

Protein Focused 1750 (B)

Day 1

Day 1							
Meal Label	Meal Time	Calories	Meal Items				
Breakfast	7:00 AM	101	1 large EGG, CHICKEN, SCRAMBLED				
		0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		46	1 tablespoons RAISIN				
		225	3/4 cups OATS, ROLLED, QUICK (OATMEAL)				
		Meal Totals:	Calories: 372	Carbs: 52g (55%)	Protein: 16g (17%)	Fat: 12g (28%)	Fluid: 19oz
Snack	10:00 AM	129	3/4 cups CHEESE, COTTAGE 1%				
		29	1 teaspoons PEANUT BUTTER				
		28	1/2 small APPLE W/SKIN, RAW				
		0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		Meal Totals:	Calories: 186	Carbs: 13g (27%)	Protein: 24g (50%)	Fat: 5g (23%)	Fluid: 25oz
Lunch	12:00 PM	170	1 wrap WRAP, 100% WHOLE WHEAT				
		2	1 leaf LETTUCE, COS OR ROMAINE, RAW				
		27	1 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)				
		0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		161	3 oz TURKEY BREAST, ROASTED				
Meal Totals:	Calories: 360	Carbs: 30g (34%)	Protein: 30g (34%)	Fat: 12g (31%)	Fluid: 20oz		
Snack	3:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED				
		200	1 QUEST BAR				
		45	1/2 small BANANA, RAW				
		Meal Totals:	Calories: 245	Carbs: 33g (51%)	Protein: 16g (25%)	Fat: 7g (24%)	Fluid: 10oz
		Dinner	6:00 PM	115	1/2 cups LENTIL, BOILED, NO ADDED SALT		
0	16 fl oz WATER, DRINKING WATER, PURIFIED						
12	3 flowerets CAULIFLOWER, BOILED, NO SALT						
71	3 oz TUNA, YELLOWFIN, BAKED OR BROILED (AHI)						
20	1/2 teaspoons OLIVE OIL, EXTRA VIRGIN						
119	1/2 cups GRAIN, RICE, WILD, COOKED						
Meal Totals:	Calories: 337	Carbs: 47g (56%)	Protein: 30g (36%)	Fat: 3g (8%)	Fluid: 27oz		
Snack	8:00 PM	0	12 fl oz WATER, DRINKING WATER, PURIFIED				
		43	1/2 cups MELON, CANTALOUPE				
		190	1 cups YOGURT, VANILLA, LOWFAT				
		Meal Totals:	Calories: 233	Carbs: 41g (71%)	Protein: 12g (21%)	Fat: 2g (8%)	Fluid: 16oz
		Day 1 Totals:	Calories: 1733	Carbs: 216g (50%)	Protein: 128g (29%)	Fat: 41g (21%)	Fluid: 117oz

Protein Focused 1750 (B)

Day 2

Day 2							
Meal Label	Meal Time	Calories	Meal Items				
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		203	2 large EGG, CHICKEN, SCRAMBLED				
		69	3/4 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)				
		84	3/4 oz CEREAL, RTE, CHEERIOS, MULTIGRAIN				
		Meal Totals:	Calories: 356	Carbs: 28g (31%)	Protein: 24g (27%)	Fat: 17g (42%)	Fluid: 26oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		130	1 QUEST BAR				
		86	1 large ORANGE, ALL VARIETIES, RAW				
		Meal Totals:	Calories: 216	Carbs: 42g (70%)	Protein: 7g (12%)	Fat: 5g (19%)	Fluid: 22oz
		Lunch	12:00 PM	33	1 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN		
2	16 fl oz ICED TEA, UNSWEETENED						
4	1 oz TOMATO, RAW						
135	3 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED						
151	2 pita BREAD, PITA, WHOLE WHEAT						
23	1/2 oz AVOCADO, RAW						
Meal Totals:	Calories: 348	Carbs: 33g (38%)	Protein: 34g (39%)	Fat: 9g (23%)	Fluid: 22oz		
Snack	3:00 PM	65	3/4 cups MELON, CANTALOUPE				
		0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		190	1 cups YOGURT, VANILLA, LOWFAT				
		Meal Totals:	Calories: 255	Carbs: 46g (74%)	Protein: 12g (19%)	Fat: 2g (7%)	Fluid: 22oz
		Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED		
80	1 cups BEAN, SNAP, BOILED, DRAINED (GREEN)						
92	3 oz BEEF, LOIN, TOP SIRLOIN, LEAN, 0" TRIM, BROILED						
79	4 oz YAM, BOILED OR BAKED, NO SALT						
Meal Totals:	Calories: 251			Carbs: 37g (55%)	Protein: 21g (31%)	Fat: 4g (13%)	Fluid: 28oz
Snack	8:00 PM	35	3/4 cups STRAWBERRY, RAW				
		0	8 fl oz WATER, DRINKING WATER, PURIFIED				
		172	1 cups CHEESE, COTTAGE 1%				
		Meal Totals:	Calories: 207	Carbs: 15g (28%)	Protein: 32g (60%)	Fat: 3g (13%)	Fluid: 19oz
		Day 2 Totals:	Calories: 1633	Carbs: 201g (48%)	Protein: 130g (31%)	Fat: 40g (21%)	Fluid: 139oz

Protein Focused 1750 (B)

Day 3

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	100	1 bagel 100% WHOLE WHEAT BAGEL, MINI 16 fl oz WATER, DRINKING WATER, PURIFIED 1 tablespoons PEANUT BUTTER 1 cups CHEESE, COTTAGE 1%			
		0				
		88				
		172				
Meal Totals:		Calories: 360	Carbs: 29g (31%)	Protein: 38g (40%)	Fat: 12g (29%)	Fluid: 24oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 QUEST BAR 1/2 small BANANA, RAW			
		200				
		45				
Meal Totals:		Calories: 245	Carbs: 33g (51%)	Protein: 16g (25%)	Fat: 7g (24%)	Fluid: 18oz
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 leaf LETTUCE, COS OR ROMAINE, RAW 1 wrap WRAP, 100% WHOLE WHEAT 4 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED, LOWER SODIUM 2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
		2				
		170				
		120				
		67				
Meal Totals:		Calories: 359	Carbs: 27g (27%)	Protein: 41g (41%)	Fat: 14g (32%)	Fluid: 20oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 6 stalk CELERY, RAW 3 tablespoons HUMMUS (SEASONED MASHED CHICKPEA) 10 crackers CRACKER, WHEAT THIN, BAKED			
		34				
		81				
		88				
Meal Totals:		Calories: 203	Carbs: 29g (55%)	Protein: 6g (11%)	Fat: 8g (34%)	Fluid: 28oz
Dinner	6:00 PM	80	1 cups BEAN, SNAP, BOILED, DRAINED (GREEN) 1/4 cups MARINARA PASTA SAUCE, RTS 16 fl oz WATER, DRINKING WATER, PURIFIED 4 oz PASTA, MACARONI WHOLE WHEAT, COOKED ITALIAN SPICED PORK CHOPS (1.5 Servings) 4 dash Pepper, Black, Ground 1/2 teaspoons Paprika 1/2 teaspoons Sage, Ground 1/2 cups Onion, Sweet, Raw 8 oz Pork, Fresh, Loin, Tenderloin Chop Lean, Raw			
		46				
		0				
		142				
		116				
Meal Totals:		Calories: 384	Carbs: 59g (58%)	Protein: 31g (31%)	Fat: 5g (11%)	Fluid: 33oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED 3/4 cups YOGURT, VANILLA, LOWFAT 1 tablespoons PROTEIN POWDER, BROWN RICE 1/2 cups RASPBERRY, RAW			
		143				
		57				
		32				
Meal Totals:		Calories: 232	Carbs: 36g (60%)	Protein: 17g (28%)	Fat: 3g (11%)	Fluid: 10oz
Day 3 Totals:		Calories: 1783	Carbs: 213g (45%)	Protein: 149g (32%)	Fat: 49g (23%)	Fluid: 133oz

Protein Focused 1750 (B)

Day 4

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	90	1 small BANANA, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		203	2 large EGG, CHICKEN, SCRAMBLED			
		75	1/4 cups OATS, ROLLED, QUICK (OATMEAL)			
Meal Totals:	Calories: 368	Carbs: 40g (42%)	Protein: 18g (19%)	Fat: 17g (40%)	Fluid: 23oz	
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		86	1 large ORANGE, ALL VARIETIES, RAW			
		128	3/4 oz COCKTAIL PEANUTS, NO SALT			
Meal Totals:	Calories: 214	Carbs: 27g (46%)	Protein: 7g (12%)	Fat: 11g (42%)	Fluid: 22oz	
Lunch	12:00 PM	154	ITALIAN SPICED PORK CHOPS (2 Servings)			
			4 dash Pepper, Black, Ground			
			1/2 teaspoons Paprika			
			1/2 teaspoons Sage, Ground			
			1/2 cups Onion, Sweet, Raw			
			8 oz Pork, Fresh, Loin, Tenderloin Chop Lean, Raw			
		151	2 roll ROLL, DINNER, WHOLE WHEAT			
		20	1/2 teaspoons OLIVE OIL, EXTRA VIRGIN			
8	1 cups LETTUCE, COS OR ROMAINE, RAW					
0	16 fl oz WATER, DRINKING WATER, PURIFIED					
4	1 oz TOMATO, RAW					
2	1 teaspoons BALSAMIC VINEGAR					
Meal Totals:	Calories: 339	Carbs: 38g (43%)	Protein: 32g (36%)	Fat: 8g (20%)	Fluid: 25oz	
Snack	3:00 PM	130	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: 221	Carbs: 31g (52%)	Protein: 15g (25%)	Fat: 6g (23%)	Fluid: 16oz	
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		20	6 spears ASPARAGUS, BOILED, DRAINED			
		179	3/4 cups GRAIN, RICE, WILD, COOKED			
		108	3 1/2 oz BEEF, LOIN, TOP SIRLOIN, LEAN, 0" TRIM, BROILED			
Meal Totals:	Calories: 307	Carbs: 42g (53%)	Protein: 28g (35%)	Fat: 4g (11%)	Fluid: 26oz	
Snack	8:00 PM	172	1 cups CHEESE, COTTAGE 1%			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		46	1 cups STRAWBERRY, RAW			
Meal Totals:	Calories: 218	Carbs: 18g (32%)	Protein: 32g (56%)	Fat: 3g (12%)	Fluid: 20oz	
Day 4 Totals:	Calories: 1667	Carbs: 196g (45%)	Protein: 132g (30%)	Fat: 49g (25%)	Fluid: 132oz	

Protein Focused 1750 (B)

Day 5

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	203	2 large EGG, CHICKEN, SCRAMBLED			
		84	3/4 oz CEREAL, RTE, CHEERIOS, MULTIGRAIN			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		69	3/4 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		Meal Totals:	Calories: 356	Carbs: 28g (31%)	Protein: 24g (27%)	Fat: 17g (42%)
Snack	10:00 AM	44	1/2 tablespoons PEANUT BUTTER			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		55	1 small APPLE W/SKIN, RAW			
		129	3/4 cups CHEESE, COTTAGE 1%			
		Meal Totals:	Calories: 228	Carbs: 21g (35%)	Protein: 25g (42%)	Fat: 6g (23%)
Lunch	12:00 PM	23	1/2 oz AVOCADO, RAW			
		8	2 oz TOMATO, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		161	3 oz TURKEY BREAST, ROASTED			
		151	2 pita BREAD, PITA, WHOLE WHEAT			
27	1 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)					
Meal Totals:	Calories: 370	Carbs: 36g (40%)	Protein: 31g (35%)	Fat: 10g (25%)	Fluid: 23oz	
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		32	1/2 cups RASPBERRY, RAW			
		190	1 cups YOGURT, VANILLA, LOWFAT			
Meal Totals:	Calories: 222	Carbs: 38g (70%)	Protein: 12g (22%)	Fat: 2g (8%)	Fluid: 18oz	
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		12	3 flowerets CAULIFLOWER, BOILED, NO SALT			
		179	3/4 cups GRAIN, RICE, WILD, COOKED			
		189	MEDITERRANEAN CHICKEN (1 Servings)			
			1/4 teaspoons Black Pepper, Ground 1 teaspoons Oregano, Dried, Leaves 1 clove Garlic, Raw 2 tablespoons Lemon Juice 2 tablespoons Olive Oil 16 oz Chicken Breast, Boneless, Raw, Meat Only			
Meal Totals:	Calories: 380	Carbs: 41g (43%)	Protein: 34g (36%)	Fat: 9g (21%)	Fluid: 26oz	
Snack	8:00 PM	90	1 small BANANA, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		100	1/2 QUEST BAR			
Meal Totals:	Calories: 190	Carbs: 34g (65%)	Protein: 9g (17%)	Fat: 4g (17%)	Fluid: 11oz	
Day 5 Totals:		Calories: 1746	Carbs: 198g (45%)	Protein: 135g (31%)	Fat: 48g (24%)	Fluid: 123oz

Protein Focused 1750 (B)

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) 1 tablespoons PEANUT BUTTER 1 bagel 100% WHOLE WHEAT BAGEL, MINI 8 fl oz WATER, DRINKING WATER, PURIFIED 1 small BANANA, RAW			
		88				
		100				
		0				
		90				
Meal Totals:		Calories: 369	Carbs: 56g (58%)	Protein: 18g (19%)	Fat: 10g (23%)	Fluid: 20oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 tablespoons RAISIN 1 cups CHEESE, COTTAGE 1%			
		46				
		172				
Meal Totals:		Calories: 218	Carbs: 17g (30%)	Protein: 32g (57%)	Fat: 3g (12%)	Fluid: 24oz
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 pita BREAD, PITA, WHOLE WHEAT 1 cups BEAN, SNAP, BOILED, DRAINED (GREEN) MEDITERRANEAN CHICKEN (PALEO) (1 Servings) 1/4 teaspoons Black Pepper, Ground 1 teaspoons Oregano, Dried, Leaves 1 clove Garlic, Raw 2 tablespoons Lemon Juice 2 tablespoons Olive Oil 16 oz Chicken Breast, Boneless, Raw, Meat Only			
		75				
		80				
		189				
Meal Totals:		Calories: 344	Carbs: 35g (39%)	Protein: 33g (36%)	Fat: 10g (25%)	Fluid: 28oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 QUEST BAR 1/2 small APPLE W/SKIN, RAW			
		200				
		28				
Meal Totals:		Calories: 228	Carbs: 28g (48%)	Protein: 15g (26%)	Fat: 7g (27%)	Fluid: 18oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1/4 cups MARINARA PASTA SAUCE, RTS 6 spears ASPARAGUS, BOILED, DRAINED 3 oz PASTA, MACARONI WHOLE WHEAT, COOKED 4 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED			
		46				
		20				
		106				
		123				
Meal Totals:		Calories: 295	Carbs: 34g (47%)	Protein: 25g (34%)	Fat: 6g (19%)	Fluid: 26oz
Snack	8:00 PM	23	1/2 cups STRAWBERRY, RAW 8 fl oz WATER, DRINKING WATER, PURIFIED 1 tablespoons PROTEIN POWDER, BROWN RICE 3/4 cups YOGURT, VANILLA, LOWFAT			
		0				
		57				
		143				
Meal Totals:		Calories: 223	Carbs: 35g (61%)	Protein: 16g (28%)	Fat: 3g (12%)	Fluid: 11oz
Day 6 Totals:		Calories: 1677	Carbs: 205g (47%)	Protein: 139g (32%)	Fat: 39g (20%)	Fluid: 127oz

Protein Focused 1750 (B)

Day 7

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	100	1 bagel 100% WHOLE WHEAT BAGEL, MINI			
		101	1 large EGG, CHICKEN, SCRAMBLED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		91	1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		46	1 cups STRAWBERRY, RAW			
Meal Totals:		Calories: 338	Carbs: 43g (50%)	Protein: 22g (26%)	Fat: 9g (24%)	Fluid: 31oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		34	6 stalk CELERY, RAW			
		88	1 tablespoons PEANUT BUTTER			
		88	10 crackers CRACKER, WHEAT THIN, BAKED			
Meal Totals:		Calories: 210	Carbs: 22g (39%)	Protein: 7g (13%)	Fat: 12g (48%)	Fluid: 27oz
Lunch	12:00 PM	170	1 wrap WRAP, 100% WHOLE WHEAT			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		2	16 fl oz ICED TEA, UNSWEETENED			
		118	4 oz HAM LUNCH MEAT, LOWFAT			
		8	2 oz TOMATO, RAW			
67	2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN					
Meal Totals:		Calories: 368	Carbs: 31g (34%)	Protein: 23g (26%)	Fat: 16g (40%)	Fluid: 23oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		43	1/2 cups MELON, CANTALOUPE			
		57	1 tablespoons PROTEIN POWDER, BROWN RICE			
		143	3/4 cups YOGURT, VANILLA, LOWFAT			
Meal Totals:		Calories: 243	Carbs: 39g (62%)	Protein: 17g (27%)	Fat: 3g (11%)	Fluid: 20oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		39	2 oz YAM, BOILED OR BAKED, NO SALT			
		20	1/2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		80	1 cups BEAN, SNAP, BOILED, DRAINED (GREEN)			
		180	4 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
Meal Totals:		Calories: 319	Carbs: 27g (34%)	Protein: 42g (52%)	Fat: 5g (14%)	Fluid: 28oz
Snack	8:00 PM	90	1 small BANANA, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		172	1 cups CHEESE, COTTAGE 1%			
Meal Totals:		Calories: 262	Carbs: 30g (44%)	Protein: 32g (47%)	Fat: 3g (10%)	Fluid: 18oz
Day 7 Totals:		Calories: 1740	Carbs: 192g (43%)	Protein: 143g (32%)	Fat: 48g (24%)	Fluid: 147oz

Shopping List

Category	Quantity	Item
Accompaniments	1/2 cups	Marinara Pasta Sauce, Rts
	5 teaspoons	Mayonnaise, Olive Oil, Artisan Spectrum
Beef	6 1/2 oz	Beef, Loin, Top Sirloin, Lean, 0" Trim, Broiled
Beverages	4 1/2 cups	Milk, Cow's, Nonfat Vit-d Added (skim)
	32 fl oz	Iced Tea, Unsweetened Generic
	556 fl oz	Water, Drinking Water, Purified
Bread	2 roll	Roll, Dinner, Whole Wheat
	3 bagel	100% Whole Wheat Bagel, Mini Pepperidge Farm
	3 wrap	Wrap, 100% Whole Wheat Sahara
	5 pita	Bread, Pita, Whole Wheat
Cereal and Grain Products	1 cups	Oats, Rolled, Quick (oatmeal) Quaker
	2 cups	Grain, Rice, Wild, Cooked
	7 oz	Pasta, Macaroni Whole Wheat, Cooked
Cereals, Ready to Eat	1 1/2 oz	Cereal, Rte, Cheerios, Multigrain General Mills
Cookies & Crackers	20 crackers	Cracker, Wheat Thin, Baked Nabisco
Dairy Products	5 1/4 cups	Yogurt, Vanilla, Lowfat Mountain High
	6 1/2 cups	Cheese, Cottage 1%
	8 large	Egg, Chicken, Scrambled
Fats and Oils	1 1/2 teaspoons	Olive Oil, Extra Virgin Bertolli
Finfish and Shellfish Products	3 oz	Tuna, Yellowfin, Baked Or Broiled (ahi)
	4 oz	Albacore Tuna In Water, Chunk White, Canned, Lower Sodium Chicken of the Sea
	4 oz	Salmon, Atlantic, Wild, Baked Or Broiled
Fruits	1 cups	Raspberry, Raw
	1 oz	Avocado, Raw
	1 3/4 cups	Melon, Cantaloupe
	2 small	Apple W/skin, Raw
	2 large	Orange, All Varieties, Raw
	2 tablespoons	Raisin
	3 1/4 cups	Strawberry, Raw
	5 small	Banana, Raw
Ingredients	1 teaspoons	Balsamic Vinegar Spectrum
Legumes	1/2 cups	Lentil, Boiled, No Added Salt
	3/4 oz	Cocktail Peanuts, No Salt Planters
	4 cups	Bean, Snap, Boiled, Drained (green)

Continued on next page...

Shopping List

Category	Quantity	Item
	5 tablespoons	Hummus (seasoned Mashed Chickpea)
	11 1/2 teaspoons	Peanut Butter
Poultry	6 oz	Turkey Breast, Roasted
	7 oz	Chicken, Broiler, Breast, Meat, Roasted
Sausages and Lunch Meats	4 oz	Ham Lunch Meat, Lowfat Oscar Mayer
Snacks	2 bar	Quest Bar
Sport and Diet Nutritionals	3 tablespoons	Protein Powder, Brown Rice MLO
	3 1/2 bar	Quest Bar
Vegetables	1 cups	Lettuce, Cos Or Romaine, Raw
	4 leaf	Lettuce, Cos Or Romaine, Raw
	6 flowerets	Cauliflower, Boiled, No Salt
	6 oz	Tomato, Raw
	6 oz	Yam, Boiled Or Baked, No Salt
	12 spears	Asparagus, Boiled, Drained
	12 stalk	Celery, Raw
Beverages	4 tablespoons	Lemon Juice
Fats and Oils	4 tablespoons	Olive Oil
Pork	8 oz	Pork, Fresh, Loin, Tenderloin Chop Lean, Raw
Poultry	32 oz	Chicken Breast, Boneless, Raw, Meat Only
Spices	1/2 teaspoons	Black Pepper, Ground McCormick/Schilling
	1/2 teaspoons	Paprika
	1/2 teaspoons	Sage, Ground
	2 teaspoons	Oregano, Dried, Leaves
	4 dash	Pepper, Black, Ground
Vegetables	1/2 cups	Onion, Sweet, Raw
	2 clove	Garlic, Raw