

Protein Focused 1750

Day 1

Day 1							
Meal Label	Meal Time	Calories	Meal Items				
Breakfast	7:00 AM	147	2 large EGG, CHICKEN, POACHED				
		0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		88	1 cups OAT BRAN, COOKED				
		109	17 1/2 fl oz VEGETABLE JUICE, CALCIUM ENRICHED				
		Meal Totals:	Calories: 344	Carbs: 50g (50%)	Protein: 24g (24%)	Fat: 12g (27%)	Fluid: 44oz
Snack	10:00 AM	60	1 fruit NECTARINE, RAW				
		0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		190	1 cups YOGURT, VANILLA, LOWFAT				
		Meal Totals:	Calories: 250	Carbs: 45g (73%)	Protein: 12g (20%)	Fat: 2g (7%)	Fluid: 21oz
		Lunch	12:00 PM	90	2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED		
5	1 teaspoons MUSTARD, PREPARED, DIJON						
2	1 leaf LETTUCE, COS OR ROMAINE, RAW						
4	1 oz TOMATO, RAW						
0	16 fl oz WATER, DRINKING WATER, PURIFIED						
160	2 slice 100% WHOLE WHEAT BREAD						
80	1 slice CHEDDAR CHEESE, MEDIUM, SLICE						
Meal Totals:	Calories: 341	Carbs: 30g (36%)	Protein: 32g (39%)	Fat: 9g (25%)	Fluid: 21oz		
Snack	3:00 PM	140	1 QUEST BAR				
		91	1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)				
		0	8 fl oz WATER, DRINKING WATER, PURIFIED				
		Meal Totals:	Calories: 231	Carbs: 32g (53%)	Protein: 15g (25%)	Fat: 6g (22%)	Fluid: 16oz
		Dinner	6:00 PM	71	3 oz HALIBUT, ATLANTIC & PACIFIC, BAKED OR BROILED		
0	16 fl oz WATER, DRINKING WATER, PURIFIED						
41	4 oz BRUSSELS SPROUTS, BOILED, NO SALT						
168	3/4 cups QUINOA, COOKED						
20	1/2 teaspoons OLIVE OIL, EXTRA VIRGIN						
Meal Totals:	Calories: 300			Carbs: 37g (49%)	Protein: 23g (30%)	Fat: 7g (21%)	Fluid: 22oz
Snack	8:00 PM	23	4 large STRAWBERRY, RAW				
		0	8 fl oz WATER, DRINKING WATER, PURIFIED				
		215	1 1/4 cups CHEESE, COTTAGE 1%				
		Meal Totals:	Calories: 238	Carbs: 14g (24%)	Protein: 38g (65%)	Fat: 3g (11%)	Fluid: 20oz
		Day 1 Totals:	Calories: 1704	Carbs: 208g (47%)	Protein: 144g (33%)	Fat: 39g (20%)	Fluid: 144oz

Protein Focused 1750

Day 2

Day 2						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	64	2 oz TURKEY SAUSAGE, LOWER FAT, COOKED 16 fl oz WATER, DRINKING WATER, PURIFIED 1 cups WHEAT CHEX, RTE 28 fl oz UNSWEETENED ALMOND MILK			
		0				
		104				
		137				
Meal Totals:		Calories: 305	Carbs: 34g (43%)	Protein: 12g (15%)	Fat: 15g (42%)	Fluid: 18oz
Snack	10:00 AM	55	1 small APPLE W/SKIN, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 QUEST BAR 1 tablespoons ALMOND BUTTER, NO SALT			
		0				
		70				
		101				
Meal Totals:		Calories: 226	Carbs: 29g (48%)	Protein: 5g (8%)	Fat: 12g (44%)	Fluid: 21oz
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN 1 leaf LETTUCE, COS OR ROMAINE, RAW 4 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED, LOWER SODIUM 2 pita BREAD, PITA, WHOLE WHEAT 1/2 cups CARROT, BABY, RAW			
		33				
		2				
		120				
		151				
		42				
Meal Totals:		Calories: 348	Carbs: 31g (35%)	Protein: 42g (47%)	Fat: 7g (18%)	Fluid: 21oz
Snack	3:00 PM	60	1 fruit NECTARINE, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 1 bar PROTEIN BAR, SOY, CRUNCH RASPBERRY			
		0				
		150				
Meal Totals:		Calories: 210	Carbs: 33g (55%)	Protein: 16g (27%)	Fat: 5g (19%)	Fluid: 21oz
Dinner	6:00 PM	35	1 teaspoons BUTTER 16 fl oz WATER, DRINKING WATER, PURIFIED 1 cups MUSTARD GREENS, BOILED, DRAINED 3 1/2 oz BEEF, LOIN, T-BONE STEAK, LEAN, 0 TRIM, BROILED 5 oz POTATO, BOILED, COOKED IN SKIN, FLESH & SKIN			
		0				
		22				
		108				
		122				
Meal Totals:		Calories: 287	Carbs: 31g (44%)	Protein: 22g (31%)	Fat: 8g (25%)	Fluid: 28oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED 1/2 small BANANA, RAW 3/4 oz Hemp Protein Powder 3/4 cups YOGURT, VANILLA, LOWFAT			
		45				
		57				
		143				
Meal Totals:		Calories: 245	Carbs: 40g (63%)	Protein: 17g (27%)	Fat: 3g (11%)	Fluid: 10oz
Day 2 Totals:		Calories: 1621	Carbs: 198g (47%)	Protein: 114g (27%)	Fat: 50g (27%)	Fluid: 119oz

Protein Focused 1750

Day 3

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		60	1 fruit NECTARINE, RAW			
		80	1 slice 100% WHOLE WHEAT BREAD			
		137	1 1/2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		51	1/2 tablespoons ALMOND BUTTER, NO SALT			
Meal Totals:		Calories: 328	Carbs: 46g (56%)	Protein: 21g (25%)	Fat: 7g (19%)	Fluid: 25oz
Snack	10:00 AM	140	1 QUEST BAR			
		55	1 small APPLE W/SKIN, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		41	1/4 oz ALMOND, RAW			
Meal Totals:		Calories: 236	Carbs: 37g (58%)	Protein: 7g (11%)	Fat: 9g (32%)	Fluid: 21oz
Lunch	12:00 PM	20	1/2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		2	16 fl oz ICED TEA, UNSWEETENED			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		2	1 teaspoons BALSAMIC VINEGAR			
		108	3 1/2 oz BEEF, LOIN, T-BONE STEAK, LEAN, 0 TRIM, BROILED			
151	2 roll ROLL, DINNER, WHOLE WHEAT					
Meal Totals:		Calories: 299	Carbs: 33g (44%)	Protein: 22g (29%)	Fat: 9g (27%)	Fluid: 24oz
Snack	3:00 PM	27	1 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		42	1/2 cups CARROT, BABY, RAW			
		172	1 cups CHEESE, COTTAGE 1%			
Meal Totals:		Calories: 241	Carbs: 10g (20%)	Protein: 32g (63%)	Fat: 4g (18%)	Fluid: 24oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		75	1 pita BREAD, PITA, WHOLE WHEAT			
		278	CHICKEN & QUINOA WITH VEGETABLES (1 Servings)			
			1 oz Grain, Quinoa			
			2 cups Chicken Broth			
	1/4 cups Vegetables, Mixed, No Salt Added					
	1/2 grams Basil, Fresh					
	3 oz Chicken, Breast W/o Skin, Raw					
Meal Totals:		Calories: 353	Carbs: 42g (46%)	Protein: 32g (35%)	Fat: 8g (20%)	Fluid: 21oz
Snack	8:00 PM	31	1/2 cups BLACKBERRY, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		57	3/4 oz Hemp Protein Powder			
		143	3/4 cups YOGURT, VANILLA, LOWFAT			
Meal Totals:		Calories: 231	Carbs: 35g (60%)	Protein: 17g (29%)	Fat: 3g (11%)	Fluid: 11oz
Day 3 Totals:		Calories: 1688	Carbs: 203g (48%)	Protein: 131g (31%)	Fat: 40g (21%)	Fluid: 126oz

Protein Focused 1750

Day 4

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	170	1 wrap WRAP, 100% WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		147	2 large EGG, CHICKEN, POACHED			
		55	1/2 cups ORANGE JUICE			
		5	1 tablespoons SALSA			
Meal Totals:		Calories: 377	Carbs: 42g (44%)	Protein: 19g (20%)	Fat: 15g (36%)	Fluid: 24oz
Snack	10:00 AM	60	1 fruit NECTARINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		172	1 cups CHEESE, COTTAGE 1%			
Meal Totals:		Calories: 232	Carbs: 21g (35%)	Protein: 32g (54%)	Fat: 3g (11%)	Fluid: 28oz
Lunch	12:00 PM	220	2 cups CHICKEN & HOMESTYLE NOODLE SOUP, RTS			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		8	1 cups LETTUCE, COS OR ROMAINE, RAW			
		40	1 teaspoons OLIVE OIL, EXTRA VIRGIN			
		2	1 teaspoons BALSAMIC VINEGAR			
75	1 pita BREAD, PITA, WHOLE WHEAT					
Meal Totals:		Calories: 345	Carbs: 47g (51%)	Protein: 20g (22%)	Fat: 11g (27%)	Fluid: 19oz
Snack	3:00 PM	150	1 QUEST BAR			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		91	1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
Meal Totals:		Calories: 241	Carbs: 30g (44%)	Protein: 25g (36%)	Fat: 6g (20%)	Fluid: 16oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		54	1/4 cups BROWN RICE, LONG GRAIN, COOKED			
		115	2 oz PORK CENTER LOIN, BRAISED, SLO			
		156	1/2 cups BEAN, NAVY, CANNED			
		22	1 cups MUSTARD GREENS, BOILED, DRAINED			
Meal Totals:		Calories: 347	Carbs: 42g (49%)	Protein: 31g (36%)	Fat: 6g (16%)	Fluid: 29oz
Snack	8:00 PM	45	1/2 small BANANA, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		143	3/4 cups YOGURT, VANILLA, LOWFAT			
		38	1/2 oz Hemp Protein Powder			
Meal Totals:		Calories: 226	Carbs: 38g (65%)	Protein: 14g (24%)	Fat: 3g (11%)	Fluid: 10oz
Day 4 Totals:		Calories: 1768	Carbs: 220g (48%)	Protein: 141g (31%)	Fat: 44g (22%)	Fluid: 126oz

Protein Focused 1750

Day 5

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	104	1 cups WHEAT CHEX, RTE 16 fl oz WATER, DRINKING WATER, PURIFIED 2 oz TURKEY SAUSAGE, LOWER FAT, COOKED 1 1/2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		0				
		64				
		137				
Meal Totals:		Calories: 305	Carbs: 43g (56%)	Protein: 23g (30%)	Fat: 5g (15%)	Fluid: 29oz
Snack	10:00 AM	51	1/2 tablespoons ALMOND BUTTER, NO SALT 16 fl oz WATER, DRINKING WATER, PURIFIED 3/4 cups YOGURT, VANILLA, LOWFAT 1/2 small APPLE W/SKIN, RAW			
		0				
		143				
		28				
Meal Totals:		Calories: 222	Carbs: 32g (56%)	Protein: 9g (16%)	Fat: 7g (28%)	Fluid: 19oz
Lunch	12:00 PM	151	2 roll ROLL, DINNER, WHOLE WHEAT 1 teaspoons BALSAMIC VINEGAR 2 cups LETTUCE, COS OR ROMAINE, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 teaspoons OLIVE OIL, EXTRA VIRGIN 3 oz PORK CENTER LOIN, BRAISED, SLO			
		2				
		16				
		0				
		20				
Meal Totals:		Calories: 361	Carbs: 33g (36%)	Protein: 31g (34%)	Fat: 12g (30%)	Fluid: 23oz
Snack	3:00 PM	83	1 cups CARROT, BABY, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 1 tablespoons HUMMUS (SEASONED MASHED CHICKPEA) 3/4 cups CHEESE, COTTAGE 1%			
		0				
		27				
		129				
Meal Totals:		Calories: 239	Carbs: 8g (21%)	Protein: 24g (62%)	Fat: 3g (17%)	Fluid: 23oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 pita BREAD, PITA, WHOLE WHEAT CHOPPED KALE SALAD WITH CHICKEN (1 Servings) 4 cups Kale, Raw 1 teaspoons Lemon Peel, Raw 8 oz Chicken Breast, Boneless, Roasted, Meat Only 1 tablespoons Olive Oil 1/4 teaspoons Salt, Sea 2 tablespoons Lemon Juice			
		38				
		320				
Meal Totals:		Calories: 358	Carbs: 23g (25%)	Protein: 41g (45%)	Fat: 12g (30%)	Fluid: 24oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED 1 QUEST BAR 1 small BANANA, RAW			
		140				
		90				
Meal Totals:		Calories: 230	Carbs: 44g (72%)	Protein: 6g (10%)	Fat: 5g (18%)	Fluid: 11oz
Day 5 Totals:		Calories: 1715	Carbs: 183g (44%)	Protein: 134g (32%)	Fat: 44g (24%)	Fluid: 129oz

Protein Focused 1750

Day 6

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	91	1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		34	1 teaspoons ALMOND BUTTER, NO SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		74	1 large EGG, CHICKEN, POACHED			
		160	2 slice 100% WHOLE WHEAT BREAD			
Meal Totals:		Calories: 359	Carbs: 40g (45%)	Protein: 25g (28%)	Fat: 11g (28%)	Fluid: 27oz
Snack	10:00 AM	60	1 fruit NECTARINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		190	1 cups YOGURT, VANILLA, LOWFAT			
Meal Totals:		Calories: 250	Carbs: 45g (73%)	Protein: 12g (20%)	Fat: 2g (7%)	Fluid: 21oz
Lunch	12:00 PM	320	CHOPPED KALE SALAD WITH CHICKEN (1 Servings)			
			4 cups Kale, Raw			
			1 teaspoons Lemon Peel, Raw			
			8 oz Chicken Breast, Boneless, Roasted, Meat Only			
			1 tablespoons Olive Oil			
		38	1/4 teaspoons Salt, Sea			
		2	2 tablespoons Lemon Juice			
			1/2 roll ROLL, DINNER, WHOLE WHEAT			
			16 fl oz ICED TEA, UNSWEETENED			
Meal Totals:		Calories: 360	Carbs: 22g (24%)	Protein: 41g (44%)	Fat: 13g (32%)	Fluid: 25oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		70	1/2 QUEST BAR			
		129	3/4 cups CHEESE, COTTAGE 1%			
		28	1/2 small APPLE W/SKIN, RAW			
Meal Totals:		Calories: 227	Carbs: 23g (38%)	Protein: 26g (43%)	Fat: 5g (19%)	Fluid: 24oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		18	4 oz SQUASH, SUMMER, CROOKNECK, BOILED, DRAINED			
		92	3 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED			
		162	3/4 cups BROWN RICE, LONG GRAIN, COOKED			
Meal Totals:		Calories: 272	Carbs: 38g (57%)	Protein: 18g (27%)	Fat: 5g (17%)	Fluid: 25oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1 QUEST BAR			
		46	8 large STRAWBERRY, RAW			
		41	1/4 oz ALMOND, RAW			
Meal Totals:		Calories: 237	Carbs: 31g (45%)	Protein: 18g (26%)	Fat: 9g (29%)	Fluid: 14oz
Day 6 Totals:		Calories: 1705	Carbs: 199g (45%)	Protein: 140g (32%)	Fat: 45g (23%)	Fluid: 136oz

Protein Focused 1750

Day 7

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	74	1 large EGG, CHICKEN, POACHED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		110	1 cups ORANGE JUICE			
		160	2 slice 100% WHOLE WHEAT BREAD			
		17	1/2 teaspoons BUTTER			
Meal Totals:		Calories: 361	Carbs: 53g (58%)	Protein: 16g (17%)	Fat: 10g (25%)	Fluid: 27oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		42	1/2 cups CARROT, BABY, RAW			
		129	3/4 cups CHEESE, COTTAGE 1%			
		54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
Meal Totals:		Calories: 225	Carbs: 11g (24%)	Protein: 24g (52%)	Fat: 5g (24%)	Fluid: 23oz
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		5	1 teaspoons MUSTARD, PREPARED, DIJON			
		4	1 oz TOMATO, RAW			
		2	1 leaf LETTUCE, COS OR ROMAINE, RAW			
		170	1 wrap WRAP, 100% WHOLE WHEAT			
161	3 oz TURKEY BREAST, ROASTED					
Meal Totals:		Calories: 342	Carbs: 29g (35%)	Protein: 29g (35%)	Fat: 11g (30%)	Fluid: 21oz
Snack	3:00 PM	23	4 large STRAWBERRY, RAW			
		143	3/4 cups YOGURT, VANILLA, LOWFAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		57	3/4 oz Hemp Protein Powder			
Meal Totals:		Calories: 223	Carbs: 34g (60%)	Protein: 16g (28%)	Fat: 3g (12%)	Fluid: 19oz
Dinner	6:00 PM	41	4 oz BRUSSELS SPROUTS, BOILED, NO SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		135	3 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		168	3/4 cups QUINOA, COOKED			
Meal Totals:		Calories: 344	Carbs: 37g (42%)	Protein: 37g (42%)	Fat: 6g (15%)	Fluid: 22oz
Snack	8:00 PM	150	1 QUEST BAR			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 small BANANA, RAW			
Meal Totals:		Calories: 240	Carbs: 42g (61%)	Protein: 16g (23%)	Fat: 5g (16%)	Fluid: 11oz
Day 7 Totals:		Calories: 1735	Carbs: 206g (47%)	Protein: 138g (32%)	Fat: 40g (21%)	Fluid: 123oz

Shopping List

Category	Quantity	Item
Accompaniments	1 tablespoons	Salsa
	1 teaspoons	Mayonnaise, Olive Oil, Artisan Spectrum
	2 teaspoons	Mustard, Prepared, Dijon Grey Poupon
Beef	7 oz	Beef, Loin, T-bone Steak, Lean, 0 Trim, Broiled
Beverages	1 1/2 cups	Orange Juice
	6 cups	Milk, Cow's, Nonfat Vit-d Added (skim)
	17 1/2 fl oz	Vegetable Juice, Calcium Enriched V8
	28 fl oz	Unsweetened Almond Milk
	32 fl oz	Iced Tea, Unsweetened Generic
Bread	560 fl oz	Water, Drinking Water, Purified
	2 wrap	Wrap, 100% Whole Wheat Sahara
	4 1/2 pita	Bread, Pita, Whole Wheat
	4 1/2 roll	Roll, Dinner, Whole Wheat
	7 slice	100% Whole Wheat Bread Sara Lee
Cereal and Grain Products	1 cups	Brown Rice, Long Grain, Cooked
	1 cups	Oat Bran, Cooked
Cereals, Ready to Eat	2 cups	Wheat Chex, Rte Ralston
Dairy Products	1 slice	Cheddar Cheese, Medium, Slice Sargento
	1 1/2 teaspoons	Butter
	5 3/4 cups	Yogurt, Vanilla, Lowfat Mountain High
	5 1/2 cups	Cheese, Cottage 1%
	6 large	Egg, Chicken, Poached
Fats and Oils	2 1/2 teaspoons	Olive Oil, Extra Virgin Bertolli
Finfish and Shellfish Products	3 oz	Halibut, Atlantic & Pacific, Baked Or Broiled
	3 oz	Salmon, Atlantic, Wild, Baked Or Broiled
	4 oz	Albacore Tuna In Water, Chunk White, Canned, Lower Sodium Chicken of the Sea
Fruits	1/2 cups	Blackberry, Raw
	3 small	Apple W/skin, Raw
	3 small	Banana, Raw
	5 fruit	Nectarine, Raw
	16 large	Strawberry, Raw
Ingredients	3 teaspoons	Balsamic Vinegar Spectrum
Legumes	1/2 cups	Bean, Navy, Canned
	4 tablespoons	Hummus (seasoned Mashed Chickpea)

Continued on next page...

Shopping List

Category	Quantity	Item
Nuts and Seeds	1/2 oz	Almond, Raw
	2 1/3 tablespoons	Almond Butter, No Salt
Pork	5 oz	Pork Center Loin, Braised, Slo
Poultry	3 oz	Turkey Breast, Roasted
	5 oz	Chicken, Broiler, Breast, Meat, Roasted
Sausages and Lunch Meats	4 oz	Turkey Sausage, Lower Fat, Cooked
Side Dishes	1 1/2 cups	Quinoa, Cooked
Snacks	4 bar	Quest Bar
Soup	2 cups	Chicken & Homestyle Noodle Soup, Rts Progresso
Sport and Diet Nutritionals	2 3/4 oz	Hemp Protein Powder
	4 bar	Quest Bar
Vegetables	2 1/2 cups	Carrot, Baby, Raw
	2 cups	Mustard Greens, Boiled, Drained
	2 oz	Tomato, Raw
	3 leaf	Lettuce, Cos Or Romaine, Raw
	4 oz	Squash, Summer, Crookneck, Boiled, Drained
	5 cups	Lettuce, Cos Or Romaine, Raw
	5 oz	Potato, Boiled, Cooked In Skin, Flesh & Skin
	8 oz	Brussels Sprouts, Boiled, No Salt
Beverages	2 tablespoons	Lemon Juice
Cereal and Grain Products	1 oz	Grain, Quinoa
Fats and Oils	1 tablespoons	Olive Oil
Fruits	1 teaspoons	Lemon Peel, Raw
Ingredients	1/4 teaspoons	Salt, Sea
Poultry	3 oz	Chicken, Breast W/o Skin, Raw
	8 oz	Chicken Breast, Boneless, Roasted, Meat Only
Side Dishes	1/4 cups	Vegetables, Mixed, No Salt Added
Soup	2 cups	Chicken Broth Valley Fresh
Spices	1/2 grams	Basil, Fresh
Vegetables	4 cups	Kale, Raw