

Protein Focused 1750 (A)

Day 1

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	78	1 egg EGG, CHICKEN, WHOLE, HARD, BOILED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1/2 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
		21	1/4 cups BLUEBERRY, RAW			
		86	1 cups MILK, COW'S, NONFAT (SKIM)			
Meal Totals:		Calories: 335	Carbs: 45g (55%)	Protein: 19g (23%)	Fat: 8g (22%)	Fluid: 28oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		34	1 teaspoons ALMOND BUTTER, NO SALT			
		210	1 QUEST BAR			
		28	1/2 small APPLE W/SKIN, RAW			
		Meal Totals:		Calories: 272	Carbs: 30g (44%)	Protein: 16g (23%)
Lunch	12:00 PM	2	1 leaf LETTUCE, COS OR ROMAINE, RAW			
		8	2 oz TOMATO, RAW			
		75	1 pita BREAD, PITA, WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		161	3 oz TURKEY BREAST, ROASTED			
83	1 cups CARROT, BABY, RAW					
Meal Totals:		Calories: 329	Carbs: 17g (28%)	Protein: 27g (45%)	Fat: 7g (26%)	Fluid: 22oz
Snack	3:00 PM	90	1 small BANANA, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		160	2 piece STRING CHEESE			
Meal Totals:		Calories: 250	Carbs: 25g (37%)	Protein: 15g (22%)	Fat: 12g (40%)	Fluid: 19oz
Dinner	6:00 PM	41	1/2 cups BROCCOLI, BOILED, NO SALT			
		54	1/4 cups BROWN RICE, LONG GRAIN, COOKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		151	1/2 cups BEAN, BLACK, BOILED			
		73	2 oz TILAPIA, FRESH			
Meal Totals:		Calories: 319	Carbs: 46g (57%)	Protein: 28g (35%)	Fat: 3g (8%)	Fluid: 25oz
Snack	8:00 PM	118	2 tablespoons WHEY PROTEIN			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		119	4 oz YOGURT, FRUIT, LOW FAT			
Meal Totals:		Calories: 237	Carbs: 23g (38%)	Protein: 29g (48%)	Fat: 4g (15%)	Fluid: 11oz
Day 1 Totals:		Calories: 1742	Carbs: 186g (44%)	Protein: 134g (32%)	Fat: 44g (24%)	Fluid: 124oz

Protein Focused 1750 (A)

Day 2

Day 2						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	86	1 cups MILK, COW'S, NONFAT (SKIM)			
		147	1 cups OAT BRAN FLAKES CEREAL, RTE			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		64	2 oz TURKEY SAUSAGE, LOWER FAT, COOKED			
		Meal Totals:	Calories: 297	Carbs: 46g (64%)	Protein: 17g (24%)	Fat: 4g (13%)
Snack	10:00 AM	105	1/2 QUEST BAR			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		41	1/4 oz ALMOND, RAW			
		86	4 oz GRAPE, RAW			
		Meal Totals:	Calories: 232	Carbs: 31g (50%)	Protein: 11g (18%)	Fat: 9g (33%)
Lunch	12:00 PM	151	2 roll ROLL, DINNER, WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		135	3 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		46	2 tablespoons CRANBERRY, DRIED, SWEETENED			
		6	1 tablespoons BALSAMIC VINEGAR			
Meal Totals:	Calories: 354	Carbs: 46g (50%)	Protein: 34g (37%)	Fat: 5g (12%)	Fluid: 24oz	
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		78	1 egg EGG, CHICKEN, WHOLE, HARD, BOILED			
		81	1 pear PEAR, RAW			
		80	1 piece STRING CHEESE			
		Meal Totals:	Calories: 239	Carbs: 23g (37%)	Protein: 14g (23%)	Fat: 11g (40%)
Dinner	6:00 PM	119	3 oz BEEF, FLANK, FLANK STEAK, LEAN, 0" TRIM, BROILED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		41	1 cups SPINACH, BOILED, NO SALT			
		102	4 oz SWEET POTATO, BAKED, NO SALT			
		Meal Totals:	Calories: 262	Carbs: 30g (47%)	Protein: 23g (36%)	Fat: 5g (18%)
Snack	8:00 PM	172	1 cups CHEESE, COTTAGE 1%			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		62	3/4 cups BLUEBERRY, RAW			
		Meal Totals:	Calories: 234	Carbs: 23g (37%)	Protein: 32g (52%)	Fat: 3g (11%)
Day 2 Totals:	Calories: 1618	Carbs: 199g (48%)	Protein: 131g (32%)	Fat: 37g (20%)	Fluid: 140oz	

Protein Focused 1750 (A)

Day 3

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	120	1 muffin ENGLISH MUFFIN, 100% WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		86	1 cups MILK, COW'S, NONFAT (SKIM)			
		101	1 tablespoons ALMOND BUTTER, NO SALT			
		41	1/2 cups BLUEBERRY, RAW			
Meal Totals:		Calories: 348	Carbs: 49g (55%)	Protein: 17g (19%)	Fat: 10g (25%)	Fluid: 28oz
Snack	10:00 AM	90	1 small BANANA, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		155	2 egg EGG, CHICKEN, WHOLE, HARD, BOILED			
Meal Totals:		Calories: 245	Carbs: 24g (38%)	Protein: 14g (22%)	Fat: 11g (39%)	Fluid: 22oz
Lunch	12:00 PM	120	4 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED, LOWER SODIUM			
		8	2 oz TOMATO, RAW			
		2	1 leaf LETTUCE, COS OR ROMAINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		33	1 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
		160	2 slice 100% WHOLE WHEAT BREAD			
28	1/2 small APPLE W/SKIN, RAW					
Meal Totals:		Calories: 351	Carbs: 36g (37%)	Protein: 44g (45%)	Fat: 8g (18%)	Fluid: 24oz
Snack	3:00 PM	80	1 piece STRING CHEESE			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		105	1/2 QUEST BAR			
		42	1/2 cups CARROT, BABY, RAW			
Meal Totals:		Calories: 227	Carbs: 12g (24%)	Protein: 15g (30%)	Fat: 10g (45%)	Fluid: 16oz
Dinner	6:00 PM	39	1 cups KALE, BOILED, NO SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		20	1/2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		177	5 oz PASTA, MACARONI WHOLE WHEAT, COOKED			
		124	ITALIAN CHICKEN (1 Servings)			
			2 dash Pepper, Black, Ground 1 clove Garlic, Raw 8 oz Chicken, Breast W/o Skin, Raw 1/2 teaspoons Oregano, Dried, Ground			
Meal Totals:		Calories: 360	Carbs: 46g (48%)	Protein: 39g (41%)	Fat: 5g (12%)	Fluid: 28oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		119	4 oz YOGURT, FRUIT, LOW FAT			
		39	2 teaspoons WHEY PROTEIN			
		61	1 large PEACH, RAW			
Meal Totals:		Calories: 219	Carbs: 37g (63%)	Protein: 15g (26%)	Fat: 3g (11%)	Fluid: 16oz
Day 3 Totals:		Calories: 1750	Carbs: 204g (45%)	Protein: 144g (32%)	Fat: 47g (23%)	Fluid: 134oz

Protein Focused 1750 (A)

Day 4

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	78	1 egg EGG, CHICKEN, WHOLE, HARD, BOILED			
		150	1/2 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
		41	1/2 cups BLUEBERRY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		86	1 cups MILK, COW'S, NONFAT (SKIM)			
Meal Totals:		Calories: 355	Carbs: 51g (57%)	Protein: 20g (22%)	Fat: 8g (20%)	Fluid: 29oz
Snack	10:00 AM	41	1/4 oz ALMOND, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		81	1 pear PEAR, RAW			
		80	1 piece STRING CHEESE			
Meal Totals:		Calories: 202	Carbs: 23g (41%)	Protein: 10g (18%)	Fat: 10g (41%)	Fluid: 22oz
Lunch	12:00 PM	2	1 teaspoons BALSAMIC VINEGAR			
		2	16 fl oz ICED TEA, UNSWEETENED			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		40	1 teaspoons OLIVE OIL, EXTRA VIRGIN			
		151	2 pita BREAD, PITA, WHOLE WHEAT			
		124	ITALIAN CHICKEN (1 Servings) 2 dash Pepper, Black, Ground 1 clove Garlic, Raw 8 oz Chicken, Breast W/o Skin, Raw 1/2 teaspoons Oregano, Dried, Ground			
Meal Totals:		Calories: 335	Carbs: 36g (42%)	Protein: 34g (40%)	Fat: 7g (18%)	Fluid: 25oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		210	1 QUEST BAR			
		42	1/2 cups CARROT, BABY, RAW			
Meal Totals:		Calories: 252	Carbs: 22g (42%)	Protein: 15g (28%)	Fat: 7g (30%)	Fluid: 16oz
Dinner	6:00 PM	119	3 oz BEEF, FLANK, FLANK STEAK, LEAN, 0" TRIM, BROILED			
		29	1 cups ZUCCHINI W/SKIN, BOILED, NO SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		162	3/4 cups BROWN RICE, LONG GRAIN, COOKED			
Meal Totals:		Calories: 310	Carbs: 41g (54%)	Protein: 21g (28%)	Fat: 6g (18%)	Fluid: 29oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		86	4 oz GRAPE, RAW			
		129	3/4 cups CHEESE, COTTAGE 1%			
Meal Totals:		Calories: 215	Carbs: 24g (44%)	Protein: 24g (44%)	Fat: 3g (12%)	Fluid: 18oz
Day 4 Totals:		Calories: 1669	Carbs: 197g (48%)	Protein: 124g (30%)	Fat: 41g (22%)	Fluid: 139oz

Protein Focused 1750 (A)

Day 5

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	78	1 large EGG, CHICKEN, HARD-BOILED 1 cups MILK, COW'S, NONFAT (SKIM) 16 fl oz WATER, DRINKING WATER, PURIFIED 1 cups OAT BRAN FLAKES CEREAL, RTE 1/2 cups BLUEBERRY, RAW			
		86				
		0				
		147				
		41				
Meal Totals:		Calories: 352	Carbs: 55g (63%)	Protein: 19g (22%)	Fat: 6g (15%)	Fluid: 29oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 small APPLE W/SKIN, RAW 1/2 tablespoons ALMOND BUTTER, NO SALT 3/4 cups CHEESE, COTTAGE 1%			
		55				
		51				
		129				
Meal Totals:		Calories: 235	Carbs: 22g (36%)	Protein: 24g (39%)	Fat: 7g (26%)	Fluid: 27oz
Lunch	12:00 PM	75	1 pita BREAD, PITA, WHOLE WHEAT 16 fl oz WATER, DRINKING WATER, PURIFIED 2 oz TOMATO, RAW 1 leaf LETTUCE, COS OR ROMAINE, RAW 1 cups CARROT, BABY, RAW 4 oz TURKEY BREAD, ROASTED			
		0				
		8				
		2				
		83				
Meal Totals:		Calories: 382	Carbs: 17g (23%)	Protein: 36g (49%)	Fat: 9g (28%)	Fluid: 23oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 3 oz YOGURT, FRUIT, LOW FAT 1 tablespoons WHEY PROTEIN 1 large PEACH, RAW			
		89				
		59				
		61				
Meal Totals:		Calories: 209	Carbs: 32g (61%)	Protein: 16g (30%)	Fat: 2g (9%)	Fluid: 24oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 2 roll ROLL, DINNER, WHOLE WHEAT CHICKEN VEGETABLE SOUP (0.5 Servings) 8 oz Chicken Breast, Boneless, Roasted, Meat Only 4 cups Vegetable Cooking Stock 1/4 teaspoons Black Pepper, Ground 1 teaspoons Oregano, Dried, Leaves 1 tablespoons Parsley, Dried 2 large Zucchini W/skin, Raw 1 cups Carrot, Raw 1 medium Onion, Raw 1 tablespoons Coconut Oil			
		151				
		207				
Meal Totals:		Calories: 358	Carbs: 47g (50%)	Protein: 26g (28%)	Fat: 9g (22%)	Fluid: 26oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED 1/2 QUEST BAR 1 small BANANA, RAW			
		105				
		90				
Meal Totals:		Calories: 195	Carbs: 34g (65%)	Protein: 9g (17%)	Fat: 4g (17%)	Fluid: 11oz
Day 5 Totals:		Calories: 1731	Carbs: 207g (49%)	Protein: 130g (31%)	Fat: 37g (20%)	Fluid: 140oz

Protein Focused 1750 (A)

Day 6

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 muffin ENGLISH MUFFIN, 100% WHOLE WHEAT 1/2 tablespoons ALMOND BUTTER, NO SALT 1 cups MILK, COW'S, NONFAT (SKIM) 2 oz TURKEY SAUSAGE, LOWER FAT, COOKED			
		120				
		51				
		86				
		64				
Meal Totals:	Calories: 321	Carbs: 40g (50%)	Protein: 20g (25%)	Fat: 9g (25%)	Fluid: 26oz	
Snack	10:00 AM	172	1 cups CHEESE, COTTAGE 1% 16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 cups BLUEBERRY, RAW			
		0				
		41				
Meal Totals:	Calories: 213	Carbs: 18g (32%)	Protein: 32g (56%)	Fat: 3g (12%)	Fluid: 26oz	
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 2 roll ROLL, DINNER, WHOLE WHEAT CHICKEN VEGETABLE SOUP (0.5 Servings) 8 oz Chicken Breast, Boneless, Roasted, Meat Only 4 cups Vegetable Cooking Stock 1/4 teaspoons Black Pepper, Ground 1 teaspoons Oregano, Dried, Leaves 1 tablespoons Parsley, Dried 2 large Zucchini W/skin, Raw 1 cups Carrot, Raw 1 medium Onion, Raw 1 tablespoons Coconut Oil			
		151				
		207				
Meal Totals:	Calories: 358	Carbs: 47g (50%)	Protein: 26g (28%)	Fat: 9g (22%)	Fluid: 26oz	
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 piece STRING CHEESE 1 small APPLE W/SKIN, RAW 1/2 oz ALMOND, RAW			
		80				
		55				
		82				
Meal Totals:	Calories: 217	Carbs: 19g (33%)	Protein: 10g (17%)	Fat: 13g (50%)	Fluid: 21oz	
Dinner	6:00 PM	151	1/2 cups BEAN, BLACK, BOILED 16 fl oz WATER, DRINKING WATER, PURIFIED 1/4 cups BROWN RICE, LONG GRAIN, COOKED 3/4 cups SPINACH, BOILED, NO SALT 3 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED			
		0				
		54				
		31				
		92				
Meal Totals:	Calories: 328	Carbs: 43g (52%)	Protein: 28g (34%)	Fat: 5g (14%)	Fluid: 28oz	
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED 1/2 QUEST BAR 1 small BANANA, RAW			
		105				
		90				
Meal Totals:	Calories: 195	Carbs: 34g (65%)	Protein: 9g (17%)	Fat: 4g (17%)	Fluid: 11oz	
Day 6 Totals:	Calories: 1632	Carbs: 201g (48%)	Protein: 125g (30%)	Fat: 43g (23%)	Fluid: 138oz	

Protein Focused 1750 (A)

Day 7

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 small BANANA, RAW			
		78	1 egg EGG, CHICKEN, WHOLE, HARD, BOILED			
		179	6 oz YOGURT, FRUIT, LOW FAT			
Meal Totals:	Calories: 347	Carbs: 56g (65%)	Protein: 15g (17%)	Fat: 7g (18%)	Fluid: 26oz	
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		83	1 cups CARROT, BABY, RAW			
		80	1 piece STRING CHEESE			
		41	1/4 oz ALMOND, RAW			
Meal Totals:	Calories: 204	Carbs: 2g (6%)	Protein: 9g (27%)	Fat: 10g (67%)	Fluid: 17oz	
Lunch	12:00 PM	170	1 wrap WRAP, 100% WHOLE WHEAT			
		2	16 fl oz ICED TEA, UNSWEETENED			
		33	1 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
		8	2 oz TOMATO, RAW			
		120	4 oz ROAST BEEF LUNCHMEAT			
Meal Totals:	Calories: 333	Carbs: 28g (33%)	Protein: 23g (27%)	Fat: 15g (40%)	Fluid: 19oz	
Snack	3:00 PM	210	1 QUEST BAR			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		55	1 small APPLE W/SKIN, RAW			
Meal Totals:	Calories: 265	Carbs: 37g (55%)	Protein: 15g (22%)	Fat: 7g (23%)	Fluid: 20oz	
Dinner	6:00 PM	39	1 cups KALE, BOILED, NO SALT			
		158	3 1/2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		153	6 oz SWEET POTATO, BAKED, NO SALT			
Meal Totals:	Calories: 350	Carbs: 42g (47%)	Protein: 40g (45%)	Fat: 3g (8%)	Fluid: 29oz	
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		172	1 cups CHEESE, COTTAGE 1%			
		81	1 pear PEAR, RAW			
Meal Totals:	Calories: 253	Carbs: 28g (42%)	Protein: 32g (48%)	Fat: 3g (10%)	Fluid: 20oz	
Day 7 Totals:		Calories: 1752	Carbs: 193g (45%)	Protein: 134g (31%)	Fat: 45g (24%)	Fluid: 131oz

Shopping List

Category	Quantity	Item
Accompaniments	2 teaspoons	Mayonnaise, Olive Oil, Artisan Spectrum
Beef	6 oz	Beef, Flank, Flank Steak, Lean, 0" Trim, Broiled
Beverages	6 cups	Milk, Cow's, Nonfat (skim)
	32 fl oz	Iced Tea, Unsweetened Generic
	584 fl oz	Water, Drinking Water, Purified
Bread	1 wrap	Wrap, 100% Whole Wheat Sahara
	2 muffin	English Muffin, 100% Whole Wheat Thomas'
	2 slice	100% Whole Wheat Bread Sara Lee
	4 pita	Bread, Pita, Whole Wheat
	6 roll	Roll, Dinner, Whole Wheat
Cereal and Grain Products	1 cups	Oats, Rolled, Old Fashioned (oatmeal) Quaker
	1 1/4 cups	Brown Rice, Long Grain, Cooked
	5 oz	Pasta, Macaroni Whole Wheat, Cooked
Cereals, Ready to Eat	2 cups	Oat Bran Flakes Cereal, Rte Complete All-Bran
Dairy Products	1 large	Egg, Chicken, Hard-boiled
	4 1/2 cups	Cheese, Cottage 1%
	6 egg	Egg, Chicken, Whole, Hard, Boiled
	7 piece	String Cheese Kraft
	17 oz	Yogurt, Fruit, Low Fat
Fats and Oils	1 1/2 teaspoons	Olive Oil, Extra Virgin Bertolli
Finfish and Shellfish Products	2 oz	Tilapia, Fresh Wegmans
	3 oz	Salmon, Atlantic, Wild, Baked Or Broiled
	4 oz	Albacore Tuna In Water, Chunk White, Canned, Lower Sodium Chicken of the Sea
Fruits	3 cups	Blueberry, Raw
	2 large	Peach, Raw
	2 tablespoons	Cranberry, Dried, Sweetened
	3 pear	Pear, Raw
	4 small	Apple W/skin, Raw
	5 small	Banana, Raw
	8 oz	Grape, Raw
Ingredients	4 teaspoons	Balsamic Vinegar Spectrum
Legumes	1 cups	Bean, Black, Boiled
Nuts and Seeds	1 1/4 oz	Almond, Raw
	2 1/3 tablespoons	Almond Butter, No Salt

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Shopping List

Category	Quantity	Item
Poultry	6 1/2 oz	Chicken, Broiler, Breast, Meat, Roasted
	7 oz	Turkey Breast, Roasted
Sausages and Lunch Meats	4 oz	Roast Beef Lunchmeat Hillshire Farm
	4 oz	Turkey Sausage, Lower Fat, Cooked
Sport and Diet Nutritionals	5 bar	Quest Bar
	3 2/3 tablespoons	Whey Protein EAS
Vegetables	1/2 cups	Broccoli, Boiled, No Salt
	1 cups	Zucchini W/skin, Boiled, No Salt
	1 3/4 cups	Spinach, Boiled, No Salt
	2 cups	Kale, Boiled, No Salt
	3 leaf	Lettuce, Cos Or Romaine, Raw
	4 cups	Carrot, Baby, Raw
	4 cups	Lettuce, Cos Or Romaine, Raw
	8 oz	Tomato, Raw
	10 oz	Sweet Potato, Baked, No Salt
Fats and Oils	1 tablespoons	Coconut Oil
Poultry	8 oz	Chicken Breast, Boneless, Roasted, Meat Only
	8 oz	Chicken, Breast W/o Skin, Raw
Soup	4 cups	Vegetable Cooking Stock Imagine
Spices	1/4 teaspoons	Black Pepper, Ground McCormick/Schilling
	1/2 teaspoons	Oregano, Dried, Ground
	1 tablespoons	Parsley, Dried
	1 teaspoons	Oregano, Dried, Leaves
	2 dash	Pepper, Black, Ground
Vegetables	1 clove	Garlic, Raw
	1 cups	Carrot, Raw
	1 medium	Onion, Raw
	2 large	Zucchini W/skin, Raw