

Protein Focused 1250 (A)

Day 1

| Day 1 | | | | | | |
|----------------------|-----------|-----------------------|---|---------------------------|-----------------------|---------------------|
| Meal Label | Meal Time | Calories | Meal Items | | | |
| Breakfast | 7:00 AM | 78 | 1 egg EGG, CHICKEN, WHOLE, HARD, BOILED 16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 cups OATS, ROLLED, OLD FASHIONED (OATMEAL) 1/4 cups BLUEBERRY, RAW | | | |
| | | 0 | | | | |
| | | 150 | | | | |
| | | 21 | | | | |
| Meal Totals: | | Calories: 249 | Carbs: 33g (53%) | Protein: 11g (18%) | Fat: 8g (29%) | Fluid: 20oz |
| Snack | 10:00 AM | 55 | 1 small APPLE W/SKIN, RAW 1 tablespoons ALMOND BUTTER, NO SALT 16 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | 101 | | | | |
| | | 0 | | | | |
| | | 0 | | | | |
| Meal Totals: | | Calories: 156 | Carbs: 18g (45%) | Protein: 2g (5%) | Fat: 9g (50%) | Fluid: 21oz |
| Lunch | 12:00 PM | 2 | 1 leaf LETTUCE, COS OR ROMAINE, RAW 2 oz TOMATO, RAW 1 pita BREAD, PITA, WHOLE WHEAT 16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 cups CARROT, BABY, RAW 2 1/2 oz TURKEY BREAST, ROASTED | | | |
| | | 8 | | | | |
| | | 75 | | | | |
| | | 0 | | | | |
| | | 42 | | | | |
| | | 134 | | | | |
| Meal Totals: | | Calories: 261 | Carbs: 17g (32%) | Protein: 23g (43%) | Fat: 6g (25%) | Fluid: 22oz |
| Snack | 3:00 PM | 80 | 1 piece STRING CHEESE 16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 small BANANA, RAW | | | |
| | | 0 | | | | |
| | | 45 | | | | |
| | | 0 | | | | |
| Meal Totals: | | Calories: 125 | Carbs: 13g (38%) | Protein: 8g (23%) | Fat: 6g (39%) | Fluid: 18oz |
| Dinner | 6:00 PM | 41 | 1/2 cups BROCCOLI, BOILED, NO SALT 1/4 cups BEAN, BLACK, BOILED 1/4 cups BROWN RICE, LONG GRAIN, COOKED 16 fl oz WATER, DRINKING WATER, PURIFIED 3 oz TILAPIA, FRESH | | | |
| | | 75 | | | | |
| | | 54 | | | | |
| | | 0 | | | | |
| | | 0 | | | | |
| | | 110 | | | | |
| Meal Totals: | | Calories: 280 | Carbs: 33g (47%) | Protein: 30g (43%) | Fat: 3g (10%) | Fluid: 24oz |
| Snack | 8:00 PM | 0 | 8 fl oz WATER, DRINKING WATER, PURIFIED 4 oz YOGURT, FRUIT, LOW FAT 1 tablespoons WHEY PROTEIN | | | |
| | | 119 | | | | |
| | | 59 | | | | |
| | | 0 | | | | |
| Meal Totals: | | Calories: 178 | Carbs: 22g (48%) | Protein: 17g (37%) | Fat: 3g (15%) | Fluid: 11oz |
| Day 1 Totals: | | Calories: 1249 | Carbs: 136g (44%) | Protein: 91g (30%) | Fat: 35g (26%) | Fluid: 116oz |

Protein Focused 1250 (A)

Day 2

| Day 2 | | | | | | |
|----------------------|-----------|-----------------------|--|---------------------------|-----------------------|---------------------|
| Meal Label | Meal Time | Calories | Meal Items | | | |
| Breakfast | 7:00 AM | 114 | 1 1/3 cups MILK, COW'S, NONFAT (SKIM) 1 cups OAT BRAN FLAKES CEREAL, RTE 16 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | 147 | | | | |
| | | 0 | | | | |
| Meal Totals: | | Calories: 261 | Carbs: 47g (71%) | Protein: 15g (23%) | Fat: 2g (7%) | Fluid: 27oz |
| Snack | 10:00 AM | 86 | 4 oz GRAPE, RAW 1/2 oz ALMOND, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | 82 | | | | |
| | | 0 | | | | |
| Meal Totals: | | Calories: 168 | Carbs: 22g (50%) | Protein: 4g (9%) | Fat: 8g (41%) | Fluid: 21oz |
| Lunch | 12:00 PM | 2 | 1 teaspoons BALSAMIC VINEGAR 1 roll ROLL, DINNER, WHOLE WHEAT 2 tablespoons CRANBERRY, DRIED, SWEETENED 2 cups LETTUCE, COS OR ROMAINE, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 2 1/2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED | | | |
| | | 75 | | | | |
| | | 46 | | | | |
| | | 16 | | | | |
| | | 0 | | | | |
| Meal Totals: | | Calories: 252 | Carbs: 30g (50%) | Protein: 26g (43%) | Fat: 2g (7%) | Fluid: 24oz |
| Snack | 3:00 PM | 81 | 1 pear PEAR, RAW 1 egg EGG, CHICKEN, WHOLE, HARD, BOILED 16 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | 78 | | | | |
| | | 0 | | | | |
| Meal Totals: | | Calories: 159 | Carbs: 22g (55%) | Protein: 7g (17%) | Fat: 5g (28%) | Fluid: 23oz |
| Dinner | 6:00 PM | 41 | 1 cups SPINACH, BOILED, NO SALT 16 fl oz WATER, DRINKING WATER, PURIFIED 3 oz BEEF, FLANK, FLANK STEAK, LEAN, 0" TRIM, BROILED 3 oz SWEET POTATO, BAKED, NO SALT | | | |
| | | 0 | | | | |
| | | 119 | | | | |
| | | 77 | | | | |
| Meal Totals: | | Calories: 237 | Carbs: 25g (42%) | Protein: 23g (39%) | Fat: 5g (19%) | Fluid: 27oz |
| Snack | 8:00 PM | 115 | 2/3 cups CHEESE, COTTAGE 1% 8 fl oz WATER, DRINKING WATER, PURIFIED 3/4 cups BLUEBERRY, RAW | | | |
| | | 0 | | | | |
| | | 62 | | | | |
| Meal Totals: | | Calories: 177 | Carbs: 20g (44%) | Protein: 21g (46%) | Fat: 2g (10%) | Fluid: 17oz |
| Day 2 Totals: | | Calories: 1254 | Carbs: 166g (53%) | Protein: 96g (30%) | Fat: 24g (17%) | Fluid: 139oz |

Protein Focused 1250 (A)

Day 3

| Day 3 | | | | | | |
|----------------------|--|--------------------------|--|-----------------------|---------------------|--|
| Meal Label | Meal Time | Calories | Meal Items | | | |
| Breakfast | 7:00 AM | 86 | 1 cups MILK, COW'S, NONFAT (SKIM) | | | |
| | | 33 | 1/3 tablespoons ALMOND BUTTER, NO SALT | | | |
| | | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | 120 | 1 muffin ENGLISH MUFFIN, 100% WHOLE WHEAT | | | |
| Meal Totals: | Calories: 239 | Carbs: 36g (60%) | Protein: 15g (25%) | Fat: 4g (15%) | Fluid: 25oz | |
| Snack | 10:00 AM | 78 | 1 egg EGG, CHICKEN, WHOLE, HARD, BOILED | | | |
| | | 90 | 1 small BANANA, RAW | | | |
| | | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | | | | | |
| Meal Totals: | Calories: 168 | Carbs: 24g (57%) | Protein: 7g (17%) | Fat: 5g (27%) | Fluid: 21oz | |
| Lunch | 12:00 PM | 17 | 1/2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN | | | |
| | | 8 | 2 oz TOMATO, RAW | | | |
| | | 28 | 1/2 small APPLE W/SKIN, RAW | | | |
| | | 2 | 1 leaf LETTUCE, COS OR ROMAINE, RAW | | | |
| | | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | 80 | 1 slice 100% WHOLE WHEAT BREAD | | | |
| 120 | 4 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED, LOWER SODIUM | | | | | |
| Meal Totals: | Calories: 255 | Carbs: 22g (30%) | Protein: 40g (55%) | Fat: 5g (15%) | Fluid: 24oz | |
| Snack | 3:00 PM | 83 | 1 cups CARROT, BABY, RAW | | | |
| | | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | 80 | 1 piece STRING CHEESE | | | |
| | | | | | | |
| Meal Totals: | Calories: 163 | Carbs: 1g (5%) | Protein: 7g (33%) | Fat: 6g (63%) | Fluid: 16oz | |
| Dinner | 6:00 PM | 39 | 1 cups KALE, BOILED, NO SALT | | | |
| | | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | 71 | 2 oz PASTA, MACARONI WHOLE WHEAT, COOKED | | | |
| | | 20 | 1/2 teaspoons OLIVE OIL, EXTRA VIRGIN | | | |
| | | 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: 254 | Carbs: 23g (35%) | Protein: 34g (52%) | Fat: 4g (14%) | Fluid: 26oz | |
| Snack | 8:00 PM | 39 | 2 teaspoons WHEY PROTEIN | | | |
| | | 31 | 1/2 large PEACH, RAW | | | |
| | | 0 | 8 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | 119 | 4 oz YOGURT, FRUIT, LOW FAT | | | |
| Meal Totals: | Calories: 189 | Carbs: 29g (57%) | Protein: 15g (30%) | Fat: 3g (13%) | Fluid: 14oz | |
| Day 3 Totals: | Calories: 1268 | Carbs: 135g (43%) | Protein: 118g (38%) | Fat: 27g (19%) | Fluid: 126oz | |

Protein Focused 1250 (A)

Day 4

| Day 4 | | | | | | |
|----------------------|-----------|-----------------------|--|---------------------------|-----------------------|---------------------|
| Meal Label | Meal Time | Calories | Meal Items | | | |
| Breakfast | 7:00 AM | 41 | 1/2 cups BLUEBERRY, RAW | | | |
| | | 150 | 1/2 cups OATS, ROLLED, OLD FASHIONED (OATMEAL) | | | |
| | | 78 | 1 egg EGG, CHICKEN, WHOLE, HARD, BOILED | | | |
| | | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| Meal Totals: | | Calories: 269 | Carbs: 39g (57%) | Protein: 12g (17%) | Fat: 8g (26%) | Fluid: 21oz |
| Snack | 10:00 AM | 82 | 1/2 oz ALMOND, RAW | | | |
| | | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | 81 | 1 pear PEAR, RAW | | | |
| Meal Totals: | | Calories: 163 | Carbs: 24g (55%) | Protein: 4g (9%) | Fat: 7g (36%) | Fluid: 22oz |
| Lunch | 12:00 PM | 2 | 1 teaspoons BALSAMIC VINEGAR | | | |
| | | 8 | 1 cups LETTUCE, COS OR ROMAINE, RAW | | | |
| | | 2 | 16 fl oz ICED TEA, UNSWEETENED | | | |
| | | 113 | 1 1/2 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: 249 | Carbs: 27g (43%) | Protein: 32g (50%) | Fat: 2g (7%) | Fluid: 23oz |
| Snack | 3:00 PM | 105 | 1/2 QUEST BAR | | | |
| | | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | 56 | 2/3 cups CARROT, BABY, RAW | | | |
| Meal Totals: | | Calories: 161 | Carbs: 11g (39%) | Protein: 8g (29%) | Fat: 4g (32%) | Fluid: 16oz |
| Dinner | 6:00 PM | 29 | 1 cups ZUCCHINI W/SKIN, BOILED, NO SALT | | | |
| | | 108 | 1/2 cups BROWN RICE, LONG GRAIN, COOKED | | | |
| | | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | 99 | 2 1/2 oz BEEF, FLANK, FLANK STEAK, LEAN, 0" TRIM, BROILED | | | |
| Meal Totals: | | Calories: 236 | Carbs: 29g (50%) | Protein: 18g (31%) | Fat: 5g (19%) | Fluid: 27oz |
| Snack | 8:00 PM | 86 | 4 oz GRAPE, RAW | | | |
| | | 0 | 8 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | 86 | 1/2 cups CHEESE, COTTAGE 1% | | | |
| Meal Totals: | | Calories: 172 | Carbs: 22g (52%) | Protein: 16g (38%) | Fat: 2g (11%) | Fluid: 16oz |
| Day 4 Totals: | | Calories: 1250 | Carbs: 152g (50%) | Protein: 90g (30%) | Fat: 28g (21%) | Fluid: 125oz |

Protein Focused 1250 (A)

Day 5

| Day 5 | | | | | | | | | | | | |
|----------------------|-----------------------|--------------------------|---|--------------------------|----------------------|--------------------|----------------------|-------------------------|---|----------------------|--------------------|--|
| Meal Label | Meal Time | Calories | Meal Items | | | | | | | | | |
| Breakfast | 7:00 AM | 39 | 1/2 large EGG, CHICKEN, HARD-BOILED 1 cups MILK, COW'S, NONFAT (SKIM) 3/4 cups OAT BRAN FLAKES CEREAL, RTE 16 fl oz WATER, DRINKING WATER, PURIFIED | | | | | | | | | |
| | | 86 | | | | | | | | | | |
| | | 110 | | | | | | | | | | |
| | | 0 | | | | | | | | | | |
| | | Meal Totals: | | | | | Calories: 235 | Carbs: 35g (60%) | Protein: 14g (24%) | Fat: 4g (16%) | Fluid: 25oz | |
| Snack | 10:00 AM | 101 | 1 tablespoons ALMOND BUTTER, NO SALT 1 small APPLE W/SKIN, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED | | | | | | | | | |
| | | 55 | | | | | | | | | | |
| | | 0 | | | | | | | | | | |
| | | Meal Totals: | | | | | Calories: 156 | Carbs: 18g (45%) | Protein: 2g (5%) | Fat: 9g (50%) | Fluid: 21oz | |
| | | Lunch | | | | | 12:00 PM | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED 2 oz TOMATO, RAW 1 leaf LETTUCE, COS OR ROMAINE, RAW 3 oz TURKEY BREAST, ROASTED 1/2 pita BREAD, PITA, WHOLE WHEAT 1/2 cups CARROT, BABY, RAW | | | |
| 8 | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | |
| 161 | | | | | | | | | | | | |
| 38 | | | | | | | | | | | | |
| 42 | | | | | | | | | | | | |
| Meal Totals: | Calories: 251 | Carbs: 9g (19%) | Protein: 25g (53%) | Fat: 6g (28%) | Fluid: 22oz | | | | | | | |
| Snack | 3:00 PM | 89 | 3 oz YOGURT, FRUIT, LOW FAT 16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 large PEACH, RAW 1 tablespoons WHEY PROTEIN | | | | | | | | | |
| | | 0 | | | | | | | | | | |
| | | 31 | | | | | | | | | | |
| | | 59 | | | | | | | | | | |
| | | Meal Totals: | | | | | Calories: 179 | Carbs: 24g (54%) | Protein: 16g (36%) | Fat: 2g (10%) | Fluid: 22oz | |
| Dinner | 6:00 PM | 207 | 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 1 roll ROLL, DINNER, WHOLE WHEAT 16 fl oz WATER, DRINKING WATER, PURIFIED | | | | | | | | | |
| | | 75 | | | | | | | | | | |
| | | 0 | | | | | | | | | | |
| | | Meal Totals: | | | | | Calories: 282 | Carbs: 32g (45%) | Protein: 23g (33%) | Fat: 7g (22%) | Fluid: 26oz | |
| | | Snack | | | | | 8:00 PM | 0 | 8 fl oz WATER, DRINKING WATER, PURIFIED 1/2 QUEST BAR 1/2 small BANANA, RAW | | | |
| | | | | | | | | 105 | | | | |
| 45 | | | | | | | | | | | | |
| Meal Totals: | Calories: 150 | | Carbs: 23g (56%) | Protein: 9g (22%) | Fat: 4g (22%) | Fluid: 10oz | | | | | | |
| Day 5 Totals: | Calories: 1253 | Carbs: 141g (47%) | Protein: 89g (29%) | Fat: 32g (24%) | Fluid: 126oz | | | | | | | |

Protein Focused 1250 (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) | | | |
| | | 120 | | | | |
| | | 51 | | | | |
| | | 86 | | | | |
| Meal Totals: | | Calories: 257 | Carbs: 37g (56%) | Protein: 15g (23%) | Fat: 6g (21%) | Fluid: 25oz |
| Snack | 10:00 AM | 129 | 3/4 cups CHEESE, COTTAGE 1% 1/2 cups BLUEBERRY, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED | | | |
| | | 41 | | | | |
| | | 0 | | | | |
| | | | | | | |
| Meal Totals: | | Calories: 170 | Carbs: 16g (36%) | Protein: 24g (54%) | Fat: 2g (10%) | Fluid: 25oz |
| Lunch | 12:00 PM | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 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 | | | |
| | | 38 | | | | |
| | | 207 | | | | |
| | | | | | | |
| Meal Totals: | | Calories: 245 | Carbs: 25g (40%) | Protein: 22g (35%) | Fat: 7g (25%) | Fluid: 26oz |
| Snack | 3:00 PM | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED 2 piece STRING CHEESE 1 small APPLE W/SKIN, RAW | | | |
| | | 160 | | | | |
| | | 55 | | | | |
| | | | | | | |
| Meal Totals: | | Calories: 215 | Carbs: 17g (29%) | Protein: 14g (24%) | Fat: 12g (47%) | Fluid: 20oz |
| Dinner | 6:00 PM | 21 | 1/2 cups SPINACH, BOILED, NO SALT 16 fl oz WATER, DRINKING WATER, PURIFIED 1/4 cups BEAN, BLACK, BOILED 1/4 cups BROWN RICE, LONG GRAIN, COOKED 2 1/2 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED | | | |
| | | 0 | | | | |
| | | 75 | | | | |
| | | 54 | | | | |
| | | 77 | | | | |
| Meal Totals: | | Calories: 227 | Carbs: 28g (51%) | Protein: 20g (37%) | Fat: 3g (12%) | Fluid: 24oz |
| Snack | 8:00 PM | 0 | 8 fl oz WATER, DRINKING WATER, PURIFIED 1/2 QUEST BAR 1/2 small BANANA, RAW | | | |
| | | 105 | | | | |
| | | 45 | | | | |
| | | | | | | |
| Meal Totals: | | Calories: 150 | Carbs: 23g (56%) | Protein: 9g (22%) | Fat: 4g (22%) | Fluid: 10oz |
| Day 6 Totals: | | Calories: 1264 | Carbs: 146g (45%) | Protein: 104g (32%) | Fat: 34g (23%) | Fluid: 130oz |

Protein Focused 1250 (A)

Day 7

| Day 7 | | | | | | | |
|---------------------|--|-------------------------|--|--------------------------|-------------------------------|-----------------------|---------------------|
| Meal Label | Meal Time | Calories | Meal Items | | | | |
| Breakfast | 7:00 AM | 78 | 1 egg EGG, CHICKEN, WHOLE, HARD, BOILED | | | | |
| | | 90 | 1 small BANANA, RAW | | | | |
| | | 89 | 3 oz YOGURT, FRUIT, LOW FAT | | | | |
| | | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED | | | | |
| | | Meal Totals: | Calories: 257 | Carbs: 40g (62%) | Protein: 11g (17%) | Fat: 6g (21%) | Fluid: 24oz |
| Snack | 10:00 AM | 80 | 1 piece STRING CHEESE | | | | |
| | | 83 | 1 cups CARROT, BABY, RAW | | | | |
| | | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED | | | | |
| | | Meal Totals: | Calories: 163 | Carbs: 1g (5%) | Protein: 7g (33%) | Fat: 6g (63%) | Fluid: 16oz |
| | | Lunch | 12:00 PM | 170 | 1 wrap WRAP, 100% WHOLE WHEAT | | |
| 2 | 16 fl oz ICED TEA, UNSWEETENED | | | | | | |
| 17 | 1/2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN | | | | | | |
| 4 | 1 oz TOMATO, RAW | | | | | | |
| 90 | 3 oz ROAST BEEF LUNCHMEAT | | | | | | |
| Meal Totals: | Calories: 283 | Carbs: 28g (38%) | Protein: 19g (26%) | Fat: 12g (36%) | Fluid: 18oz | | |
| Snack | 3:00 PM | 55 | 1 small APPLE W/SKIN, RAW | | | | |
| | | 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED | | | | |
| | | 105 | 1/2 QUEST BAR | | | | |
| | | Meal Totals: | Calories: 160 | Carbs: 26g (60%) | Protein: 8g (19%) | Fat: 4g (21%) | Fluid: 20oz |
| | | Dinner | 6:00 PM | 39 | 1 cups KALE, BOILED, NO SALT | | |
| 0 | 16 fl oz WATER, DRINKING WATER, PURIFIED | | | | | | |
| 77 | 3 oz SWEET POTATO, BAKED, NO SALT | | | | | | |
| 135 | 3 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED | | | | | | |
| Meal Totals: | Calories: 251 | | | Carbs: 25g (38%) | Protein: 34g (52%) | Fat: 3g (10%) | Fluid: 26oz |
| Snack | 8:00 PM | 0 | 8 fl oz WATER, DRINKING WATER, PURIFIED | | | | |
| | | 40 | 1/2 pear PEAR, RAW | | | | |
| | | 129 | 3/4 cups CHEESE, COTTAGE 1% | | | | |
| | | Meal Totals: | Calories: 169 | Carbs: 16g (37%) | Protein: 23g (53%) | Fat: 2g (10%) | Fluid: 17oz |
| | | Day 7 Totals: | Calories: 1283 | Carbs: 136g (44%) | Protein: 102g (33%) | Fat: 33g (24%) | Fluid: 121oz |

Shopping List

| Category | Quantity | Item |
|--------------------------------|------------------|--|
| Accompaniments | 1 teaspoons | Mayonnaise, Olive Oil, Artisan Spectrum |
| Beef | 5 1/2 oz | Beef, Flank, Flank Steak, Lean, 0" Trim, Broiled |
| Beverages | 4 1/3 cups | Milk, Cow's, Nonfat (skim) |
| | 32 fl oz | Iced Tea, Unsweetened Generic |
| | 584 fl oz | Water, Drinking Water, Purified |
| Bread | 1 slice | 100% Whole Wheat Bread Sara Lee |
| | 1 wrap | Wrap, 100% Whole Wheat Sahara |
| | 2 muffin | English Muffin, 100% Whole Wheat Thomas' |
| | 2 1/2 roll | Roll, Dinner, Whole Wheat |
| | 3 pita | Bread, Pita, Whole Wheat |
| Cereal and Grain Products | 1 cups | Brown Rice, Long Grain, Cooked |
| | 1 cups | Oats, Rolled, Old Fashioned (oatmeal) Quaker |
| | 2 oz | Pasta, Macaroni Whole Wheat, Cooked |
| Cereals, Ready to Eat | 1 3/4 cups | Oat Bran Flakes Cereal, Rte Complete All-Bran |
| Dairy Products | 1/2 large | Egg, Chicken, Hard-boiled |
| | 2 2/3 cups | Cheese, Cottage 1% |
| | 5 egg | Egg, Chicken, Whole, Hard, Boiled |
| | 5 piece | String Cheese Kraft |
| | 14 oz | Yogurt, Fruit, Low Fat |
| Fats and Oils | 1/2 teaspoons | Olive Oil, Extra Virgin Bertolli |
| Finfish and Shellfish Products | 2 1/2 oz | Salmon, Atlantic, Wild, Baked Or Broiled |
| | 3 oz | Tilapia, Fresh Wegmans |
| | 4 oz | Albacore Tuna In Water, Chunk White, Canned, Lower Sodium Chicken of the Sea |
| Fruits | 1 large | Peach, Raw |
| | 2 cups | Blueberry, Raw |
| | 2 tablespoons | Cranberry, Dried, Sweetened |
| | 2 1/2 pear | Pear, Raw |
| | 3 1/2 small | Banana, Raw |
| | 4 1/2 small | Apple W/skin, Raw |
| | 8 oz | Grape, Raw |
| Ingredients | 2 teaspoons | Balsamic Vinegar Spectrum |
| Legumes | 1/2 cups | Bean, Black, Boiled |
| Nuts and Seeds | 1 oz | Almond, Raw |
| | 2.83 tablespoons | Almond Butter, No Salt |

Continued on next page...

Shopping List

| Category | Quantity | Item |
|-----------------------------|-------------------|--|
| Poultry | 5 1/2 oz | Chicken, Broiler, Breast, Meat, Roasted |
| | 5 1/2 oz | Turkey Breast, Roasted |
| Sausages and Lunch Meats | 3 oz | Roast Beef Lunchmeat Hillshire Farm |
| Sport and Diet Nutritionals | 2 bar | Quest Bar |
| | 2 2/3 tablespoons | Whey Protein EAS |
| Vegetables | 1/2 cups | Broccoli, Boiled, No Salt |
| | 1 cups | Zucchini W/skin, Boiled, No Salt |
| | 1 1/2 cups | Spinach, Boiled, No Salt |
| | 2 cups | Kale, Boiled, No Salt |
| | 3 2/3 cups | Carrot, Baby, Raw |
| | 3 cups | Lettuce, Cos Or Romaine, Raw |
| | 3 leaf | Lettuce, Cos Or Romaine, Raw |
| | 6 oz | Sweet Potato, Baked, No Salt |
| | 7 oz | Tomato, Raw |
| 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 |