onions over quinoa.

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|------|-----|----|-----|-----|
| 71 | 13.3 | 1.3 | 3 | 4 | 1.3 |
| 30 | 6 | 0 | 2 | 0 | 2 |
| 52 | 12 | 0 | 2 | 88 | 4 |
| 30 | 8 | 0 | 0 | 0 | 4 |
| 100 | 6 | 9 | 1 | 0 | 4 |
| 55 | 0 | 1 | 12 | 23 | 0 |
| 60 | 3 | 1 | 9 | 300 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 2 | 0 | 0 | 0 | 0 | 0 |

400 48.3 12.3 29 415 15.3

AFTERNOON SNACK

- 3 cups steamed edamame in pods
- Pinch of kosher salt

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|---|----|-----|---|
| 202 | 18 | 7 | 18 | 45 | 8 |
| 0 | 0 | 0 | 0 | 295 | 0 |

202 18 7 18 340 8

DINNER

1 serving Fiesta Chicken Platter

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|-------|------|-------|--------|------|
| 406 | 40.75 | 15.5 | 29.75 | 469.25 | 8.75 |
|-----|-------|------|-------|--------|------|

406 40.75 15.5 29.75 469.25 8.75

EVENING SNACK

- 1, 8-oz. glass of skim milk
- 3 oz. 65% cacao dark chocolate
- 8 pecan halves

CAL CHO FAT PRO SOD FIB

| | | | | | |
|----|-----|---|-----|-----|-----|
| 80 | 11 | 0 | 8 | 120 | 0 |
| 68 | 7.5 | 6 | 1.5 | 0 | 1.5 |
| 72 | 2 | 8 | 2 | 0 | 0 |

220 20.5 14 11.5 120 1.5

CAL CHO FAT PRO SOD FIB

1834 236.55 55.8 118.25 1525.25 46.55



DAYS 8 - 15: DAY 10 MEALS

DAY 10 BASE TOTALS

BREAKFAST

- 2 kiwi fruits
- Quick Cheesy Eggs**
- 1/3 cup shredded cheese
- 4 egg whites, scrambled
- 1 tsp coconut oil
- 1 green onion, sliced
- 1 large bell pepper, diced

* Heat a small nonstick skillet coated with coconut oil over medium heat. Add egg whites and cook, stirring until eggs are cooked through. Top with cheese and allow to melt. Serve with vegetables and garnish with onion slices.

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|-------------|------------|-----------|
| 80 | 31 | 2 | 4 | 18 | 10 |
| 147 | 0 | 12 | 9.3 | 240 | 0 |
| 67 | 3 | 0 | 16 | 220 | 0 |
| 40 | 0 | 5 | 0 | 0 | 0 |
| 10 | 0 | 0 | 0 | 1 | 0 |
| 46 | 10 | 0 | 2 | 6 | 4 |
| 390 | 44 | 19 | 31.3 | 485 | 14 |

MORNING SNACK

- 2 kiwi fruits
- 4 oz. plain fat-free Greek yogurt
- 1 tsp honey

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-----------|-----------|-----------|
| 80 | 31 | 2 | 4 | 18 | 10 |
| 80 | 8 | 0 | 12 | 60 | 1 |
| 20 | 6 | 0 | 0 | 0 | 0 |
| 180 | 45 | 2 | 16 | 78 | 11 |

LUNCH

- 4 oz. skim milk
- 1 Cinnamon Banana Roll-Up:**
- 1, 3-oz. organic, all-natural whole wheat wrap
- 2 TBSP crunchy natural peanut butter
- 2 tsp honey
- ½, 7-inch banana, sliced
- Dash of cinnamon

*Spread peanut butter over wrap, top with honey, banana, and cinnamon. Roll-up.

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-------------|-----------|-----------|------------|----------|
| 40 | 6 | 0 | 4 | 60 | 0 |
| 160 | 30 | 3 | 6 | 310 | 4 |
| 190 | 9 | 16 | 7 | 65 | 2 |
| 32 | 12 | 0 | 0 | 0 | 0 |
| 36 | 0 | 0 | 1 | 1 | 1 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 402 | 54.5 | 19 | 14 | 376 | 7 |

AFTERNOON SNACK

- 3 oz. carrot sticks
- 2 cups sliced English cucumber
- 3 oz. bell pepper slices
- 3 clementines

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|------------|------------|-----------|-----------|
| 35 | 8 | 0 | 1 | 65 | 2 |
| 28 | 4 | 0 | 0 | 0 | 1 |
| 18 | 4 | 0 | 1 | 0 | 2 |
| 120 | 26 | 1.5 | 1.5 | 0 | 6 |
| 201 | 42 | 1.5 | 1.5 | 65 | 11 |

DINNER

- 1 serving Grilled Cumin Chicken with Tomatillo-Jalapeno Sauce**
- 1/3 cup Cilantro-Lime Rice**
- 2 cups steamed broccoli

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|--------------|-------------|--------------|------------|------------|
| 258 | 6.25 | 8.75 | 37.25 | 432 | 1.5 |
| 121 | 25 | 1 | 3 | 23 | 0 |
| 60 | 8 | 0 | 4 | 400 | 4 |
| 439 | 39.25 | 9.75 | 44.25 | 855 | 5.5 |

EVENING SNACK

- 1, 8-oz. glass of skim milk
- 3 oz. 65% cacao dark chocolate
- 8 pecan halves

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-------------|-----------|-------------|------------|------------|
| 80 | 11 | 0 | 8 | 120 | 0 |
| 68 | 7.5 | 6 | 1.5 | 0 | 1.5 |
| 72 | 2 | 8 | 2 | 0 | 0 |
| 220 | 20.5 | 14 | 11.5 | 120 | 1.5 |

DAY 11 BASE TOTALS

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|--------|-------|--------|------|-----|
| 1832 | 245.25 | 65.25 | 120.55 | 1979 | 50 |



MEALS DAY 12

BREAKFAST

1 Oatmeal Parfait:

- ½ cup steel cut oats, cooked with water
- ½ cup blueberries OR ¾ cup sliced strawberries
- 4 oz. fat-free, plain Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 1 tsp honey
- 8 oz. skim milk

*Layer yogurt, berries, and nuts over the cooked oatmeal. Drizzle with honey and splash with milk until desired consistency is achieved, and consume any extra milk on the side.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|---|----|-----|---|
| 150 | 27 | 3 | 5 | 0 | 4 |
| 41 | 11 | 0 | 1 | 1 | 2 |
| 80 | 8 | 0 | 12 | 60 | 1 |
| 45 | 1 | 4 | 2 | 0 | 1 |
| 20 | 6 | 0 | 0 | 0 | 0 |
| 80 | 11 | 0 | 8 | 120 | 0 |

| | | | | | |
|-----|----|---|----|-----|---|
| 416 | 64 | 7 | 28 | 181 | 8 |
|-----|----|---|----|-----|---|

MORNING SNACK

- 1, 3-inch diameter grapefruit
- ½ TBSP honey
- 2 cups sliced English cucumber

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|---|----|---|---|
| 130 | 32 | 0 | 20 | 0 | 4 |
| 32 | 9 | 0 | 0 | 0 | 0 |
| 28 | 4 | 0 | 0 | 0 | 1 |

| | | | | | |
|-----|----|---|---|---|---|
| 190 | 45 | 0 | 2 | 0 | 5 |
|-----|----|---|---|---|---|

LUNCH

Lemon Fresh Tuna Salad:

- 4 oz. chunk light tuna packaged in water, drained
- 3 cups shredded romaine lettuce
- 1 cup shredded carrots
- 2 roma tomatos, diced
- 1 1/2 TBSP extra-virgin olive oil
- 1 1/2 TBSP lemon juice
- Black pepper to taste

*Toss all ingredients together.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|-----|----|-----|-----|-----|
| 100 | 0 | 1 | 24 | 360 | 0 |
| 24 | 4.5 | 0 | 1.5 | 15 | 1.5 |
| 47 | 11 | 0 | 1 | 87 | 3 |
| 32 | 8 | 0 | 4 | 10 | 2 |
| 180 | 0 | 21 | 0 | 0 | 0 |
| 6 | 1.5 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 60 | 0 |

| | | | | | |
|-----|----|----|------|-----|-----|
| 389 | 25 | 22 | 30.5 | 532 | 6.5 |
|-----|----|----|------|-----|-----|

AFTERNOON SNACK

- 1 ¼ cups chopped broccoli, steamed
- 1/3 cup shredded, all-natural cheese melted on top

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|---|----|---|-----|---|
| 38 | 5 | 0 | 3 | 250 | 3 |
| 160 | 1 | 13 | 8 | 253 | 0 |

| | | | | | |
|-----|---|----|----|-----|---|
| 198 | 6 | 13 | 11 | 503 | 3 |
|-----|---|----|----|-----|---|

DINNER

1 serving Grilled Cumin Chicken with Tomatillo-Jalapeno Sauce

1/3 cup Cilantro-Lime Rice

- 1 cups steamed broccoli

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|------|------|-------|-----|-----|
| 258 | 6.25 | 8.75 | 37.25 | 432 | 1.5 |
| 121 | 25 | 1 | 3 | 23 | 0 |
| 30 | 4 | 0 | 2 | 200 | 2 |

| | | | | | |
|-----|-------|------|-------|-----|-----|
| 410 | 35.25 | 9.75 | 42.25 | 655 | 3.5 |
|-----|-------|------|-------|-----|-----|

EVENING SNACK

- 1, 7-inch banana
- 1 TBSP almond butter

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|----|----|---|---|-----|---|
| 90 | 18 | 2 | 4 | 136 | 2 |
| 90 | 12 | 4 | 8 | 0 | 2 |

| | | | | | |
|-----|----|---|----|-----|---|
| 180 | 30 | 6 | 12 | 136 | 4 |
|-----|----|---|----|-----|---|

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------|--------|-------|--------|------|----|
| 1783 | 205.25 | 57.75 | 125.75 | 2007 | 30 |
|------|--------|-------|--------|------|----|

DAY 12 BASE TOTALS



DAYS 8 - 15: DAY 12 MEALS

BREAKFAST

Creamy Berry Banana Smoothie:

- 1 cup blueberries
- ½, 7-inch banana
- 2/3 cup 1% cottage cheese
- ½ cup light vanilla soymilk OR skim milk + ½ tsp vanilla extract
- 2 TBSP flaxseed
- 1 tsp honey
- 1 tsp lime juice
- 1 cup ice
- Water, if needed to achieve desired texture

*Put all ingredients in blender and process until desired texture is achieved.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|-----------|-----------|-----------|------------|-----------|
| 83 | 21 | 0 | 1 | 1 | 3 |
| 53 | 14 | 0 | 1 | 1 | 2 |
| 120 | 7 | 2 | 17 | 600 | 0 |
| 45 | 4 | 2 | 5 | 83 | 0 |
| 93 | 6 | 6 | 4 | 0 | 5 |
| 20 | 6 | 0 | 0 | 0 | 0 |
| 2 | 0 | 0 | 0 | 1 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 416 | 58 | 10 | 28 | 686 | 10 |

MORNING SNACK

- 2 TBSP natural peanut butter
- 12, 4-inch celery sticks

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|----------|-----------|----------|------------|----------|
| 190 | 6 | 16 | 8 | 150 | 2 |
| 6 | 2 | 0 | 0 | 28 | 0 |
| 196 | 8 | 16 | 8 | 178 | 2 |

LUNCH

1 Fresh Spinach Salad:

- 4 cups baby spinach
- 1, 3-inch diameter apple, sliced into thin wedges
- 5 oz. grilled chicken, cut into strips
- 1 TBSP crumbled feta cheese
- 1 TBSP extra-virgin olive oil
- 1 TBSP red wine vinegar

*Toss all ingredients together.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|--------------|-------------|-----------|-----------|------------|----------|
| 40 | 2 | 0 | 4 | 130 | 4 |
| 72 | 19 | 0 | 0 | 1 | 3 |
| 163 | 0 | 4 | 30 | 225 | 0 |
| 22.5 | 0.5 | 2 | 2 | 100 | 0 |
| 120 | 0 | 14 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 417.5 | 21.5 | 20 | 36 | 456 | 7 |

AFTERNOON SNACK

- 3 cups steamed edamame in pods
- Pinch of kosher salt

*Don't eat the pods, just the beans.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|-----------|----------|-----------|------------|----------|
| 202 | 18 | 7 | 18 | 45 | 8 |
| 0 | 0 | 0 | 0 | 295 | 0 |
| 202 | 18 | 7 | 18 | 340 | 8 |

DINNER

1 California Veggie Wrap

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|-----------|-------------|-----------|------------|------------|
| 360 | 50.75 | 12.75 | 11.75 | 651.3 | 5.75 |
| 389 | 51 | 13.5 | 15 | 728 | 9.5 |

EVENING SNACK

- ½ cup 2% cottage cheese
- 8 oz. fresh pineapple
- 1, 7-inch carrot stick

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|-----------|----------|-----------|------------|----------|
| 102 | 4 | 2 | 16 | 459 | 0 |
| 56 | 11 | 0 | 0 | 0 | 1 |
| 30 | 7 | 0 | 1 | 50 | 2 |
| 188 | 22 | 2 | 17 | 509 | 3 |

DAY 13 BASE TOTALS

| CAL | CHO | FAT | PRO | SOD | FIB |
|--------|--------|-------|--------|--------|-------|
| 1779.5 | 178.25 | 67.75 | 118.75 | 2820.3 | 35.75 |



MEALS DAY 14

BREAKFAST

- 2 kiwi fruits

Quick Cheesy Eggs

- 1/3 cup shredded cheese
- 4 egg whites, scrambled
- 1 tsp coconut oil
- 1 green onion, sliced
- 1 large bell pepper, diced

* Heat a small nonstick skillet coated with coconut oil over medium heat. Add egg whites and cook, stirring until eggs are cooked through. Top with cheese and allow to melt. Serve with vegetables and garnish with onion slices.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|------|-----|-----|
| 80 | 31 | 2 | 4 | 18 | 10 |
| 147 | 0 | 12 | 9.3 | 240 | 0 |
| 67 | 3 | 0 | 16 | 220 | 0 |
| 40 | 0 | 5 | 0 | 0 | 0 |
| 10 | 0 | 0 | 0 | 1 | 0 |
| 46 | 10 | 0 | 2 | 6 | 4 |
| 390 | 44 | 19 | 31.3 | 485 | 14 |

MORNING SNACK

- 2 kiwi fruits
- 4 oz. plain fat-free Greek yogurt
- 1 tsp honey

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 80 | 31 | 2 | 4 | 18 | 10 |
| 80 | 8 | 0 | 12 | 60 | 1 |
| 20 | 6 | 0 | 0 | 0 | 0 |
| 180 | 45 | 2 | 16 | 78 | 11 |

LUNCH

- 4 oz. skim milk
- **1 Cinnamon Banana Roll-Up:**
- 1, 3-oz. organic, all-natural whole wheat wrap
- 2 TBSP crunchy natural peanut butter
- 2 tsp honey
- ½, 7-inch banana, sliced
- Dash of cinnamon

*Spread peanut butter over wrap, top with honey, banana, and cinnamon. Roll-up.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|------|-----|-----|-----|-----|
| 40 | 6 | 0 | 4 | 60 | 0 |
| 160 | 30 | 3 | 6 | 310 | 4 |
| 190 | 8 | 16 | 7 | 65 | 2 |
| 32 | 9 | 0 | 0 | 0 | 0 |
| 36 | 12 | 0 | 1 | 1 | 1 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 402 | 54.5 | 19 | 14 | 376 | 7 |

AFTERNOON SNACK

- 2 cups shredded romaine lettuce
- 1 cup sugar snap peas, chopped
- 1 TBSP extra-virgin olive oil
- 1 TBSP vinegar of choice

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|------|-----|-----|-----|-----|
| 16 | 4 | 0 | 2 | 8 | 2 |
| 61 | 10.5 | 0 | 4.5 | 9 | 4.5 |
| 120 | 0 | 14 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 197 | 14.5 | 14 | 6.5 | 17 | 6.5 |

DINNER

- **1 California Veggie Wrap**

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-------|-------|-------|-------|------|
| 360 | 50.75 | 12.75 | 11.75 | 651.3 | 5.75 |
| 389 | 51 | 13.5 | 15 | 728 | 9.5 |

EVENING SNACK

- ½ cup 2% cottage cheese
- 8 oz. fresh pineapple
- 1, 7-inch carrot stick

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 102 | 4 | 2 | 16 | 459 | 0 |
| 56 | 11 | 0 | 0 | 0 | 1 |
| 30 | 7 | 0 | 1 | 50 | 2 |
| 188 | 22 | 2 | 17 | 509 | 3 |

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|--------|-------|-------|--------|-------|
| 1717 | 230.75 | 68.75 | 96.55 | 2116.3 | 47.25 |

DAY 14 BASE TOTALS



BREAKFAST

1 Creamy Berry Banana Smoothie:

- 1 cup blueberries
- ½, 7-inch banana
- 2/3 cup 1% cottage cheese
- 1/2 cup skim milk + ½ tsp pure vanilla extract
- 2 TBSP flaxseed
- 1 tsp honey
- 1 tsp lime juice
- 1 cup ice

*Put all ingredients in blender and process until desired texture is achieved.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|-----------|-----------|-----------|------------|-----------|
| 83 | 21 | 0 | 1 | 1 | 3 |
| 53 | 14 | 0 | 1 | 1 | 2 |
| 120 | 7 | 2 | 17 | 600 | 0 |
| 40 | 4 | 2 | 5 | 83 | 0 |
| 93 | 6 | 6 | 4 | 0 | 5 |
| 20 | 6 | 0 | 0 | 0 | 0 |
| 2 | 0 | 0 | 0 | 1 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 411 | 58 | 10 | 28 | 686 | 10 |

MORNING SNACK

- 2 TBSP natural peanut butter
- 12, 4-inch celery sticks

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|----------|-----------|----------|------------|----------|
| 190 | 6 | 16 | 8 | 150 | 2 |
| 6 | 2 | 0 | 0 | 28 | 0 |
| 196 | 8 | 16 | 8 | 178 | 2 |

LUNCH

- 1/3 cup cooked quinoa
- 1 serving Chicken and Vegetable Topper:
- 1 cup diced tomatoes
- 1 cup chopped carrots
- 1 large bell pepper, chopped
- 1/5 (~2-oz.) medium avocado, chopped (spritz with lime juice)
- 2 oz. chopped, cooked chicken
- 1/3 cup 1% cottage cheese
- Black pepper OR lemon pepper to taste
- Sliced green onions if desired

*Mix first 5 ingredients together, serve with cottage cheese, pepper, and onions over quinoa.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|-------------|-------------|-----------|------------|-------------|
| 71 | 13.3 | 1.3 | 3 | 4 | 1.3 |
| 30 | 6 | 0 | 2 | 0 | 2 |
| 52 | 12 | 0 | 2 | 88 | 4 |
| 30 | 8 | 0 | 0 | 0 | 4 |
| 100 | 6 | 9 | 1 | 0 | 4 |
| 55 | 0 | 1 | 12 | 23 | 0 |
| 60 | 3 | 1 | 9 | 300 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 2 | 0 | 0 | 0 | 0 | 0 |
| 400 | 48.3 | 12.3 | 29 | 415 | 15.3 |

AFTERNOON SNACK

- 2 cups shredded romaine lettuce
- 1 cup sugar snap peas, chopped
- 1 TBSP extra-virgin olive oil
- 1 TBSP vinegar of choice

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|-------------|-----------|------------|-----------|------------|
| 16 | 4 | 0 | 2 | 8 | 2 |
| 61 | 10.5 | 0 | 4.5 | 9 | 4.5 |
| 120 | 0 | 14 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 197 | 14.5 | 14 | 6.5 | 17 | 6.5 |

DINNER

2 ¼ cups Dressed-Up Black Beans and Rice

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|---|----|-----|---|
| 394 | 48 | 9 | 28 | 294 | 9 |
| 394 | 48 | 9 | 28 | 294 | 9 |

EVENING SNACK

- 1, 7-inch banana
- 1 TBSP almond butter

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|----|----|---|---|-----|---|
| 90 | 18 | 2 | 4 | 136 | 2 |
| 90 | 12 | 4 | 8 | 0 | 2 |

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-------|------|-------|------|------|
| 1778 | 206.8 | 67.3 | 111.5 | 1726 | 46.8 |

DAY 15 BASE TOTALS



FRESH PRODUCE

2 large bell peppers
 2-3 lbs. asparagus
 1 small white onion
 1 watermelon
 1 bunch green onions
 2 large celery bunches
 1 bunch grapes
 2 large English cucumbers
 1 small container mixed spring greens
 16 oz. leafy greens
 3 hearts of romaine lettuce
 5-6 tomatos
 3 cups snap peas
 1-2 lbs. strawberries
 3 lemons
 1, 3-inch diameter orange
 5, 3-inch diameter apples
 1 bunch cilantro
 1 bulb. of fresh garlic
 Fresh ginger root

FROZEN FOODS

3 cups edamame in pods, (3 cups for 1800 plan)*
 4, ~3-oz. real fruit frozen bars
 Green peas
 Broccoli, carrot, cauliflower blend

STAPLE FOODS / CONDIMENTS

Rice vinegar
 Balsamic vinegar
 Toasted sesame seed oil
 Almond butter*
 Pure maple syrup
 Honey*
 Prepared hummus
 Red wine vinegar*

CANNED GOODS

1, 4- to 6-oz. can mandarin oranges
 1, 15-oz. can organic low-sodium vegetable broth

Please view specific quantities only as a guideline.
 Product availability may vary. *Items will likely already
 be on hand from previous lists.

MILK, CHEESE, AND OTHER DAIRY PRODUCTS

1 small tub reduced-fat cream cheese
 1 gallon skim AND 1/2 gallon light vanilla soy milk
 1/2 pint feta cheese
 1 small block/package shreddable, slicable cheese
 4, 6-oz. containers light yogurt
 Parmesan cheese*

MEAT, POULTRY, FISH

6 lbs. boneless, skinless chicken breast
 1 dozen eggs
 6 oz. smoked salmon
 1 lb. lean ground turkey
 1 lb. shrimp

GRAINS

Whole grain couscous
 Instant brown rice
 Popcorn kernels
 Quinoa
 1 package 3-oz. all-natural, organic whole wheat wraps*

BAKING / BULK / SNACK SECTIONS

All-natural, organic trail mix
 6 oz. dark chocolate roasted almonds (1800 only)
 1/2 cup unsalted, roasted hulled sunflower seeds
 1/2 lb. slivered almonds
 1/4 cup pinenuts
 1, 6-oz. bag dried cranberries

SEASONINGS

Black pepper/Lemon pepper
 Cinnamon
 Salt
 Oregano
 Thyme
 Sage



MEALS DAY 16

BREAKFAST

• 20 red grapes

1 Smoked Salmon and Egg Sandwich:

- 3 oz. smoked salmon
- 1, 1/4-inch tomato slice
- 1 cup leafy greens
- 1 whole egg, scrambled
- 2 egg whites, scrambled
- 1 tsp extra-virgin olive oil
- 1 TBSP minced onion

| CAL | CHO | FAT | PRO | SOD | FIB |
|--------------|-------------|-------------|-------------|-------------|----------|
| 48 | 17 | 0 | 1 | 2 | 1 |
| 160.5 | 1.5 | 7.5 | 22.5 | 769 | 0 |
| 3 | 1 | 0 | 0 | 1 | 0 |
| 10 | 1 | 0 | 0 | 10 | 2 |
| 101 | 1 | 7 | 7 | 171 | 0 |
| 34 | 0 | 0 | 7 | 110 | 0 |
| 40 | 0 | 5 | 0 | 0 | 0 |
| 4 | 1 | 0 | 0 | 0 | 0 |
| 400.5 | 22.5 | 19.5 | 37.5 | 1063 | 3 |

MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|----------|----------|----------|
| 105 | 28 | 0 | 1 | 2 | 5 |
| 95 | 2 | 9 | 4 | 0 | 1 |
| 200 | 30 | 9 | 5 | 2 | 6 |

LUNCH

Quick Apricot Chicken and Greens:

- 2 tsp olive oil
- 1, 4-oz. boneless, skinless chicken breast
- 1 oz. all-natural cheese, diced or shredded
- 1 TBSP organic apricot preserves
- 2 cups leafy greens
- 1 cup green peas, steamed

*Drizzle olive oil over chicken. Broil on baking sheet for about 9 minutes, or until fully cooked. Top hot chicken with apricot preserves and cheese. Serve on leafy greens and peas.

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|-----------|------------|-----------|
| 60 | 0 | 7 | 0 | 0 | 0 |
| 77 | 0 | 4 | 17 | 30 | 0 |
| 70 | 0 | 6 | 5 | 340 | 0 |
| 48 | 13 | 0 | 0 | 8 | 0 |
| 20 | 2 | 0 | 0 | 20 | 4 |
| 110 | 18 | 0 | 7 | 300 | 6 |
| 385 | 33 | 17 | 29 | 698 | 10 |

AFTERNOON SNACK

- 1/4 cup dry oats, cooked in water
- 1/2 TBSP maple syrup
- 8 oz. skim milk

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-------------|----------|-------------|--------------|----------|
| 100 | 10.7 | 0 | 0.75 | 7.5 | 0 |
| 25 | 7 | 0 | 0 | 1 | 0 |
| 80 | 11 | 0 | 8 | 120 | 0 |
| 205 | 28.7 | 0 | 8.75 | 128.5 | 0 |

DINNER

- 4-oz. grilled chicken breast
- 3/4 cup cooked quinoa
- 2 cups steamed broccoli, carrot, cauliflower blend
- 1 tsp extra-virgin olive oil
- 1 TBSP fresh lemon juice

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|-----------|------------|----------|
| 130 | 0 | 3 | 26 | 75 | 0 |
| 160 | 29 | 2 | 6 | 10 | 3 |
| 75 | 12 | 0 | 3 | 90 | 6 |
| 40 | 0 | 5 | 0 | 0 | 0 |
| 4 | 1 | 0 | 0 | 0 | 0 |
| 409 | 42 | 10 | 35 | 175 | 9 |

EVENING SNACK

- 6 oz. plain light yogurt
- 3/4 cup strawberry halves
- 1 1/2 TBSP slivered almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|----------|-----------|----------|
| 90 | 16 | 0 | 5 | 80 | 0 |
| 37 | 9 | 0 | 1 | 2 | 2 |
| 78 | 2 | 6 | 3 | 0 | 2 |
| 205 | 27 | 6 | 9 | 82 | 4 |

| CAL | CHO | FAT | PRO | SOD | FIB |
|--------|-------|------|--------|--------|-----|
| 1804.5 | 183.2 | 61.5 | 124.25 | 2148.5 | 32 |

DAY 16 BASE TOTALS



BREAKFAST

- 1/4 cup dry quick-cooking bulgur, cooked with water
- 1/2 TBSP honey
- 1/2 cup unsweetened, all-natural apple sauce
- Cinnamon
- 6 oz. skim milk

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-----------|------------|----------|
| 250 | 49 | 2 | 12 | 340 | 7 |
| 30 | 9 | 0 | 0 | 0 | 0 |
| 60 | 15 | 0 | 0 | 10 | 2 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 60 | 7 | 0 | 6 | 80 | 0 |
| 400 | 80 | 2 | 18 | 430 | 9 |

MORNING SNACK

- 1/3 cup all-natural trail mix

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 187 | 24 | 11 | 4 | 27 | 4 |
| 187 | 24 | 11 | 6 | 27 | 4 |

LUNCH

- 10 large black, seedless grapes
- Feta Chicken Wrap:**
- 1, 3-oz. organic, all-natural whole wheat wrap
 - 2 TBSP crumbled feta cheese
 - 1 cup fresh diced tomatos
 - 1/2 cup chopped cucumber
 - 2-oz. chopped chicken breast
 - 2 cups leafy greens

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-----------|------------|-----------|
| 68 | 18 | 0 | 0 | 0 | 0 |
| 160 | 30 | 3 | 6 | 310 | 4 |
| 70 | 2 | 4 | 6 | 340 | 0 |
| 30 | 6 | 0 | 2 | 0 | 2 |
| 7 | 1 | 0 | 0 | 0 | 0 |
| 60 | 0 | 1 | 13 | 38 | 0 |
| 20 | 2 | 0 | 0 | 20 | 4 |
| 415 | 59 | 8 | 27 | 708 | 10 |

AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas
- 1/4 cup fresh hummus

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 10 | 1 | 0 | 1 | 0 | 1 |
| 16 | 4 | 0 | 1 | 2 | 1 |
| 70 | 14 | 0 | 6 | 40 | 4 |
| 100 | 10 | 6 | 4 | 160 | 6 |
| 196 | 29 | 6 | 12 | 202 | 12 |

DINNER

- 1 serving Sesame-Ginger Tuna Salad
- 1/4 cup mandarin orange segments

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|------|-----|
| 355 | 35 | 22 | 27 | 1007 | 7 |
| 40 | 10 | 0 | 0 | 3 | 1 |
| 395 | 45 | 22 | 27 | 1010 | 8 |

EVENING SNACK

- 1, 2 1/2-3 oz. real frozen fruit bar (popsicle)
- 12 roasted dark chocolate almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 80 | 20 | 0 | 0 | 0 | 0 |
| 75 | 5 | 7 | 3 | 18 | 2 |
| 155 | 25 | 7 | 3 | 18 | 2 |

DAY 17 BASE TOTALS

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-----|-----|-----|------|-----|
| 1748 | 262 | 56 | 91 | 2395 | 45 |



MEALS DAY 18

BREAKFAST

1 serving of Good Morning Couscous

- 1 hard boiled egg

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|---|------|-----|---|
| 320 | 58 | 5 | 13.5 | 67 | 3 |
| 70 | 0 | 2 | 18 | 380 | 4 |

| | | | | | |
|-----|----|---|------|-----|---|
| 390 | 58 | 7 | 31.5 | 447 | 7 |
|-----|----|---|------|-----|---|

MORNING SNACK

- 1 1/2 cups air popped popcorn
- 1 TBSP grated parmesan cheese
- 2 tsp extra-virgin olive oil

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|----|---|---|---|-----|---|
| 87 | 8 | 5 | 1 | 123 | 3 |
| 20 | 0 | 1 | 2 | 40 | 0 |
| 80 | 0 | 9 | 0 | 0 | 0 |

| | | | | | |
|-----|---|----|---|-----|---|
| 187 | 8 | 15 | 3 | 163 | 3 |
|-----|---|----|---|-----|---|

LUNCH

1 serving Sesame-Ginger Tuna Salad

- 1/4 cup mandarin orange segments

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|----|----|------|---|
| 355 | 35 | 22 | 27 | 1006 | 7 |
| 40 | 9 | 0 | 1 | 0 | 2 |

| | | | | | |
|-----|----|----|----|------|---|
| 395 | 44 | 22 | 28 | 1006 | 9 |
|-----|----|----|----|------|---|

AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas
- 1/4 cup fresh hummus

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|---|---|-----|---|
| 10 | 1 | 0 | 1 | 0 | 1 |
| 16 | 4 | 0 | 1 | 2 | 1 |
| 70 | 14 | 0 | 6 | 40 | 4 |
| 100 | 10 | 6 | 4 | 160 | 6 |

| | | | | | |
|-----|----|---|----|-----|----|
| 196 | 29 | 6 | 12 | 202 | 12 |
|-----|----|---|----|-----|----|

DINNER

1 Cranberry Turkey Burger

- 3 cups mixed spring greens
- 1/2 TBSP vinegar
- 1/2 TBSP extra-virgin olive oil
- 1/2, 3-inch diameter apple

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|----|----|-----|---|
| 294 | 19 | 15 | 25 | 251 | 2 |
| 20 | 3 | 0 | 2 | 95 | 2 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 60 | 0 | 7 | 0 | 0 | 0 |
| 55 | 15 | 0 | 0 | 1 | 3 |

| | | | | | |
|-----|----|----|----|-----|---|
| 429 | 37 | 22 | 27 | 347 | 7 |
|-----|----|----|----|-----|---|

EVENING SNACK

- 6 oz. plain light yogurt
- 3/4 cup strawberry halves
- 1 1/2 TBSP slivered almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|----|----|---|---|----|---|
| 90 | 16 | 0 | 5 | 80 | 0 |
| 37 | 9 | 0 | 1 | 2 | 2 |
| 78 | 2 | 6 | 3 | 0 | 2 |

| | | | | | |
|-----|----|---|---|----|---|
| 205 | 27 | 6 | 9 | 82 | 4 |
|-----|----|---|---|----|---|

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------|-----|----|-------|------|----|
| 1802 | 203 | 78 | 110.5 | 2247 | 42 |
|------|-----|----|-------|------|----|

DAY 18 BASE TOTALS



BREAKFAST

1 serving of Good Morning Couscous

- 1 hard boiled egg

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-------------|------------|----------|
| 320 | 58 | 5 | 13.5 | 67 | 3 |
| 70 | 0 | 2 | 18 | 380 | 4 |
| 390 | 58 | 7 | 31.5 | 447 | 7 |

MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|----------|----------|----------|
| 105 | 28 | 0 | 1 | 2 | 5 |
| 95 | 2 | 9 | 4 | 0 | 1 |
| 200 | 30 | 9 | 5 | 2 | 6 |

LUNCH

- 10 large black, seedless grapes
- Feta Chicken Wrap:**
- 1, 3-oz. organic, all-natural whole wheat wrap
- 2 TBSP crumbled feta cheese
- 1 cup fresh diced tomatoes
- 1/2 cup chopped cucumber
- 2-oz. chopped chicken breast
- 2 cups leafy greens

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-----------|------------|-----------|
| 68 | 18 | 0 | 0 | 0 | 0 |
| 160 | 30 | 3 | 6 | 310 | 4 |
| 70 | 2 | 4 | 6 | 340 | 0 |
| 30 | 6 | 0 | 2 | 0 | 2 |
| 7 | 1 | 0 | 0 | 0 | 0 |
| 60 | 0 | 1 | 13 | 38 | 0 |
| 20 | 2 | 0 | 0 | 20 | 4 |
| 415 | 59 | 8 | 27 | 708 | 10 |

AFTERNOON SNACK

- 1/4 cup dry oats, cooked in water
- 1/2 TBSP maple syrup
- 8 oz. skim milk

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-------------|----------|-------------|--------------|----------|
| 100 | 10.7 | 0 | 0.75 | 7.5 | 0 |
| 25 | 7 | 0 | 0 | 1 | 0 |
| 80 | 11 | 0 | 8 | 120 | 0 |
| 205 | 28.7 | 0 | 8.75 | 128.5 | 0 |

DINNER

1 serving Maple-Citrus Wilted Spinach Salad

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|-----------|------------|----------|
| 400 | 44 | 15 | 26 | 275 | 0 |
| 400 | 44 | 15 | 26 | 275 | 0 |

EVENING SNACK

- 1, 2 1/2-3 oz. real frozen fruit bar (popsicle)
- 12 roasted dark chocolate almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|----------|-----------|----------|
| 80 | 20 | 0 | 0 | 0 | 0 |
| 75 | 5 | 7 | 3 | 18 | 2 |
| 155 | 25 | 7 | 3 | 18 | 2 |

DAY 19 BASE TOTALS

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-------|-----|--------|--------|-----|
| 1765 | 244.7 | 46 | 101.25 | 1578.5 | 25 |



MEALS DAY 20

BREAKFAST

- 1/4 cup dry quick-cooking bulgur, cooked with water
- 1/2 TBSP honey
- 1/2 cup unsweetened, all-natural apple sauce
- Cinnamon
- 6 oz. skim milk

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|---|----|-----|---|
| 250 | 49 | 2 | 12 | 340 | 7 |
| 30 | 9 | 0 | 0 | 0 | 0 |
| 60 | 15 | 0 | 0 | 10 | 2 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 60 | 7 | 0 | 6 | 80 | 0 |
| 400 | 80 | 2 | 18 | 430 | 9 |

MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|---|---|---|---|
| 105 | 28 | 0 | 1 | 2 | 5 |
| 95 | 2 | 9 | 4 | 0 | 1 |
| 200 | 30 | 9 | 5 | 2 | 6 |

LUNCH

- 1 serving Maple-Citrus Wilted Spinach Salad

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|----|----|-----|---|
| 400 | 44 | 15 | 26 | 275 | 0 |
| 400 | 44 | 15 | 26 | 275 | 0 |

AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas
- 1/4 cup fresh hummus

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|---|----|-----|----|
| 10 | 1 | 0 | 1 | 0 | 1 |
| 16 | 4 | 0 | 1 | 2 | 1 |
| 70 | 14 | 0 | 6 | 40 | 4 |
| 100 | 10 | 6 | 4 | 160 | 6 |
| 196 | 29 | 6 | 12 | 202 | 12 |

DINNER

- 1 Cranberry Turkey Burger
- 3 cups mixed spring greens
- 1/2 TBSP vinegar
- 1/2 TBSP extra-virgin olive oil
- 1/2, 3-inch diameter apple

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|----|----|-----|---|
| 294 | 19 | 15 | 25 | 251 | 2 |
| 20 | 3 | 0 | 2 | 95 | 2 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 60 | 0 | 7 | 0 | 0 | 0 |
| 55 | 15 | 0 | 0 | 1 | 3 |
| 429 | 37 | 22 | 27 | 347 | 7 |

EVENING SNACK

- 1, 2 1/2-3 oz. real frozen fruit bar (popsicle)
- 12 roasted dark chocolate almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|-----|----|---|---|----|---|
| 80 | 20 | 0 | 0 | 0 | 0 |
| 75 | 5 | 7 | 3 | 18 | 2 |
| 155 | 25 | 7 | 3 | 18 | 2 |

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------|-----|----|----|------|----|
| 1780 | 245 | 61 | 91 | 1274 | 36 |
|------|-----|----|----|------|----|

DAY 20 BASE TOTALS



BREAKFAST

1 serving of Good Morning Couscous

- 1 hard boiled egg

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|------|-----|-----|
| 320 | 58 | 5 | 13.5 | 67 | 3 |
| 70 | 0 | 2 | 18 | 380 | 4 |
| 390 | 58 | 7 | 31.5 | 447 | 7 |

MORNING SNACK

- 1/3 cup all-natural trail mix

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 187 | 24 | 11 | 4 | 27 | 4 |
| 187 | 24 | 11 | 6 | 27 | 4 |

LUNCH

Quick Apricot Chicken and Greens:

- 2 tsp olive oil
- 1, 4-oz. boneless, skinless chicken breast
- 1 oz. all-natural cheese, diced or shredded
- 1 TBSP organic apricot preserves
- 2 cups leafy greens
- 1 cup green peas, steamed

*Drizzle olive oil over chicken. Broil on baking sheet for about 9 minutes, or until fully cooked. Top hot chicken with apricot preserves and cheese. Serve on leafy greens and peas.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 60 | 0 | 7 | 0 | 0 | 0 |
| 77 | 0 | 4 | 17 | 30 | 0 |
| 70 | 0 | 6 | 5 | 340 | 0 |
| 48 | 13 | 0 | 0 | 8 | 0 |
| 20 | 2 | 0 | 0 | 20 | 4 |
| 110 | 18 | 0 | 7 | 300 | 6 |
| 385 | 33 | 17 | 29 | 698 | 10 |

AFTERNOON SNACK

- 3 cups steamed edamame in pods
- Pinch of kosher salt

*Don't eat the pods, just the beans.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 202 | 18 | 7 | 18 | 45 | 8 |
| 0 | 0 | 0 | 0 | 295 | 0 |
| 202 | 18 | 7 | 18 | 340 | 8 |

DINNER

1 serving Asian Chicken and Vegetable Rice

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 404 | 41 | 16 | 28 | 948 | 7 |
| 404 | 41 | 16 | 28 | 948 | 7 |

EVENING SNACK

- 6 oz. plain light yogurt
- 3/4 cup strawberry halves
- 1 1/2 TBSP slivered almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 90 | 16 | 0 | 5 | 80 | 0 |
| 37 | 9 | 0 | 1 | 2 | 2 |
| 78 | 2 | 6 | 3 | 0 | 2 |
| 205 | 27 | 6 | 9 | 82 | 4 |

DAY 21 BASE TOTALS

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-----|-----|-------|------|-----|
| 1773 | 201 | 64 | 119.5 | 2542 | 40 |



MEALS DAY 22

BREAKFAST

- 20 red grapes

1 Smoked Salmon and Egg Sandwich:

- 3 oz. smoked salmon
- 1, 1/4-inch tomato slice
- 1 cup leafy greens
- 1 whole egg, scrambled
- 2 egg whites, scrambled
- 1 tsp extra-virgin olive oil
- 1 TBSP minced onion

| CAL | CHO | FAT | PRO | SOD | FIB |
|--------------|-------------|-------------|-------------|-------------|----------|
| 48 | 17 | 0 | 1 | 2 | 1 |
| 160.5 | 1.5 | 7.5 | 22.5 | 769 | 0 |
| 3 | 1 | 0 | 0 | 1 | 0 |
| 10 | 1 | 0 | 0 | 10 | 2 |
| 101 | 1 | 7 | 7 | 171 | 0 |
| 34 | 0 | 0 | 7 | 110 | 0 |
| 40 | 0 | 5 | 0 | 0 | 0 |
| 4 | 1 | 0 | 0 | 0 | 0 |
| 400.5 | 22.5 | 19.5 | 37.5 | 1063 | 3 |

MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|----------|----------|----------|
| 105 | 28 | 0 | 1 | 2 | 5 |
| 95 | 2 | 9 | 4 | 0 | 1 |
| 200 | 30 | 9 | 5 | 2 | 6 |

LUNCH

- 10 large black, seedless grapes
- ### Feta Chicken Wrap:
- 1, 3-oz. organic, all-natural whole wheat wrap
 - 2 TBSP crumbled feta cheese
 - 1 cup fresh diced tomatoes
 - 1/2 cup chopped cucumber
 - 2-oz. chopped chicken breast
 - 2 cups leafy greens

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-----------|------------|-----------|
| 68 | 18 | 0 | 0 | 0 | 0 |
| 160 | 30 | 3 | 6 | 310 | 4 |
| 70 | 2 | 4 | 6 | 340 | 0 |
| 30 | 6 | 0 | 2 | 0 | 2 |
| 7 | 1 | 0 | 0 | 0 | 0 |
| 60 | 0 | 1 | 13 | 38 | 0 |
| 20 | 2 | 0 | 0 | 20 | 4 |
| 415 | 59 | 8 | 27 | 708 | 10 |

AFTERNOON SNACK

- 1/4 cup dry oats, cooked in water
- 1/2 TBSP maple syrup
- 8 oz. skim milk

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-------------|----------|-------------|--------------|----------|
| 100 | 10.7 | 0 | 0.75 | 7.5 | 0 |
| 25 | 7 | 0 | 0 | 1 | 0 |
| 80 | 11 | 0 | 8 | 120 | 0 |
| 205 | 28.7 | 0 | 8.75 | 128.5 | 0 |

DINNER

1 serving Shrimp, Feta, and Watermelon Salad

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|-----------|------------|----------|
| 395 | 26 | 21 | 19 | 260 | 9 |
| 395 | 26 | 21 | 19 | 260 | 9 |

EVENING SNACK

- 6 oz. plain light yogurt
- 3/4 cup strawberry halves
- 1 1/2 TBSP slivered almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|----------|-----------|----------|
| 90 | 16 | 0 | 5 | 80 | 0 |
| 37 | 9 | 0 | 1 | 2 | 2 |
| 78 | 2 | 6 | 3 | 0 | 2 |
| 205 | 27 | 6 | 9 | 82 | 4 |

| CAL | CHO | FAT | PRO | SOD | FIB |
|--------|-------|------|--------|--------|-----|
| 1820.5 | 193.2 | 63.5 | 106.25 | 2243.5 | 32 |

DAY 22 BASE TOTALS



FRESH PRODUCE

2-3 lbs. asparagus
 1 small white onion
 2 lbs. broccoli
 6 large bell peppers
 1 watermelon
 1 bunch green onions
 2 large celery bunches
 1 bunch black seedless grapes
 2 large English cucumbers
 4 cups leafy greens
 2-4 cups baby spinach
 3 hearts of romaine lettuce
 2 tomatos
 5 cups snap peas
 1-2 lbs. strawberries
 3 lemons AND 3 limes
 1, 3-inch diameter oranges AND 2 clementines
 4, 7-inch bananas
 7-8, 3-inch diameter apples
 1 bunch cilantro
 1 bulb of fresh garlic
 1, 5-oz. red potato

FROZEN FOODS

1/2 cups edamame in pods, (3 cups for 1800 plan)*
 4, ~3-oz. real fruit frozen bars*

STAPLE FOODS / CONDIMENTS

Almond butter*
 Fresh, all-natural salsa
 Honey*
 Prepared hummus*
 Red wine vinegar*

CANNED GOODS

1 small jar artichoke hearts packed in water
 1 medium can olives
 1 can low-sodium black beans
 2, 15-oz. cans low-sodium chicken broth
 1 can low-sodium, light soup
 1 small can low-sodium cut green beans

Please view specific quantities only as a guideline.
 Product availability may vary. *Items will likely already
 be on hand from previous list.

MILK, CHEESE, AND OTHER DAIRY PRODUCTS

2 all-natural mozzarella cheese sticks
 1 gallon skim milk
 Feta cheese
 1 small block/package shreddable, slicable cheese*
 4, 6-oz. containers light yogurt

MEAT, POULTRY, FISH

6-7 lbs. boneless skinless chicken breast
 1 dozen eggs
 1, 4-oz. grilled flank steak
 2 oz. smoked salmon*
 1, 3-oz. pork chop

GRAINS

Whole grain couscous*
 Brown rice*
 Popcorn kernels*
 Quinoa*

BAKING / BULK / SNACK SECTIONS

All-natural, organic trail mix*
 6 oz. dark chocolate roasted almonds
 1/2 cup unsalted, roasted hulled sunflower seeds
 1/2 lb. almonds (1800 only)
 1/2 cup unsweetened, all-natural applesauce

SEASONINGS

Black pepper/Lemon pepper
 Cinnamon
 Salt
 Oregano
 Cumin
 Red pepper flakes
 Cayenne pepper



MEALS DAY 23

BREAKFAST

- 20 red grapes

1 Smoked Salmon and Egg Sandwich:

- 3 oz. smoked salmon
- 1, 1/4-inch tomato slice
- 1 cup leafy greens
- 1 whole egg, scrambled
- 2 egg whites, scrambled
- 1 tsp extra-virgin olive oil
- 1 TBSP minced onion

| CAL | CHO | FAT | PRO | SOD | FIB |
|-------|------|------|------|------|-----|
| 48 | 17 | 0 | 1 | 2 | 1 |
| 160.5 | 1.5 | 7.5 | 22.5 | 769 | 0 |
| 3 | 1 | 0 | 0 | 1 | 0 |
| 10 | 1 | 0 | 0 | 10 | 2 |
| 101 | 1 | 7 | 7 | 171 | 0 |
| 34 | 0 | 0 | 7 | 110 | 0 |
| 40 | 0 | 5 | 0 | 0 | 0 |
| 4 | 1 | 0 | 0 | 0 | 0 |
| 400.5 | 22.5 | 19.5 | 37.5 | 1063 | 3 |

MORNING SNACK

- 1/3 cup all-natural trail mix

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 187 | 24 | 11 | 4 | 27 | 4 |
| 187 | 24 | 11 | 6 | 27 | 4 |

LUNCH

Quick Apricot Chicken and Greens:

- 2 tsp olive oil
- 1, 4-oz. boneless, skinless chicken breast
- 1 oz. all-natural cheese, diced or shredded
- 1 1/2 TBSP organic apricot preserves
- 2 cups leafy greens
- 1 cup green peas, steamed

*Drizzle olive oil over chicken. Broil on baking sheet for about 9 minutes, or until fully cooked. Top hot chicken with apricot preserves and cheese. Serve on leafy greens and peas.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 60 | 0 | 7 | 0 | 0 | 0 |
| 77 | 0 | 4 | 17 | 30 | 0 |
| 70 | 0 | 6 | 5 | 340 | 0 |
| 72 | 19 | 0 | 0 | 12 | 0 |
| 20 | 2 | 0 | 0 | 20 | 4 |
| 110 | 18 | 0 | 7 | 300 | 6 |
| 409 | 39 | 17 | 29 | 702 | 10 |

AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas
- 1/4 cup fresh hummus

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 10 | 1 | 0 | 1 | 0 | 1 |
| 16 | 4 | 0 | 1 | 2 | 1 |
| 70 | 14 | 0 | 6 | 40 | 4 |
| 100 | 10 | 6 | 4 | 160 | 6 |
| 196 | 29 | 6 | 12 | 202 | 12 |

DINNER

1 serving Lemon Chicken Quinoa

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 399 | 37 | 65 | 31 | 222 | 5.5 |
| 399 | 37 | 65 | 31 | 222 | 5.5 |

EVENING SNACK

- 1, 2 1/2-3 oz. real frozen fruit bar (popsicle)
- 12 roasted dark chocolate almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 80 | 20 | 0 | 0 | 0 | 0 |
| 75 | 5 | 7 | 3 | 18 | 2 |
| 155 | 25 | 7 | 3 | 18 | 2 |

| CAL | CHO | FAT | PRO | SOD | FIB |
|--------|-------|-------|-------|------|------|
| 1746.5 | 176.5 | 125.5 | 116.5 | 2234 | 36.5 |

DAY 23 BASE TOTALS



BREAKFAST

- 1/4 cup dry quick-cooking bulgur, cooked with water
- 1/2 TBSP honey
- 1/2 cup unsweetened, all-natural apple sauce
- Cinnamon
- 6 oz. skim milk

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|-----------|----------|-----------|------------|----------|
| 250 | 49 | 2 | 12 | 340 | 7 |
| 30 | 9 | 0 | 0 | 0 | 0 |
| 60 | 15 | 0 | 0 | 10 | 2 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 60 | 7 | 0 | 6 | 80 | 0 |
| 400 | 80 | 2 | 18 | 430 | 9 |

MORNING SNACK

- 1, 3-inch diameter apple
- 4 TBSP unsalted, roasted sunflower seeds

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|-----------|-----------|----------|----------|----------|
| 105 | 28 | 0 | 1 | 2 | 5 |
| 190 | 4 | 18 | 8 | 0 | 2 |
| 295 | 32 | 18 | 9 | 2 | 7 |

LUNCH

- 1 serving Lemon Chicken Quinoa

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|-----------|-----------|-----------|------------|------------|
| 399 | 37 | 65 | 31 | 222 | 5.5 |
| 399 | 37 | 65 | 31 | 222 | 5.5 |

AFTERNOON SNACK

- 1-oz. mozzarella cheese stick
- 1 clementine

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|----------|----------|----------|------------|----------|
| 70 | 0 | 5 | 5 | 170 | 0 |
| 35 | 9 | 0 | 1 | 1 | 1 |
| 105 | 9 | 5 | 6 | 171 | 1 |

DINNER

- 1 serving The "Med" Salad
- 1 cup whole grain couscous
- 1 cup fresh strawberries

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|-----------|----------|-----------|------------|-----------|
| 256 | 12 | 9 | 30 | 580 | 4 |
| 213 | 42 | 0 | 8 | 0 | 8 |
| 45 | 11 | 0 | 1 | 2 | 3 |
| 514 | 65 | 9 | 39 | 582 | 15 |

EVENING SNACK

- 6 oz. plain light yogurt
- 3/4 cup strawberry halves
- 1 1/2 TBSP slivered almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|

| | | | | | |
|------------|-----------|----------|----------|-----------|----------|
| 90 | 16 | 0 | 5 | 80 | 0 |
| 37 | 9 | 0 | 1 | 2 | 2 |
| 78 | 2 | 6 | 3 | 0 | 2 |
| 205 | 27 | 6 | 9 | 82 | 4 |

DAY 24 BASE TOTALS

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-----|-----|-----|------|------|
| 1828 | 234 | 105 | 107 | 1409 | 41.5 |



MEALS DAY 25

BREAKFAST

- 25 large black seedless grapes
- 1 cup cubed watermelon
- **Spinach and Feta Scrambled Eggs:**
- 2 cups baby spinach
- 1/2 lb. asparagus spears, cut into 1-inch pieces
- 2 TBSP feta cheese
- 2 whole eggs
- 1 egg white

* Cut the asparagus and cover with water. Microwave for 3 minutes. Drain and set aside. Scramble eggs and toss in spinach, asparagus, and cheese.

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|-----------|------------|-----------|
| 85 | 22 | 0 | 1 | 25 | 1 |
| 40 | 21 | 0 | 1 | 0 | 1 |
| 20 | 3 | 0 | 2 | 70 | 2 |
| 46 | 9 | 0 | 5 | 5 | 5 |
| 40 | 0 | 4 | 3 | 175 | 1 |
| 148 | 1 | 10 | 12 | 140 | 0 |
| 17 | 0 | 0 | 4 | 55 | 0 |
| 396 | 56 | 14 | 28 | 470 | 10 |

MORNING SNACK

- 1/3 cup all-natural trail mix

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|----------|-----------|----------|
| 187 | 24 | 11 | 4 | 27 | 4 |
| 187 | 24 | 11 | 6 | 27 | 4 |

LUNCH

- 1 serving The "Med" Salad
- 1/2 cup whole grain couscous
- 1 cup fresh strawberries

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-----------|------------|-----------|
| 256 | 12 | 9 | 30 | 580 | 4 |
| 106 | 22 | 0 | 4 | 0 | 4 |
| 45 | 11 | 0 | 1 | 2 | 3 |
| 407 | 45 | 9 | 35 | 582 | 11 |

AFTERNOON SNACK

- 1-oz. mozzarella cheese stick
- 2 clementines

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|----------|------------|----------|
| 70 | 0 | 5 | 5 | 170 | 0 |
| 70 | 18 | 0 | 2 | 2 | 2 |
| 140 | 18 | 5 | 7 | 172 | 2 |

DINNER

- 6-oz. grilled chicken breast
- 1 cup cooked quinoa
- 2 cups steamed broccoli, carrot, cauliflower blend
- 1 tsp extra-virgin olive oil
- 1 TBSP fresh lemon juice

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-------------|-----------|--------------|-----------|
| 195 | 0 | 4.5 | 39 | 112.5 | 0 |
| 213 | 39 | 2.7 | 8 | 13 | 4 |
| 75 | 12 | 0 | 3 | 90 | 6 |
| 40 | 0 | 5 | 0 | 0 | 0 |
| 4 | 1 | 0 | 0 | 0 | 0 |
| 527 | 52 | 12.2 | 50 | 215.5 | 10 |

EVENING SNACK

- 1, 2 1/2-3 oz. real frozen fruit bar (popsicle)
- 12 roasted dark chocolate almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|----------|-----------|----------|
| 80 | 20 | 0 | 0 | 0 | 0 |
| 75 | 5 | 7 | 3 | 18 | 2 |
| 155 | 25 | 7 | 3 | 18 | 2 |

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-----|------|-----|--------|-----|
| 1812 | 220 | 58.2 | 127 | 1484.5 | 39 |

DAY 25 BASE TOTALS



BREAKFAST

1 Apple Cinnamon Green Smoothie:

- 3 cups chopped romaine
- 2 TBSP chunky almond butter
- 1, 3-inch diameter apple
- 1/2, 7-inch banana
- 1/2 tsp ground cinnamon
- 1/2 cup light vanilla soy milk
- 1 cup water (more if desired)
- 1 cup ice

*Blend until desired texture is achieved.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 9 | 2 | 0 | 1 | 0 | 2 |
| 180 | 6 | 16 | 7 | 0 | 4 |
| 99 | 26 | 0 | 0 | 2 | 5 |
| 89 | 23 | 0 | 1 | 1 | 3 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 40 | 5 | 1 | 3 | 48 | 1 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 417 | 62 | 17 | 12 | 51 | 15 |

MORNING SNACK

- 1 1/2 cups air popped popcorn
- 1 TBSP grated parmesan cheese
- 2 tsp extra-virgin olive oil

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 87 | 8 | 5 | 1 | 123 | 3 |
| 20 | 0 | 1 | 2 | 40 | 0 |
| 80 | 0 | 9 | 0 | 0 | 0 |
| 187 | 8 | 15 | 3 | 163 | 3 |

LUNCH

Quick Apricot Chicken and Greens:

- 2 tsp olive oil
- 1, 4-oz. boneless, skinless chicken breast
- 1 oz. all-natural cheese, diced or shredded
- 1 TBSP organic apricot preserves
- 2 cups leafy greens
- 1 cup green peas, steamed

*Drizzle olive oil over chicken. Broil on baking sheet for about 9 minutes, or until fully cooked. Top hot chicken with apricot preserves and cheese. Serve on leafy greens and peas.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 60 | 0 | 7 | 0 | 0 | 0 |
| 77 | 0 | 4 | 17 | 30 | 0 |
| 70 | 0 | 6 | 5 | 340 | 0 |
| 48 | 13 | 0 | 0 | 8 | 0 |
| 20 | 2 | 0 | 0 | 20 | 4 |
| 110 | 18 | 0 | 7 | 300 | 6 |
| 385 | 33 | 17 | 29 | 698 | 10 |

AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas
- 1/4 cup fresh hummus

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 10 | 1 | 0 | 1 | 0 | 1 |
| 16 | 4 | 0 | 1 | 2 | 1 |
| 70 | 14 | 0 | 6 | 40 | 4 |
| 100 | 10 | 6 | 4 | 160 | 6 |
| 196 | 29 | 6 | 12 | 202 | 12 |

DINNER

- 4-oz. grilled flank steak
- 1, 5-oz. red potato, roasted
- 2 tsp unsalted butter
- 1 cup low-sodium canned green beans

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 216 | 0 | 8 | 32 | 64 | 0 |
| 125 | 28 | 0 | 5 | 15 | 5 |
| 30 | 6 | 0 | 0 | 460 | 0 |
| 40 | 8 | 0 | 0 | 30 | 4 |
| 411 | 42 | 8 | 37 | 569 | 9 |

EVENING SNACK

- 6 oz. plain light yogurt
- 3/4 cup strawberry halves
- 1 1/2 TBSP slivered almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 90 | 16 | 0 | 5 | 80 | 0 |
| 37 | 9 | 0 | 1 | 2 | 2 |
| 78 | 2 | 6 | 3 | 0 | 2 |
| 205 | 27 | 6 | 9 | 82 | 4 |

DAY 26 BASE TOTALS

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-----|-----|-----|------|-----|
| 1801 | 201 | 69 | 102 | 1765 | 53 |



MEALS DAY 27

BREAKFAST

- 25 large black seedless grapes
- 1 cup cubed watermelon

Spinach and Feta Scrambled Eggs:

- 2 cups baby spinach
- 1/2 lb. asparagus spears, cut into 1-inch pieces
- 2 TBSP feta cheese
- 2 whole eggs
- 1 egg white

* Cut the asparagus and cover with water. Microwave for 3 minutes. Drain and set aside. Scramble eggs and toss in spinach, asparagus, and cheese.

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 85 | 22 | 0 | 1 | 25 | 1 |
| 40 | 21 | 0 | 1 | 0 | 1 |
| 20 | 3 | 0 | 2 | 70 | 2 |
| 46 | 9 | 0 | 5 | 5 | 5 |
| 40 | 0 | 4 | 3 | 175 | 1 |
| 148 | 1 | 10 | 12 | 140 | 0 |
| 17 | 0 | 0 | 4 | 55 | 0 |
| 396 | 56 | 14 | 28 | 470 | 10 |

MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 105 | 28 | 0 | 1 | 2 | 5 |
| 95 | 2 | 9 | 4 | 0 | 1 |
| 200 | 30 | 9 | 5 | 2 | 6 |

LUNCH

Fajita Chicken Medley:

- 3 oz. grilled chicken strips
- 2 TBSP chunky all-natural, fresh salsa
- 1 cup chopped bell peppers
- 2 cups shredded lettuce
- 2 lime wedges for spritzing
- 2 TBSP chopped cilantro
- 1/3 cup cooked brown rice
- 1/2 cup black beans, drained and rinsed

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 98 | 0 | 1 | 20 | 58 | 0 |
| 10 | 2 | 0 | 0 | 170 | 0 |
| 46 | 9 | 0 | 1 | 6 | 3 |
| 10 | 2 | 0 | 1 | 10 | 1 |
| 2 | 0 | 0 | 0 | 0 | 0 |
| 1 | 0 | 0 | 0 | 1 | 0 |
| 100 | 22 | 1 | 3 | 0 | 1 |
| 110 | 21 | 0 | 7 | 10 | 7 |
| 377 | 56 | 2 | 32 | 255 | 12 |

AFTERNOON SNACK

- 1/4 cup dry oats, cooked in water
- 1/2 TBSP maple syrup
- 8 oz. skim milk

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|------|-----|------|-------|-----|
| 100 | 10.7 | 0 | 0.75 | 7.5 | 0 |
| 25 | 7 | 0 | 0 | 1 | 0 |
| 80 | 11 | 0 | 8 | 120 | 0 |
| 205 | 28.7 | 0 | 8.75 | 128.5 | 0 |

DINNER

- 1, 3-oz. grilled pork chop
- 1/2 cup whole grain couscous
- 4 quartered artichoke hearts, packed in water
- 1 large lemon wedge for spritzing
- 1 tsp extra-virgin olive oil
- 3 cups baby spinach

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|------|-----|-----|------|-----|
| 215 | 0 | 14 | 23 | 53 | 0 |
| 106 | 22 | 0 | 4 | 0 | 4 |
| 60 | 10 | 0 | 4 | 940 | 6 |
| 1 | 0 | 0 | 0 | 0 | 0 |
| 40 | 0 | 5 | 0 | 0 | 0 |
| 30 | 4.5 | 0 | 3 | 142 | 3 |
| 452 | 36.5 | 19 | 34 | 1135 | 13 |

EVENING SNACK

- 1, 2 1/2-3 oz. real frozen fruit bar (popsicle)
- 12 roasted dark chocolate almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 80 | 20 | 0 | 0 | 0 | 0 |
| 75 | 5 | 7 | 3 | 18 | 2 |
| 155 | 25 | 7 | 3 | 18 | 2 |

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-------|-----|--------|--------|-----|
| 1785 | 232.2 | 51 | 110.75 | 2008.5 | 43 |

DAY 27 BASE TOTALS



BREAKFAST

- 1/4 cup dry quick-cooking bulgur, cooked with water
- 1/2 TBSP honey
- 1/2 cup unsweetened, all-natural apple sauce
- Cinnamon
- 6 oz. skim milk

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-----------|------------|----------|
| 250 | 49 | 2 | 12 | 340 | 7 |
| 30 | 9 | 0 | 0 | 0 | 0 |
| 60 | 15 | 0 | 0 | 10 | 2 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 60 | 7 | 0 | 6 | 80 | 0 |
| 400 | 80 | 2 | 18 | 430 | 9 |

MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|----------|----------|----------|
| 105 | 28 | 0 | 1 | 2 | 5 |
| 95 | 2 | 9 | 4 | 0 | 1 |
| 200 | 30 | 9 | 5 | 2 | 6 |

LUNCH

Quick Apricot Chicken and Greens:

- 2 tsp olive oil
- 1, 6-oz. boneless, skinless chicken breast
- 1 oz. all-natural cheese, diced or shredded
- 1 TBSP organic apricot preserves
- 2 cups leafy greens
- 1 cup green peas, steamed

*Drizzle olive oil over chicken. Broil on baking sheet for about 9 minutes, or until fully cooked. Top hot chicken with apricot preserves and cheese. Serve on leafy greens and peas.

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-------------|-----------|--------------|-----------|
| 60 | 0 | 7 | 0 | 0 | 0 |
| 195 | 0 | 4.5 | 39 | 112.5 | 0 |
| 70 | 0 | 6 | 5 | 340 | 0 |
| 48 | 13 | 0 | 0 | 8 | 0 |
| 20 | 2 | 0 | 0 | 20 | 4 |
| 110 | 18 | 0 | 7 | 300 | 6 |
| 503 | 33 | 17.5 | 51 | 780.5 | 10 |

AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas
- 1/4 cup fresh hummus

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-----------|------------|-----------|
| 10 | 1 | 0 | 1 | 0 | 1 |
| 16 | 4 | 0 | 1 | 2 | 1 |
| 70 | 14 | 0 | 6 | 40 | 4 |
| 100 | 10 | 6 | 4 | 160 | 6 |
| 196 | 29 | 6 | 12 | 202 | 12 |

DINNER

Artichoke Olive Pita Pizza:

- 1 tsp extra-virgin olive oil
- 1, 3-oz. organic, all-natural whole wheat wrap
- 4 quartered artichoke hearts, packed in water
- 1/4 cup shredded all-natural mozzarella
- 3 TBSP sliced black olives
- 1/4 cup diced tomatos

| CAL | CHO | FAT | PRO | SOD | FIB |
|--------------|-------------|-------------|-----------|-------------|-----------|
| 40 | 0 | 5 | 0 | 0 | 0 |
| 160 | 30 | 3 | 6 | 310 | 4 |
| 60 | 10 | 0 | 4 | 940 | 6 |
| 107 | 0 | 8 | 9 | 267 | 0 |
| 37.5 | 1.5 | 4.5 | 0 | 190 | 0 |
| 8 | 2 | 0 | 0 | 0 | 1 |
| 412.5 | 43.5 | 20.5 | 19 | 1707 | 11 |

EVENING SNACK

- 1, 2 1/2-3 oz. real frozen fruit bar (popsicle)
- 12 roasted dark chocolate almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|----------|-----------|----------|
| 80 | 20 | 0 | 0 | 0 | 0 |
| 75 | 5 | 7 | 3 | 18 | 2 |
| 155 | 25 | 7 | 3 | 18 | 2 |

DAY 28 BASE TOTALS

| CAL | CHO | FAT | PRO | SOD | FIB |
|--------|-------|-----|-----|--------|-----|
| 1866.5 | 240.5 | 62 | 108 | 3139.5 | 50 |



MEALS DAY 29

BREAKFAST

1 Apple Cinnamon Green Smoothie:

- 3 cups chopped romaine
- 2 TBSP chunky almond butter
- 1, 3-inch diameter apple
- 1/2, 7-inch banana
- 1/2 tsp ground cinnamon
- 1/2 cup light vanilla soy milk
- 1 cup water (more if desired)
- 1 cup ice

*Blend until desired texture is achieved.

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|-----------|-----------|-----------|
| 9 | 2 | 0 | 1 | 0 | 2 |
| 180 | 6 | 16 | 7 | 0 | 4 |
| 99 | 26 | 0 | 0 | 2 | 5 |
| 89 | 23 | 0 | 1 | 1 | 3 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 40 | 5 | 1 | 3 | 48 | 1 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 417 | 62 | 17 | 12 | 51 | 15 |

MORNING SNACK

- 1/3 cup all-natural trail mix

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|----------|-----------|----------|
| 187 | 24 | 11 | 4 | 27 | 4 |
| 187 | 24 | 11 | 6 | 27 | 4 |

LUNCH

Fajita Chicken Medley:

- 3 oz. grilled chicken strips
- 2 TBSP chunky all-natural, fresh salsa
- 1 cup chopped bell peppers
- 2 cups shredded lettuce
- 2 lime wedges for spritzing
- 2 TBSP chopped cilantro
- 1/2 cup cooked brown rice
- 1/2 cup black beans, drained and rinsed

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|------------|-------------|------------|-------------|
| 98 | 0 | 1 | 20 | 58 | 0 |
| 10 | 2 | 0 | 0 | 170 | 0 |
| 46 | 9 | 0 | 1 | 6 | 3 |
| 10 | 2 | 0 | 1 | 10 | 1 |
| 2 | 0 | 0 | 0 | 0 | 0 |
| 1 | 0 | 0 | 0 | 1 | 0 |
| 150 | 33 | 1.5 | 4.5 | 0 | 1.5 |
| 110 | 21 | 0 | 7 | 10 | 7 |
| 427 | 67 | 2.5 | 33.5 | 255 | 12.5 |

AFTERNOON SNACK

- 3 cups steamed edamame in pods
- Pinch of kosher salt

*Don't eat the pods, just the beans.

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-----------|------------|----------|
| 202 | 18 | 7 | 18 | 45 | 8 |
| 0 | 0 | 0 | 0 | 295 | 0 |
| 202 | 18 | 7 | 18 | 340 | 8 |

DINNER

- 2 cups all-natural, low-sodium soup
- 2 cups leafy greens
- 1/2 TBSP vinegar
- 1/2 TBSP extra-virgin olive oil
- 1 TBSP chopped nuts
- 1, 3-inch diameter orange

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|-----------|------------|-----------|
| 180 | 28 | 3 | 12 | 940 | 2 |
| 20 | 2 | 0 | 0 | 20 | 4 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 60 | 0 | 7 | 0 | 0 | 0 |
| 45 | 2 | 4 | 2 | 0 | 1 |
| 69 | 18 | 0 | 1 | 1 | 3 |
| 374 | 50 | 14 | 15 | 961 | 10 |

EVENING SNACK

- 6 oz. plain light yogurt
- 3/4 cup strawberry halves
- 1 1/2 TBSP slivered almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|----------|-----------|----------|
| 90 | 16 | 0 | 5 | 80 | 0 |
| 37 | 9 | 0 | 1 | 2 | 2 |
| 78 | 2 | 6 | 3 | 0 | 2 |
| 205 | 27 | 6 | 9 | 82 | 4 |

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-----|------|------|------|------|
| 1812 | 248 | 57.5 | 91.5 | 1716 | 53.5 |

DAY 29 BASE TOTALS



BREAKFAST

- 25 large black seedless grapes
- 1 cup cubed watermelon
- Spinach and Feta Scrambled Eggs:**
- 2 cups baby spinach
- 1/2 lb. asparagus spears, cut into 1-inch pieces
- 2 TBSP feta cheese
- 2 whole eggs
- 1 egg white

* Cut the asparagus and cover with water. Microwave for 3 minutes. Drain and set aside. Scramble eggs and toss in spinach, asparagus, and cheese.

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-----------|-----------|------------|-----------|
| 85 | 22 | 0 | 1 | 25 | 1 |
| 40 | 21 | 0 | 1 | 0 | 1 |
| 20 | 3 | 0 | 2 | 70 | 2 |
| 46 | 9 | 0 | 5 | 5 | 5 |
| 40 | 0 | 4 | 3 | 175 | 1 |
| 148 | 1 | 10 | 12 | 140 | 0 |
| 17 | 0 | 0 | 4 | 55 | 0 |
| 396 | 56 | 14 | 28 | 470 | 10 |

MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|----------|----------|----------|
| 105 | 28 | 0 | 1 | 2 | 5 |
| 95 | 2 | 9 | 4 | 0 | 1 |
| 200 | 30 | 9 | 5 | 2 | 6 |

LUNCH

Fajita Chicken Medley:

- 3 oz. grilled chicken strips
- 2 TBSP chunky all-natural, fresh salsa
- 1 cup chopped bell peppers
- 2 cups shredded lettuce
- 2 lime wedges for spritzing
- 2 TBSP chopped cilantro
- 1/3 cup cooked brown rice
- 1/2 cup black beans, drained and rinsed

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|-----------|------------|-----------|
| 98 | 0 | 1 | 20 | 58 | 0 |
| 10 | 2 | 0 | 0 | 170 | 0 |
| 46 | 9 | 0 | 1 | 6 | 3 |
| 10 | 2 | 0 | 1 | 10 | 1 |
| 2 | 0 | 0 | 0 | 0 | 0 |
| 1 | 0 | 0 | 0 | 1 | 0 |
| 100 | 22 | 1 | 3 | 0 | 1 |
| 110 | 21 | 0 | 7 | 10 | 7 |
| 377 | 56 | 2 | 32 | 255 | 12 |

AFTERNOON SNACK

- 1/4 cup dry oats, cooked in water
- 1/2 TBSP maple syrup
- 8 oz. skim milk

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-------------|----------|-------------|--------------|----------|
| 100 | 10.7 | 0 | 0.75 | 7.5 | 0 |
| 25 | 7 | 0 | 0 | 1 | 0 |
| 80 | 11 | 0 | 8 | 120 | 0 |
| 205 | 28.7 | 0 | 8.75 | 128.5 | 0 |

DINNER

Go out to eat and celebrate.
Be aware of nutrition targets.

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|-------------|-----------|------------|-----------|
| 450 | 56 | 12.5 | 28 | 500 | 10 |
| 450 | 56 | 12.5 | 28 | 500 | 10 |

EVENING SNACK

- 6 oz. plain light yogurt
- 3/4 cup strawberry halves
- 1 1/2 TBSP slivered almonds

| CAL | CHO | FAT | PRO | SOD | FIB |
|------------|-----------|----------|----------|-----------|----------|
| 90 | 16 | 0 | 5 | 80 | 0 |
| 37 | 9 | 0 | 1 | 2 | 2 |
| 78 | 2 | 6 | 3 | 0 | 2 |
| 205 | 27 | 6 | 9 | 82 | 4 |

DAY 30 BASE TOTALS

| CAL | CHO | FAT | PRO | SOD | FIB |
|------|-------|------|--------|--------|-----|
| 1833 | 253.7 | 43.5 | 110.75 | 1437.5 | 42 |





DAY 1

PREP TIME: 20-30 Minutes

YIELD: 4 Servings

SEARED PORK TENDERLOIN WITH MAPLE-MUSTARD GLAZE

INGREDIENTS:

- 3 TBSP Dijon mustard, divided
- 1/2 tsp freshly ground pepper
- 1-lb. pork tenderloin, trimmed
- 2 tsp extra virgin olive oil
- 1/4 cup cider vinegar
- 3 TBSP pure maple syrup
- 1 1/2 tsp chopped fresh sage (or 1/2 tsp dried sage)

| CAL | CHO | FAT | PRO | SOD | FIB | |
|--------|------|------|------|-------|-----|-------------|
| 36 | 4 | 2 | 2 | 603 | 2 | |
| 0 | 0 | 0 | 0 | 0 | 0 | |
| 700 | 0 | 12 | 92 | 192 | 0 | |
| 80 | 0 | 9 | 0 | 0 | 0 | |
| 0 | 0 | 0 | 0 | 0 | 0 | |
| 105 | 27 | 0 | 0 | 3 | 0 | |
| 0 | 0 | 0 | 0 | 0 | 0 | |
| 921 | 31 | 23 | 94 | 798 | 2 | TOTALS |
| 230.25 | 7.75 | 5.75 | 23.5 | 199.5 | 0.5 | PER SERVING |

DIRECTIONS:

1. Preheat oven to 425°F.
2. Combine 1-2 TBSP mustard and pepper in a small bowl; rub all over pork. Heat oil in a large ovenproof skillet over medium-high heat. Add pork and brown on all sides, 3 to 5 minutes. Transfer the pan to the oven and roast until a meat thermometer inserted in the center registers 145°F, about 20 minutes. Transfer to a cutting board and let rest for 5 minutes.
3. Place the skillet over medium-high heat (take care, the handle will still be hot), add vinegar, and boil, scraping up any browned bits with a wooden spoon; about 30 seconds. Whisk in maple syrup and the remaining 2 TBSP mustard. Bring to a boil, reduce heat to a simmer and cook until the sauce is thickened; about 5 minutes.
4. Slice the pork. Add any accumulated juices to the sauce along with sage. Serve the pork topped with the sauce.



RECIPES DAYS 1 -7

DAY 2

PREP TIME: 20-30 Minutes

YIELD: 4 Servings

ITALIAN CHICKEN AND VEGETABLES

INGREDIENTS:

- 1/2 TBSP extra virgin olive oil
- 4 TBSP balsamic vinegar
- 1 tsp Italian seasoning
- 1/8 to 1/4 tsp crushed red pepper
- 4 TBSP honey
- 1 TBSP extra virgin olive oil
- 4, 4-oz. pieces of boneless, skinless chicken breast
- 3 cups evenly chopped veggies of choice: asparagus, peppers, zucchini, etc.
- 1 cup shredded carrots
- 2 small tomatos, seeded and diced

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|----|----|-----|---|
| 60 | 20 | 7 | 0 | 0 | 0 |
| 40 | 8 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 240 | 68 | 0 | 0 | 0 | 0 |
| 120 | 0 | 14 | 0 | 0 | 0 |
| 440 | 0 | 6 | 96 | 180 | 0 |
| 90 | 18 | 0 | 6 | 41 | 7 |
| 47 | 11 | 0 | 1 | 87 | 3 |
| 22 | 4 | 2 | 2 | 6 | 2 |

1059 109 29 105 314 12 **TOTALS**
265 27.25 7.25 26.25 78.5 3 **PER SERVING**

DIRECTIONS:

1. In a small bowl, stir together the 1/2 TBSP of olive oil, balsamic vinegar, Italian seasoning, honey, and crushed red pepper. Set aside.
2. In a large skillet, heat remaining TBSP of olive oil over medium-high heat. Add chicken; cook for 5 to 6 minutes or until chicken is tender and no longer pink, turning once. Transfer from skillet to a serving platter; cover with aluminum foil to keep warm.
3. Add vegetables to skillet. Cook and stir for 3 to 4 minutes or until crisp tender; transfer to serving platter.
4. Stir dressing mixture again and then add to skillet. Cook and stir for 30 seconds to 1 minute, scraping up browned bits. Drizzle over chicken and vegetables. Sprinkle with tomato.



DAYS 3, 6

PREP TIME: 20 Minutes

YIELD: 4 Servings

APRICOT CHICKEN

INGREDIENTS:

- 1 tsp curry powder
- 1/8 tsp salt
- 1/4 tsp freshly ground black pepper
- 4, 6-oz. skinless, boneless chicken breast halves
- 1 tsp coconut oil

FOR THE SAUCE:

- 1/3 cup all-natural, organic apricot preserves
- 2 TBSP fresh lemon juice
- 2 TBSP water
- 2 tsp grated lemon rind

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|---|---|----|-----|---|
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 280 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 720 | 0 | 6 | 96 | 0 | 0 |
| 40 | 0 | 5 | 0 | 0 | 0 |

| | | | | | |
|-----|----|---|---|---|---|
| 220 | 55 | 0 | 0 | 0 | 0 |
| 15 | 5 | 0 | 0 | 1 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |

995 60 6 96 141 0 **TOTALS**
248.75 15 1.5 24 35.25 0 **PER SERVING**

DIRECTIONS:

1. Combine first 3 ingredients in a small bowl; rub mixture over chicken.
2. Place a large nonstick skillet over medium-high heat. Coat pan with coconut oil. Cook chicken 6 minutes on each side or until done. Remove chicken from pan, and keep warm.
3. Add apricot preserves, lemon juice, and 2 TBSP water to pan, stirring until smooth. Cook over medium heat 1 minute. Spoon sauce over chicken, sprinkle with lemon rind.



RECIPES DAYS 1 -7

DAYS 4, 7

PREP TIME: 30-45 Minutes

YIELD: 4 Servings

FEISTY PORK MEATBALLS

INGREDIENTS:

- 1 TBSP finely chopped, drained pepperoncini salad peppers
- ¼ cup bread crumbs
- 2 TBSP finely chopped onion
- 1 TBSP grated parmesan or romano cheese
- 1 egg, beaten
- Pinch of crushed red pepper flakes
- 1 tsp Italian seasoning
- 1/4 tsp salt
- 1 ½ tsp fennel seeds, crushed (optional)
- 1 lb. ground pork tenderloin (ask the butcher to help you)
- 1/4 tsp olive oil

| CAL | CHO | FAT | PRO | SOD | FIB | |
|--------|-----|-----|-------|--------|-----|--------------------|
| 10 | 2 | 0 | 0 | 390 | 1 | |
| 50 | 8 | 1 | 1 | 450 | 1 | |
| 60 | 14 | 0 | 2 | 10 | 0 | |
| 21 | 0 | 1 | 2 | 85 | 0 | |
| 70 | 0 | 5 | 6 | 70 | 0 | |
| 0 | 0 | 0 | 0 | 0 | 0 | |
| 0 | 0 | 0 | 0 | 0 | 0 | |
| 0 | 0 | 0 | 0 | 280 | 0 | |
| 0 | 0 | 0 | 0 | 0 | 0 | |
| 700 | 0 | 12 | 92 | 192 | 0 | |
| 10 | 0 | 1 | 0 | 0 | 0 | |
| 921 | 24 | 20 | 103 | 1477 | 2 | TOTALS |
| 230.25 | 6 | 5 | 25.75 | 369.25 | 0.5 | PER SERVING |

DIRECTIONS:

Preheat oven to 350°F. Lightly brush a baking sheet with 1/4 tsp olive oil; set aside. In a large bowl, combine the chopped pepper, cheese, seasonings, bread crumbs, and egg. Add pork; mix well. Shape pork mixture into 36 meatballs; place in prepared baking pan and bake, uncovered, for 20-25 minutes or until done (160°F). Remove from oven; drain off fat. Serve baked meatballs with warmed marinara sauce.



DAYS 3, 6

PREP TIME: 10-15 Minutes

YIELD: 4 Servings

ROASTED ASPARAGUS SPEARS

INGREDIENTS:

- 3/4 lb. fresh asparagus, woody stems removed
- 1 1/2 TBSP extra-virgin olive oil
- 1/4 tsp kosher salt and freshly ground black pepper

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|----|---|-----|---|
| 88 | 32 | 0 | 8 | 8 | 8 |
| 160 | 0 | 20 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 230 | 0 |

248 32 20 8 238 8
62 8 5 2 59.5 2

TOTALS
PER SERVING

DIRECTIONS:

1. Preheat the oven to 400°F.
2. In a large bowl, toss the asparagus in the olive oil and season with salt and pepper. Spread the asparagus out on a baking sheet in a single layer and roast until tender but still firm and moist; about 10 minutes.
3. Transfer the asparagus to a serving platter.



RECIPES DAYS 8 - 15

DAYS 8, 10

PREP TIME: 20-30 Minutes

YIELD: 4 Servings

FIESTA CHICKEN PLATTER

INGREDIENTS:

- 2 cups fresh corn off the cob
- 1 TBSP olive oil
- 1 medium onion, thinly sliced
- 1/2 TBSP olive oil
- 16 oz. (1 lb.) chicken, chopped into bite-sized pieces
- 2 cups diced tomatos
- 2 TBSP chopped fresh cilantro
- 2 cups shredded romaine lettuce
- 1/2 cup shredded all-natural cheese
- Sweet and Tangy Vegetables (see below)
- 8 lime wedges

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 289 | 68 | 3 | 10 | 10 | 8 |
| 120 | 0 | 14 | 0 | 0 | 0 |
| 46 | 11 | 0 | 1 | 3 | 2 |
| 60 | 0 | 7 | 0 | 0 | 0 |
| 448 | 0 | 10 | 77 | 800 | 0 |
| 64 | 16 | 0 | 4 | 16 | 4 |
| 1 | 0 | 0 | 0 | 2 | 0 |
| 14 | 2 | 0 | 1 | 4 | 1 |
| 330 | 0 | 27 | 21 | 540 | 0 |
| 80 | 28 | 0 | 0 | 4 | 8 |

SWEET-AND-TANGY VEGETABLES:

- 2 cups diced carrot (can add peppers, celery, etc.)
- 1 diced summer squash (or zucchini)
- 2 cups chopped bell pepper
- 1/4 cup distilled white vinegar
- 1 tsp dried oregano
- 1 tsp honey
- 1/2 tsp freshly ground pepper, add more to taste
- 1/8 tsp kosher salt

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 105 | 25 | 1 | 2 | 177 | 7 |
| 31 | 5 | 0 | 2 | 20 | 2 |
| 20 | 4 | 0 | 1 | 6 | 3 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 15 | 4 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 295 | 0 |

| | | | | | | |
|--------|-------|------|-------|--------|------|--------------------|
| 1623 | 163 | 62 | 119 | 1877 | 35 | TOTALS |
| 405.75 | 40.75 | 15.5 | 29.75 | 469.25 | 8.75 | PER SERVING |



DIRECTIONS:

1. Preheat oven to 400°F.
2. Toss corn kernels with 1 TBSP olive oil on a baking sheet. Spread out kernels evenly and place pan in preheated oven and roast for 15 minutes, tossing about half way through.
3. Meanwhile, to prepare Sweet-and-Tangy Vegetables: Bring 2 cups water to a boil in a large saucepan. Add carrots and cook for 7 minutes. Add squash, vinegar, oregano, 1 tsp honey, 1/2 tsp pepper and 1/8 tsp salt. Continue cooking until the vegetables are just tender; 2 to 3 minutes more. Drain, transfer to a bowl and season with more pepper to taste. Set aside to cool.
4. In a medium saucepan over medium heat, heat 1/2 TBSP olive oil, then add onion and cook, stirring occasionally, until the onion is soft. Add chicken and saute until fully cooked; about 9 minutes. Season with pepper, cumin, and other spices as desired while cooking.
5. To assemble platter, place 1/2 cup roasted corn, 1/4 of the Sweet-and-Tangy Vegetables, and 1/2 cup romaine lettuce in individual rows on a plate. Top with 4 oz. of chicken, 2 TBSP cheese, and garnish with 2 lime wedges and fresh cilantro.



RECIPES DAYS 8 - 15

DAY 9

PREP TIME: 20 Minutes

YIELD: 4 Servings

BAJA TILAPIA

INGREDIENTS:

- 1/4 cup reduced fat sour cream
- 2 TBSP chopped fresh cilantro
- 2 TBSP fresh lime juice
- 1 jalapeño pepper, seeded and chopped
- 1 cup thinly sliced white onion
- 1 1/2 tsp paprika
- 1 1/2 tsp brown sugar
- 1 tsp dried oregano
- 3/4 tsp garlic powder
- 1/4 tsp salt
- 1/2 tsp ground cumin
- 1/4 tsp ground red pepper
- 4, 6-oz. tilapia fillets
- 1 TBSP canola oil
- 1/2 ripe peeled avocado, thinly sliced
- 4 lime wedges

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|----|-----|-----|---|
| 70 | 4 | 4 | 4 | 50 | 0 |
| 1 | 0 | 0 | 0 | 2 | 0 |
| 5 | 2 | 0 | 0 | 0 | 0 |
| 4 | 1 | 0 | 0 | 0 | 0 |
| 40 | 38 | 0 | 5 | 15 | 8 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 23 | 6 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 590 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 540 | 0 | 6 | 126 | 180 | 0 |
| 120 | 0 | 14 | 0 | 0 | 0 |
| 125 | 9 | 13 | 0 | 0 | 6 |
| 4 | 2 | 0 | 0 | 0 | 0 |

932 62 37 135 837 14 TOTALS
233 15.5 9.25 33.75 209.25 3.5 PER SERVING

DIRECTIONS:

1. Combine first 4 ingredients in a food processor; process until smooth. Combine jalapeño sauce and onion in a small bowl.
2. Combine paprika and other dry seasonings, then sprinkle evenly over fish. Heat oil in a large cast-iron skillet over medium-high heat. Add fish to pan; cook 3 minutes on each side or until desired degree of doneness.
3. Warm tortillas according to package directions. Divide fish, onion mixture, and avocado evenly among tortillas. Serve with lime wedges.



DAYS 11, 12

PREP TIME: 30-40 Minutes

YIELD: 4 Servings, 1 Chicken Breast Half and about 1/4 Cup Sauce

GRILLED CUMIN CHICKEN WITH TOMATILLO-JALAPEÑO SAUCE

INGREDIENTS:

- 2 tsp olive oil
- 1/2 tsp ground cumin
- 1/8 tsp freshly ground black pepper
- 2 garlic cloves, minced
- 4, 6-oz. skinless, boneless chicken breast halves
- 1/2 pound tomatillos
- 1/2 cup low-sodium, organic chicken broth
- 1/4 cup cilantro leaves
- 1/4 cup chopped green onions
- 2 TBSP fresh lime juice
- 1/2 tsp honey
- 1/4 tsp salt
- 1 garlic clove, chopped
- 1 jalapeño pepper, seeded and chopped
- 1 tsp coconut oil

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|----|-----|------|---|
| 80 | 0 | 9 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 2 | 0 | 0 | 0 | 0 | 0 |
| 780 | 0 | 18 | 144 | 1080 | 0 |
| 73 | 13 | 2 | 2 | 3 | 4 |
| 5 | 1 | 0 | 1 | 35 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 40 | 8 | 0 | 2 | 20 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 8 | 2 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 590 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 4 | 1 | 1 | 0 | 0 | 2 |
| 40 | 0 | 5 | 0 | 0 | 0 |

TOTALS
258 6.25 8.75 37.25 432 1.5 **PER SERVING**

DIRECTIONS:

1. In a large sealable plastic bag, combine chicken with olive oil, black pepper, cumin, and minced garlic. Seal the bag and let stand for 15 minutes.
2. Discard husks and stems from tomatillos, then add tomatillos and broth to a small saucepan. Cover the pan and cook over medium-high heat for 8 minutes. Drain and cool slightly.
3. Combine tomatillos, cilantro, green onions, lime juice, honey, salt, garlic, and jalapeño in a food processor; process until smooth.
4. Prepare grill to medium-high heat.
5. Remove chicken from bag and discard the marinade mixture. Sprinkle chicken evenly with 1/4 tsp salt. Place on a grill rack brushed with coconut oil; grill 6 minutes on each side or until chicken is done. Serve topped with tomatillo-jalapeno sauce sauce.



RECIPES DAYS 8 - 15

DAYS 11, 12

PREP TIME: 30-40 Minutes

YIELD: 6 Servings, 1/3 Cup Each

CILANTRO-LIME RICE

INGREDIENTS:

- 1 cup uncooked rice, preferably brown
- 1 tsp olive oil
- 2 cloves garlic, minced
- 1 tsp freshly squeezed lime juice
- 1 15-oz. can organic, low-sodium chicken broth
- 1 cup water
- 1 TBSP freshly squeezed lime juice
- 1 tsp honey
- 3 TBSP fresh chopped cilantro

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|-----|---|----|-----|---|
| 640 | 144 | 0 | 12 | 0 | 0 |
| 40 | 0 | 5 | 0 | 0 | 0 |
| 2 | 0 | 0 | 0 | 0 | 0 |
| 3 | 1 | 0 | 0 | 0 | 0 |
| 30 | 1 | 1 | 3 | 140 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 3 | 1 | 0 | 0 | 0 | 0 |
| 15 | 4 | 0 | 0 | 0 | 0 |
| 1 | 0 | 0 | 0 | 1 | 0 |

734 151 6 15 141 0
122.3 25.2 1 2.5 23.5 0

TOTALS
PER SERVING

DIRECTIONS:

In a saucepan combine rice, olive oil, garlic, 1 tsp lime juice, chicken broth and water. Bring to a boil. Cover and cook on low for time indicated on package directions, until rice is tender. Remove from heat. In a small bowl combine lime juice, sugar, and cilantro. Pour over hot cooked rice and mix in as you fluff the rice.



DAYS 13, 14

PREP TIME: 15-20 Minutes

YIELD: 4 Wraps

CALIFORNIA VEGGIE WRAP

INGREDIENTS:

- 1, 15-oz. can white beans, rinsed
- 1 medium ripe avocado
- 2 TBSP minced red onion
- 2 TBSP cider vinegar
- 1 TBSP olive oil
- 1/4 tsp salt
- 1 cup baby spinach
- 1 cup chopped romaine
- 1 cup shredded carrots
- 1/4 cup chopped fresh cilantro
- 4, 2-oz. whole-wheat wraps, or tortillas

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|-----|----|----|-----|----|
| 385 | 67 | 0 | 25 | 980 | 4 |
| 250 | 15 | 23 | 0 | 0 | 10 |
| 7 | 2 | 0 | 0 | 1 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 120 | 0 | 14 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 590 | 0 |
| 20 | 6 | 0 | 1 | 25 | 2 |
| 10 | 2 | 0 | 0 | 0 | 0 |
| 47 | 11 | 0 | 1 | 87 | 3 |
| 1 | 0 | 0 | 0 | 2 | 0 |
| 600 | 100 | 14 | 20 | 920 | 4 |

1440 203 51 47 2605 23 **TOTALS**
 360 50.75 12.75 11.75 651.25 5.75 **PER SERVING**

DIRECTIONS:

1. Whisk vinegar, oil, chipotle chile, and salt in a medium bowl. Add baby spinach, carrots and cilantro; toss to combine.
2. Mash beans and avocado in another medium bowl with a potato masher or fork. Fold in cheese and onion as well as a small drizzle of the vinegar mixture to prevent browning.
3. To assemble the wraps, spread about 1/2 cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about 2/3 cup of the lettuce-spinach mixture. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.
4. Can be stored up to one day tightly wrapped in refrigerator.



RECIPES DAYS 8 - 15

DAY 15

PREP TIME: 20-30 Minutes

YIELD: 4 Servings,
about 2 1/4 Cups Each

DRESSED-UP BLACK BEANS AND RICE

INGREDIENTS:

- 2 cups cooked and chilled brown rice
- 1, 15-oz. cans black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 2 cups celery, chopped
- 1/4 cup green onion, chopped
- 2 cups tomatoes, chopped
- 1 green bell pepper, chopped
- 1/4 cup fresh cilantro, minced
- 1 1/2 lbs. chopped, cooked chicken

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 453 | 94 | 3 | 11 | 0 | 3 |
| 385 | 74 | 0 | 25 | 35 | 25 |
| 75 | 23 | 1 | 3.5 | 0 | 1 |
| 32 | 2 | 0 | 0 | 40 | 0 |
| 9 | 2 | 0 | 0 | 4 | 0 |
| 64 | 2 | 0 | 0 | 0 | 0 |
| 30 | 7 | 0 | 1 | 5 | 3 |
| 1 | 0 | 0 | 0 | 2 | 0 |
| 390 | 0 | 9 | 72 | 540 | 0 |

DRESSING:

- 1 1/2 TBSP red wine vinegar
- 1 1/2 TBSP extra-virgin olive oil
- 1/2-1 tsp Tabasco sauce
- 1/4 tsp ground cumin
- 1/8 tsp salt
- 1/4 tsp black pepper

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|-----|
| 0 | 0 | 0 | 0 | 0 | 0 |
| 180 | 0 | 21 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 395 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |

| | | | | | | |
|--------|-----|-----|--------|--------|----|-------------|
| 1619 | 204 | 34 | 112.5 | 1021 | 32 | TOTALS |
| 404.75 | 51 | 8.5 | 28.125 | 255.25 | 8 | PER SERVING |

DIRECTIONS:

Combine vegetables and chicken in a medium bowl. Whisk dressing ingredients in a small bowl and pour over vegetable chicken mixture. Fold in chilled rice. Allow to sit in refrigerator for 10-15 minutes before serving.



DAY 18

PREP TIME: 20 Minutes

YIELD: 4 Servings

SESAME-GINGER TUNA SALAD

INGREDIENTS:

- 2, 5-6 oz. cans chunk light tuna, drained
- 1 cup sugar snap peas, sliced
- 2 TBSP chopped green onion
- 6 cups shredded romaine lettuce or napa cabbage
- 1/4 cup chopped cilantro
- 2 TBSP toasted sesame seeds
- 1/4 cup rice wine vinegar
- 3 TBSP canola oil
- 2 TBSP reduced sodium soy sauce
- 1 TBSP toasted sesame oil
- 1 1/4 tsp honey
- 1 tsp grated fresh ginger

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|----|----|------|---|
| 200 | 0 | 2 | 52 | 720 | 0 |
| 47 | 9 | 0 | 4 | 27 | 3 |
| 4 | 1 | 0 | 0 | 2 | 0 |
| 48 | 12 | 0 | 6 | 24 | 6 |
| 1 | 0 | 0 | 0 | 2 | 0 |
| 180 | 6 | 15 | 6 | 0 | 0 |
| 25 | 84 | 0 | 0 | 1800 | 0 |
| 360 | 0 | 42 | 0 | 0 | 0 |
| 30 | 2 | 0 | 4 | 1400 | 0 |
| 126 | 0 | 14 | 0 | 0 | 0 |
| 38 | 0 | 0 | 0 | 0 | 0 |
| 3 | 0 | 0 | 0 | 0 | 0 |

1062 114 73 72 3975 9 **TOTALS**
 265.5 28.5 18.25 18 993.75 2.25 **PER SERVING**

DIRECTIONS:

1. Combine tuna, peas, and green onion in a bowl.
2. Whisk oil, soy sauce, sesame oil, honey, and ginger in a bowl, add 3 TBSP of mixture to the tuna bowl, toss to combine.
3. 1 1/2 cups of shredded lettuce on a plate, top with 1/2 of a cup of the dressed tuna mixture and drizzle with about 2 TBSP of remaining dressing.



DAYS 18, 20

PREP TIME: 15-20 Minutes

YIELD: 4 Servings

CRANBERRY TURKEY BURGERS

INGREDIENTS:

- 1 cup cooked whole grain couscous
- 2 TBSP extra-virgin olive oil
- 1 small onion, finely chopped
- 1 stalk celery, minced
- 1 TBSP chopped fresh thyme
- 1 1/2 tsp chopped fresh sage
- 1/4 tsp salt
- 1/2 tsp freshly ground pepper
- 1/4 cup dried cranberries, finely chopped
- 1 lb. 93% lean ground turkey

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|----|----|-----|---|
| 210 | 45 | 1 | 9 | 0 | 7 |
| 240 | 0 | 28 | 0 | 0 | 0 |
| 23 | 5 | 0 | 1 | 0 | 0 |
| 6 | 1 | 0 | 0 | 32 | 1 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 590 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 97 | 25 | 0 | 0 | 0 | 2 |
| 600 | 0 | 32 | 88 | 380 | 0 |

1176 76 61 98 1002 10
294 19 15.25 24.5 250.5 2.5

TOTALS
PER SERVING

DIRECTIONS:

Preheat grill to medium-high.

Meanwhile, heat oil in a large skillet over medium heat. Add onion and cook, stirring for 1 minute. Add celery. Cook, stirring until softened; about 3 minutes. Add herbs, salt and pepper. Cook until fragrant; about 30 seconds. Transfer the mixture to a medium bowl. Add cooked couscous and cranberries, then toss to combine. Let cool for 5 minutes. Add turkey and stir until combined, do not overmix. Form the mixture into 6 patties.

Oil the grill rack and grill the burgers for 5 to 6 minutes per side, flipping carefully to avoid breaking them. Cook until an instant read thermometer reads 165°F when inserted into the meat. Serve burgers immediately after cooking.



DAYS 18, 19, 21

PREP TIME: 10-15 Minutes

YIELD: 4 Servings,
about 1 1/4 Cups Each

GOOD MORNING COUSCOUS

INGREDIENTS:

- 1 cup skim milk
- 1 cup dry whole grain couscous
- 1/3 cup slivered almonds
- 1/3 cup chopped fried fruit
- 1 TBSP honey
- 1 1/2 tsp cinnamon
- 1/2 cup skim milk with each portion

| CAL | CHO | FAT | PRO | SOD | FIB |
|-----|-----|-----|-----|-----|------|
| 90 | 13 | 0 | 8 | 0 | 0 |
| 525 | 112 | 1.5 | 22 | 0 | 17.5 |
| 213 | 8 | 19 | 8 | 0 | 4 |
| 173 | 43 | 0 | 0 | 27 | 3 |
| 120 | 34 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 160 | 22 | 0 | 16 | 240 | 0 |

| | | | | | | |
|--------|-----|-------|------|-------|-------|--------------------|
| 1281 | 232 | 20.5 | 54 | 267 | 24.5 | TOTALS |
| 320.25 | 58 | 5.125 | 13.5 | 66.75 | 6.125 | PER SERVING |

DIRECTIONS:

Whisk milk, honey, and cinnamon in a medium saucepan over medium heat. Stir in couscous right when it boils. Turn off heat, cover pan, and let stand for 5 minutes. Fold in dried fruit. Scoop one portion (~1 1/4 cups) into a bowl and serve with 1/2 cup skim milk. Store extra portions in the refrigerator.



RECIPES DAYS 16 - 22

DAY 21

PREP TIME: 20-30 Minutes

YIELD: 4 Servings
about 3 Cups Each

ASIAN CHICKEN AND VEGETABLE RICE

INGREDIENTS:

- 2, 4-oz. pieces of boneless, skinless grilled chicken
- 1 1/2 cups instant brown rice
- 1 1/2 cups low-sodium vegetable broth
- 1 egg
- 2 TBSP extra-virgin olive oil
- 2 cups frozen green peas
- 14 asparagus spears, trimmed and cut into 1-inch pieces
- 2 large red bell peppers, thinly sliced into 1-inch pieces
- 1/2 cup green onions, cut into 1-inch pieces
- 1 clove garlic, minced
- 2 TBSP minced fresh ginger
- 2 1/2 TBSP reduced-sodium soy sauce
- 4 TBSP rice vinegar
- 1 1/2 TBSP toasted sesame oil
- Hot red pepper sauce, to taste

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|----|----|------|----|
| 260 | 0 | 6 | 48 | 360 | 0 |
| 450 | 99 | 3 | 12 | 0 | 6 |
| 15 | 3 | 0 | 0 | 165 | 0 |
| 70 | 2 | 0 | 18 | 360 | 0 |
| 240 | 0 | 28 | 0 | 0 | 0 |
| 210 | 36 | 0 | 14 | 600 | 12 |
| 30 | 5 | 0 | 2 | 2 | 2 |
| 66 | 15 | 6 | 3 | 10 | 6 |
| 16 | 4 | 0 | 1 | 8 | 2 |
| 4 | 1 | 0 | 0 | 0 | 0 |
| 9 | 2 | 0 | 0 | 0 | 0 |
| 38 | 3 | 0 | 5 | 1750 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 186 | 0 | 21 | 0 | 0 | 0 |
| 2 | 0 | 0 | 0 | 23 | 0 |

1596 170 64 103 3278 28
399 42.5 16 25.75 819.5 7

TOTALS
PER SERVING

DIRECTIONS:

Dice precooked grilled chicken into small squares, set aside.

Combine rice and broth in a small saucepan. Bring to a boil over high heat. Cover, reduce heat, and simmer until the liquid is absorbed; 12 to 14 minutes. Spread the rice out on a large plate and let stand for 5 minutes.

As the rice cools, coat a large nonstick wok or skillet with cooking spray and place over medium heat. Pour in egg substitute and cook, stirring gently until just set; 30 seconds to 1 minute. Transfer to a small bowl.

Heat oil in the pan over medium-high. Add the vegetables, onion, garlic, and ginger. Cook, stirring until the vegetables are just tender; about 2-4 minutes. Add the cooked rice, soy sauce, and vinegar to the pan. Cook until the liquid is absorbed; 30 seconds to 1 minute. Fold in the cooked eggs. Remove from the heat; stir in sesame oil and hot sauce.



DAYS 19, 20

PREP TIME: 20-30 Minutes

YIELD: 4 Servings,
about 2 1/4 Cups Each

MAPLE-CITRUS WILTED SPINACH SALAD

INGREDIENTS:

- 2 cups water
- 1 cup quinoa, rinsed
- 8 cups fresh baby spinach, torn
- 1/2 cup dried cranberries
- 1/2 cup chopped pecans or almonds
- 4, 4-oz. pieces grilled chicken

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|----|----|-----|---|
| 0 | 0 | 0 | 0 | 0 | 0 |
| 432 | 90 | 4 | 10 | 0 | 6 |
| 40 | 12 | 0 | 8 | 260 | 8 |
| 195 | 51 | 0 | 0 | 0 | 4 |
| 320 | 12 | 28 | 12 | 0 | 6 |
| 390 | 0 | 9 | 72 | 540 | 0 |

MAPLE-CITRUS VINAIGRETTE:

- 1 1/2 TBSP extra-virgin olive oil
- 1 TBSP orange juice
- 1/2 TBSP red wine vinegar
- 1/2 TBSP maple syrup
- 1/8 tsp salt
- 1/8 tsp pepper
- 1 green onion, finely chopped

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|---|----|---|-----|---|
| 180 | 0 | 21 | 0 | 0 | 0 |
| 14 | 3 | 0 | 0 | 3 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 26 | 7 | 0 | 0 | 1 | 0 |
| 0 | 0 | 0 | 0 | 295 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 4 | 1 | 0 | 0 | 2 | 0 |

1601 176 62 102 1101 24

400.25 44 15.5 25.5 275.25 6

TOTALS
PER SERVING

DIRECTIONS:

For dressing: in a small bowl, whisk the oil, orange juice, vinegar, maple syrup, salt and pepper. Stir in onion.

In a small saucepan, bring water to a boil. Add quinoa. Reduce heat, cover and simmer for 12-15 minutes or until water is absorbed. Remove from the heat, fluff with a fork.

In a large bowl, combine the warm quinoa, spinach, and cranberries. Pour over quinoa mixture; toss to coat. Sprinkle with nuts.



RECIPES DAYS 23 - 30

DAY 23

PREP TIME: 10-15 Minutes

YIELD: 4 Servings

SHRIMP, FETA, WATERMELON SALAD

INGREDIENTS:

- 12 cups leafy spring greens
- 4 TBSP feta cheese
- 4 cups cubed watermelon
- 1 lb. shrimp
- 4 TBSP pine nuts, toasted
- 2 TBSP balsamic vinegar
- 2 TBSP extra-virgin olive oil

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|----|----|-----|----|
| 360 | 36 | 0 | 24 | 360 | 24 |
| 140 | 4 | 8 | 12 | 680 | 0 |
| 160 | 42 | 0 | 2 | 0 | 2 |
| 280 | 0 | 16 | 28 | 0 | 0 |
| 380 | 18 | 30 | 8 | 0 | 8 |
| 20 | 5 | 0 | 0 | 0 | 0 |
| 240 | 0 | 28 | 0 | 0 | 0 |

1580 105 82 74 1040 34
395 26.25 20.5 18.5 260 8.5

TOTALS
PER SERVING

DIRECTIONS:

Saute the shrimp in a small amount of the olive oil (about 1 tsp).
Then toast the pinenuts in a hot pan (no oil, or wipe the oil from the shrimp pan) for 3 minutes.

Whisk together the remaining olive oil and 2 TBSP balsamic vinegar.

Toss all ingredients together.



DAYS 23, 24

PREP TIME: 20-30 Minutes

YIELD: 4 Servings

LEMON CHICKEN QUINOA

INGREDIENTS:

- 16 oz. boneless, skinless chicken breasts
- 2 TBSP extra-virgin olive oil
- ½ tsp red pepper flakes
- 1 tsp cumin
- 2 TBSP lemon juice
- 1 ½ cups water
- 1 cup quinoa, rinsed
- Zest of 1 lemon
- Pinch of cayenne pepper
- ¼ cup toasted almond slivers
- ½ cup chopped red or green onion
- 1/4 cup chopped cilantro
- ½ cup celery, diced
- 1 large, juicy apple, diced

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|----|----|-----|---|
| 520 | 0 | 12 | 96 | 720 | 0 |
| 240 | 0 | 28 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 480 | 90 | 8 | 18 | 30 | 9 |
| 6 | 2 | 0 | 0 | 2 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 210 | 7 | 17 | 8 | 10 | 4 |
| 16 | 4 | 0 | 1 | 8 | 2 |
| 1 | 0 | 0 | 0 | 2 | 0 |
| 15 | 4 | 0 | 0 | 115 | 2 |
| 110 | 29 | 0 | 1 | 2 | 5 |

1598 136 65 124 889 22 **TOTALS**
399.5 34 16.25 31 222.25 5.5 **PER SERVING**

DIRECTIONS:

Pound the chicken under plastic wrap until thin. Place in a large plastic bag. Combine oil, red pepper flakes, cumin, and lemon juice. Pour over chicken and allow to marinate for at least 30 minutes and up to 2 hours.

Spray pot with cooking spray. Add lemon zest, cayenne pepper, water, and quinoa. Salt and pepper to taste. Bring to a simmer. Reduce heat to low and cook until all liquid is absorbed; around 30 minutes. Let sit covered for an additional 5 minutes.

Meanwhile, cook chicken on grill over medium-high heat. Remove from heat and let rest. Cut into cubes.

Combine quinoa, chicken, almonds, apples, celery, onions, and cilantro. Serve warm or chilled.



RECIPES DAYS 23 - 30

DAYS 24, 25

PREP TIME: 15-20 Minutes

YIELD: 4 Servings,
2 Cups Salad, 3 oz. Chicken

THE "MED" SALAD

INGREDIENTS:

- 1/4 cup fat-free, low sodium chicken broth
- 2 TBSP red wine vinegar
- 1 tsp sugar
- 1 tsp dried oregano
- 2 tsp olive oil
- 1/4 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 garlic clove, minced
- 4, 4-oz. skinless boneless chicken breast halves
- Cooking spray
- 8 cups torn romaine lettuce
- 1 cup sliced cucumber (1 small)
- 8 pitted kalamata olives, halved
- 4 plum tomatoes, quartered lengthwise
- 2, 1/4-inch thick slices red onion, separated into rings
- 1/4 cup (1 oz.) crumbled feta cheese

CAL CHO FAT PRO SOD FIB

| | | | | | |
|-----|----|----|----|-----|---|
| 4 | 0 | 0 | 0 | 142 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 15 | 4 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 80 | 0 | 9 | 0 | 0 | 0 |
| 0 | 0 | 0 | 0 | 590 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 4 | 1 | 0 | 0 | 0 | 0 |
| 520 | 0 | 12 | 96 | 720 | 0 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 60 | 12 | 0 | 4 | 20 | 8 |
| 14 | 2 | 4 | 0 | 120 | 0 |
| 40 | 2 | 4 | 0 | 120 | 0 |
| 116 | 16 | 4 | 8 | 44 | 8 |
| 32 | 8 | 0 | 1 | 2 | 1 |
| 140 | 4 | 8 | 12 | 680 | 0 |

1025 49 41 121 2438 17 **TOTALS**
256.25 12.25 10.25 30.25 609.5 4.25 **PER SERVING**

DIRECTIONS:

Prepare grill or broiler.

Combine the first 8 ingredients in a small bowl. Brush the chicken with 2 TBSP dressing. Set remaining dressing aside.

Place chicken on grill rack or broiler pan coated with cooking spray. Cook for 5 minutes on each side or until chicken is done. Cut into 1/4-inch thick slices.

Combine the romaine lettuce and the next 4 ingredients (romaine lettuce through red onion slices) in a large bowl, and toss with the remaining salad dressing. Divide the salad evenly among four plates. Top each serving with sliced chicken and sprinkle with feta cheese.



200 CALORIE SNACK IDEAS

TRY THESE HEALTHY SNACK IDEAS

- 30 honey roasted peanuts
- 1, 3-inch diameter apple
- 1 slice 100% whole wheat bread
- 1 TBSP chocolate hazelnut spread
- ½ cup 2% cottage cheese
- 2 pineapple rings, canned in juice
- 1, 7-inch carrot stick
- 3 oz. carrot sticks
- 1 cup sliced cucumbers
- 1 oz .beef jerky
- 2 clementines
- 1, 8 oz. glass of skim milk
- 2 oz. 65% cacao dark chocolate
- 2 TBSP raisins
- 4 pecan halves
- 1 ¼ cups chopped broccoli, steamed
- 1/3 cup shredded cheese melted on top
- 3 cups steamed edamame in pods
- Pinch of kosher salt
- 2 cups shredded romaine lettuce
- 2/3 cup sugar snap peas, chopped
- 1/3 cup red beans, drained and rinsed
- 2 TBSP light vinaigrette dressing
- 2 lightly salted rice cakes
- 1 TBSP crunchy almond butter
- 1 tsp honey
- 6 oz. light yogurt
- ¾ cup strawberry halves
- 1 1/2 TBSP slivered almonds
- 6 oz. light yogurt
- ¾ cup strawberry halves
- 1 1/2 TBSP slivered almonds
- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas
- 1/4 cup hummus
- 2 1/2-3 oz. real frozen fruit bar (popsicle)
- 12 roasted dark chocolate almonds



