

Protein Focused 1250 (D)

Day 1

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	101	1 large EGG, CHICKEN, SCRAMBLED			
		21	1/4 cups BLUEBERRY, RAW			
		150	1/4 cups OATS, STEEL CUT (OATMEAL)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		Meal Totals:	Calories: 272	Carbs: 33g (49%)	Protein: 12g (18%)	Fat: 10g (33%)
Snack	10:00 AM	45	1 fruit TANGERINE, MANDARIN, RAW			
		86	1/2 cups CHEESE, COTTAGE 1%			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		23	1/2 cups COCONUT WATER			
		Meal Totals:	Calories: 154	Carbs: 18g (48%)	Protein: 17g (46%)	Fat: 1g (6%)
Lunch	12:00 PM	4	1 oz TOMATO, RAW			
		2	16 fl oz ICED TEA, UNSWEETENED			
		75	1 roll ROLL, DINNER, WHOLE WHEAT			
		5	1 teaspoons MUSTARD, PREPARED, DIJON			
		107	2 oz TURKEY BREAST, ROASTED			
		62	3/4 cups CARROT, BABY, RAW			
Meal Totals:	Calories: 255	Carbs: 16g (35%)	Protein: 18g (40%)	Fat: 5g (25%)	Fluid: 22oz	
Snack	3:00 PM	46	1/2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		105	1/2 QUEST BAR			
		0	12 fl oz WATER, DRINKING WATER, PURIFIED			
		Meal Totals:	Calories: 151	Carbs: 16g (42%)	Protein: 13g (34%)	Fat: 4g (24%)
Dinner	6:00 PM	108	1/2 cups BROWN RICE, LONG GRAIN, COOKED			
		77	1/2 cups MIXED VEGETABLES, BOILED, NO SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		53	3 1/2 oz ORANGE ROUGHLY, BAKED OR BROILED			
		Meal Totals:	Calories: 238	Carbs: 37g (63%)	Protein: 17g (29%)	Fat: 2g (8%)
Snack	8:00 PM	17	1 apricot APRICOT, RAW			
		44	1/4 oz ALMONDS, SLIVERED			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		89	3 oz YOGURT, FRUIT, LOW FAT			
		Meal Totals:	Calories: 150	Carbs: 21g (55%)	Protein: 6g (16%)	Fat: 5g (29%)
Day 1 Totals:	Calories: 1220	Carbs: 141g (50%)	Protein: 83g (29%)	Fat: 27g (21%)	Fluid: 117oz	

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Day 2

Day 2							
Meal Label	Meal Time	Calories	Meal Items				
Breakfast	7:00 AM	101	1 large EGG, CHICKEN, SCRAMBLED				
		69	3/4 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)				
		105	3/4 cups GOLEAN CEREAL, RTE				
		0	8 fl oz WATER, DRINKING WATER, PURIFIED				
		Meal Totals:	Calories: 275	Carbs: 32g (41%)	Protein: 25g (32%)	Fat: 9g (26%)	Fluid: 16oz
Snack	10:00 AM	47	2 date DATE, NATURAL & DRY				
		105	1/2 QUEST BAR				
		0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		Meal Totals:	Calories: 152	Carbs: 23g (58%)	Protein: 8g (20%)	Fat: 4g (23%)	Fluid: 17oz
		Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED		
45	1 oz AVOCADO, RAW						
5	1 tablespoons SALSA						
85	1/2 wrap WRAP, 100% WHOLE WHEAT						
75	1/4 cups BEAN, BLACK, BOILED						
67	1 oz TURKEY, GROUND, COOKED						
Meal Totals:	Calories: 277	Carbs: 31g (44%)	Protein: 17g (24%)	Fat: 10g (32%)	Fluid: 21oz		
Snack	3:00 PM	60	2 oz YOGURT, FRUIT, LOW FAT				
		0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		90	1 small BANANA, RAW				
		Meal Totals:	Calories: 150	Carbs: 34g (84%)	Protein: 4g (10%)	Fat: 1g (6%)	Fluid: 21oz
		Dinner	6:00 PM	38	1/2 cups PEAS & CARROTS, BOILED, NO SALT		
0	16 fl oz WATER, DRINKING WATER, PURIFIED						
8	1 cups LETTUCE, COS OR ROMAINE, RAW						
35	1 tablespoons SALAD DRESSING, BALSAMIC ITALIAN VINAIGRETTE						
48	1/4 cups BARLEY, PEARLED, COOKED						
135	3 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED						
Meal Totals:	Calories: 264	Carbs: 24g (36%)	Protein: 32g (48%)	Fat: 5g (17%)	Fluid: 24oz		
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED				
		44	1/4 oz ALMONDS, SLIVERED				
		86	1/2 cups CHEESE, COTTAGE 1%				
		Meal Totals:	Calories: 130	Carbs: 4g (12%)	Protein: 17g (53%)	Fat: 5g (35%)	Fluid: 13oz
Day 2 Totals:	Calories: 1248	Carbs: 148g (45%)	Protein: 103g (31%)	Fat: 34g (23%)	Fluid: 112oz		

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Day 3

Day 3						
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 tablespoons PEANUT BUTTER 1/2 cups MILK, COW'S, NONFAT (SKIM)			
		120				
		88				
		43				
Meal Totals:		Calories: 251	Carbs: 31g (48%)	Protein: 13g (20%)	Fat: 9g (32%)	Fluid: 21oz
Snack	10:00 AM	105	1/2 QUEST BAR 16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 small BANANA, RAW			
		0				
		45				
Meal Totals:		Calories: 150	Carbs: 23g (56%)	Protein: 9g (22%)	Fat: 4g (22%)	Fluid: 18oz
Snack	12:00 PM	33	1 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN 1 teaspoons MUSTARD, PREPARED, DIJON 1 leaf LETTUCE, COS OR ROMAINE, RAW 1/2 wrap WRAP, 100% WHOLE WHEAT 16 fl oz ICED TEA, UNSWEETENED 1/2 small APPLE W/SKIN, RAW 2 1/2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		5				
		2				
		85				
		2				
		28				
Meal Totals:		Calories: 268	Carbs: 22g (35%)	Protein: 26g (41%)	Fat: 7g (25%)	Fluid: 23oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 cups CARROT, BABY, RAW 1 tablespoons HUMMUS (SEASONED MASHED CHICKPEA) 1 piece STRING CHEESE			
		42				
		27				
		80				
Meal Totals:		Calories: 149	Carbs: 4g (14%)	Protein: 8g (29%)	Fat: 7g (57%)	Fluid: 17oz
Dinner	6:00 PM	131	BEEF & BROCCOLI WITH BROWN RICE (0.5 Servings) 1/4 cups Onion, Sweet, Raw 1/4 cups Grain, Rice, Brown, Long-grain, Cooked 1 cups Broccoli Florets, Frozen 1/2 tablespoons Sugar, Brown 1/4 teaspoons Garlic Powder 1 teaspoons Cornstarch 1/4 cups Beef Broth 2 oz Beef, Hip, Sirloin Tip, Lean, 1/4" Trim, Raw 8 fl oz WATER, DRINKING WATER, PURIFIED 1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		0				
		91				
Meal Totals:		Calories: 222	Carbs: 30g (53%)	Protein: 20g (35%)	Fat: 3g (12%)	Fluid: 18oz
Snack	8:00 PM	17	1 apricot APRICOT, RAW 4 oz YOGURT, FRUIT, LOW FAT 8 fl oz WATER, DRINKING WATER, PURIFIED 1/2 oz PROTEIN POWDER, VEGETABLE PROTEIN			
		119				
		0				
		35				
Meal Totals:		Calories: 171	Carbs: 25g (56%)	Protein: 15g (34%)	Fat: 2g (10%)	Fluid: 13oz
Day 3 Totals:		Calories: 1211	Carbs: 135g (45%)	Protein: 91g (31%)	Fat: 32g (24%)	Fluid: 110oz

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Day 4

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	46	1/2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		44	1/4 oz ALMONDS, SLIVERED			
		21	1/4 cups BLUEBERRY, RAW			
		150	1/4 cups OATS, STEEL CUT (OATMEAL)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 261	Carbs: 38g (58%)	Protein: 12g (18%)	Fat: 7g (24%)	Fluid: 23oz
Snack	10:00 AM	86	1/2 cups CHEESE, COTTAGE 1%			
		45	1 fruit TANGERINE, MANDARIN, RAW			
		46	1 cups COCONUT WATER			
Meal Totals:		Calories: 177	Carbs: 23g (53%)	Protein: 18g (42%)	Fat: 1g (5%)	Fluid: 16oz
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		70	2 tablespoons SALAD DRESSING, BALSAMIC ITALIAN VINAIGRETTE			
		131	BEEF & BROCCOLI WITH BROWN RICE (0.5 Servings)			
			1/4 cups Onion, Sweet, Raw 1/4 cups Grain, Rice, Brown, Long-grain, Cooked 1 cups Broccoli Florets, Frozen 1/2 tablespoons Sugar, Brown 1/4 teaspoons Garlic Powder 1 teaspoons Cornstarch 1/4 cups Beef Broth 2 oz Beef, Hip, Sirloin Tip, Lean, 1/4" Trim, Raw			
Meal Totals:		Calories: 217	Carbs: 27g (48%)	Protein: 11g (20%)	Fat: 8g (32%)	Fluid: 22oz
Snack	3:00 PM	105	1/2 QUEST BAR			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		45	1/2 small BANANA, RAW			
Meal Totals:		Calories: 150	Carbs: 23g (56%)	Protein: 9g (22%)	Fat: 4g (22%)	Fluid: 18oz
Dinner	6:00 PM	77	1/2 cups MIXED VEGETABLES, BOILED, NO SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		38	1/2 roll ROLL, DINNER, WHOLE WHEAT			
		143	2 1/2 oz PORK CENTER LOIN, BRAISED, SLO			
Meal Totals:		Calories: 258	Carbs: 22g (35%)	Protein: 25g (40%)	Fat: 7g (25%)	Fluid: 23oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		44	1/4 oz ALMONDS, SLIVERED			
		89	3 oz YOGURT, FRUIT, LOW FAT			
		35	1/2 oz PROTEIN POWDER, VEGETABLE PROTEIN			
Meal Totals:		Calories: 168	Carbs: 17g (39%)	Protein: 15g (35%)	Fat: 5g (26%)	Fluid: 12oz
Day 4 Totals:		Calories: 1231	Carbs: 150g (48%)	Protein: 90g (29%)	Fat: 32g (23%)	Fluid: 114oz

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Day 5

Day 5												
Meal Label	Meal Time	Calories	Meal Items									
Breakfast	7:00 AM	0	8 fl oz WATER, DRINKING WATER, PURIFIED 1 cups GOLEAN CEREAL, RTE 1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)									
		140										
		91										
Meal Totals:		Calories: 231	Carbs: 41g (60%)	Protein: 23g (34%)	Fat: 2g (7%)	Fluid: 16oz						
Snack	10:00 AM	44	1/4 oz ALMONDS, SLIVERED 1/2 cups CHEESE, COTTAGE 1% 16 fl oz WATER, DRINKING WATER, PURIFIED 1/4 cups BLJEBERRY, RAW									
		86										
		0										
		21										
Meal Totals:		Calories: 151	Carbs: 9g (24%)	Protein: 17g (46%)	Fat: 5g (30%)	Fluid: 23oz						
Lunch	12:00 PM	5	1 teaspoons MUSTARD, PREPARED, DIJON 1 roll ROLL, DINNER, WHOLE WHEAT 2 oz HAM LUNCH MEAT, LOWFAT 1 tablespoons SALAD DRESSING, BALSAMIC ITALIAN VINAIGRETTE 1 oz TOMATO, RAW 1 cups LETTUCE, COS OR ROMAINE, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 1 piece STRING CHEESE									
		75										
		59										
		35										
		4										
		8										
		0										
80												
Meal Totals:		Calories: 266	Carbs: 23g (33%)	Protein: 19g (28%)	Fat: 12g (39%)	Fluid: 23oz						
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 cups CARROT, BABY, RAW 1 tablespoons HUMMUS (SEASONED MASHED CHICKPEA) 1/2 oz BEEF JERKY, PREMIUM CUT									
		83										
		27										
		40										
Meal Totals:		Calories: 150	Carbs: 5g (29%)	Protein: 8g (46%)	Fat: 2g (26%)	Fluid: 17oz						
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 1/2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED ADZUKI BEAN SALAD (1 Servings) 1 tablespoons Parsley, Raw 1/4 cups Snap Bean (green Beans) 1 teaspoons Coriander Seed 1 teaspoons Cumin, Ground 1 tablespoons Olive Oil 1 tablespoons Lemon Juice 1 cups Adzuki Bean, Boiled, No Added Salt									
		68										
		224										
		Meal Totals:					Calories: 292	Carbs: 31g (42%)	Protein: 24g (33%)	Fat: 8g (25%)	Fluid: 20oz	
		Snack					8:00 PM	105	1/2 QUEST BAR 8 fl oz WATER, DRINKING WATER, PURIFIED 1/2 small BANANA, RAW			
								0				
45												
Meal Totals:		Calories: 150	Carbs: 23g (56%)	Protein: 9g (22%)	Fat: 4g (22%)	Fluid: 10oz						
Day 5 Totals:		Calories: 1240	Carbs: 132g (43%)	Protein: 100g (33%)	Fat: 33g (24%)	Fluid: 109oz						

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Day 6

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 wrap WRAP, 100% WHOLE WHEAT 1 tablespoons SALSA 1 large EGG, CHICKEN, SCRAMBLED			
		170				
		5				
		101				
Meal Totals:		Calories: 276	Carbs: 29g (43%)	Protein: 12g (18%)	Fat: 12g (40%)	Fluid: 19oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 small BANANA, RAW 3/4 cups CHEESE, COTTAGE 1%			
		45				
		129				
Meal Totals:		Calories: 174	Carbs: 17g (37%)	Protein: 24g (53%)	Fat: 2g (10%)	Fluid: 24oz
Lunch	12:00 PM	224	ADZUKI BEAN SALAD (1 Servings) 1 tablespoons Parsley, Raw 1/4 cups Snap Bean (green Beans) 1 teaspoons Coriander Seed 1 teaspoons Cumin, Ground 1 tablespoons Olive Oil 1 tablespoons Lemon Juice 1 cups Adzuki Bean, Boiled, No Added Salt 1 oz TURKEY BREAST, ROASTED 16 fl oz WATER, DRINKING WATER, PURIFIED			
		54				
		0				
Meal Totals:		Calories: 278	Carbs: 31g (45%)	Protein: 18g (26%)	Fat: 9g (29%)	Fluid: 20oz
Snack	3:00 PM	55	1 small APPLE W/SKIN, RAW 1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM) 8 fl oz WATER, DRINKING WATER, PURIFIED			
		91				
		0				
Meal Totals:		Calories: 146	Carbs: 26g (68%)	Protein: 10g (26%)	Fat: 1g (6%)	Fluid: 20oz
Dinner	6:00 PM	71	2 oz PASTA, MACARONI WHOLE WHEAT, COOKED 1 teaspoons CHEESE, PARMESAN 1 cups SPINACH, BOILED, NO SALT 16 fl oz WATER, DRINKING WATER, PURIFIED 2 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED			
		17				
		41				
		0				
		62				
Meal Totals:		Calories: 191	Carbs: 22g (44%)	Protein: 19g (38%)	Fat: 4g (18%)	Fluid: 26oz
Snack	8:00 PM	47	2 date DATE, NATURAL & DRY 8 fl oz WATER, DRINKING WATER, PURIFIED 1/2 QUEST BAR			
		0				
		105				
Meal Totals:		Calories: 152	Carbs: 23g (58%)	Protein: 8g (20%)	Fat: 4g (23%)	Fluid: 9oz
Day 6 Totals:		Calories: 1217	Carbs: 148g (48%)	Protein: 91g (29%)	Fat: 32g (23%)	Fluid: 118oz

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Day 7

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	12 fl oz WATER, DRINKING WATER, PURIFIED			
		55	1/2 cups ORANGE JUICE			
		101	1 large EGG, CHICKEN, SCRAMBLED			
		120	1 muffin ENGLISH MUFFIN, 100% WHOLE WHEAT			
		Meal Totals:	Calories: 276	Carbs: 37g (54%)	Protein: 14g (20%)	Fat: 8g (26%)
Snack	10:00 AM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		60	2 oz YOGURT, FRUIT, LOW FAT			
		46	1 cups COCONUT WATER			
		45	1/2 small BANANA, RAW			
		Meal Totals:	Calories: 151	Carbs: 32g (80%)	Protein: 6g (15%)	Fat: 1g (6%)
Lunch	12:00 PM	2	16 fl oz ICED TEA, UNSWEETENED			
		85	1/2 wrap WRAP, 100% WHOLE WHEAT			
		10	2 teaspoons MUSTARD, PREPARED, DIJON			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		134	2 1/2 oz TURKEY BREAST, ROASTED			
Meal Totals:	Calories: 234	Carbs: 17g (30%)	Protein: 23g (41%)	Fat: 7g (28%)	Fluid: 21oz	
Snack	3:00 PM	62	3/4 cups CARROT, BABY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		27	1 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		80	1 piece STRING CHEESE			
		Meal Totals:	Calories: 169	Carbs: 4g (14%)	Protein: 8g (29%)	Fat: 7g (57%)
Dinner	6:00 PM	48	1/4 cups BARLEY, PEARLED, COOKED			
		35	1 tablespoons SALAD DRESSING, BALSAMIC ITALIAN VINAIGRETTE			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		57	1/2 cups PEAS & CARROTS, BOILED, NO SALT			
		8	1 cups LETTUCE, COS OR ROMAINE, RAW			
113	2 1/2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED					
Meal Totals:	Calories: 261	Carbs: 28g (42%)	Protein: 29g (44%)	Fat: 4g (14%)	Fluid: 25oz	
Snack	8:00 PM	34	2 apricot APRICOT, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		129	3/4 cups CHEESE, COTTAGE 1%			
Meal Totals:	Calories: 163	Carbs: 13g (31%)	Protein: 24g (58%)	Fat: 2g (11%)	Fluid: 17oz	
Day 7 Totals:		Calories: 1254	Carbs: 131g (44%)	Protein: 104g (35%)	Fat: 29g (22%)	Fluid: 119oz

Shopping List

Category	Quantity	Item
Accompaniments	1 teaspoons	Mayonnaise, Olive Oil, Artisan Spectrum
	2 tablespoons	Salsa
	5 tablespoons	Salad Dressing, Balsamic Italian Vinaigrette Wish-Bone
Beverages	5 teaspoons	Mustard, Prepared, Dijon Grey Poupon
	1/2 cups	Milk, Cow's, Nonfat (skim)
	1/2 cups	Orange Juice
	2 1/2 cups	Coconut Water
	4 3/4 cups	Milk, Cow's, Nonfat Vit-d Added (skim)
	48 fl oz	Iced Tea, Unsweetened Generic
	496 fl oz	Water, Drinking Water, Purified
Bread	2 1/2 wrap	Wrap, 100% Whole Wheat Sahara
	2 muffin	English Muffin, 100% Whole Wheat Thomas'
	2 1/2 roll	Roll, Dinner, Whole Wheat
Cereal and Grain Products	1/2 cups	Barley, Pearled, Cooked
	1/2 cups	Brown Rice, Long Grain, Cooked
	1/2 cups	Oats, Steel Cut (oatmeal) Quaker
	2 oz	Pasta, Macaroni Whole Wheat, Cooked
Cereals, Ready to Eat	1 3/4 cups	Golean Cereal, Rte Kashi
Dairy Products	3 1/2 cups	Cheese, Cottage 1%
	1 teaspoons	Cheese, Parmesan
	3 piece	String Cheese Kraft
	4 large	Egg, Chicken, Scrambled
	14 oz	Yogurt, Fruit, Low Fat
Finfish and Shellfish Products	2 oz	Salmon, Atlantic, Wild, Baked Or Broiled
	3 1/2 oz	Orange Roughy, Baked Or Broiled
Fruits	3/4 cups	Blueberry, Raw
	1 oz	Avocado, Raw
	1 1/2 small	Apple W/skin, Raw
	3 1/2 small	Banana, Raw
	2 fruit	Tangerine, Mandarin, Raw
	4 apricot	Apricot, Raw
	4 date	Date, Natural & Dry
Legumes	1/4 cups	Bean, Black, Boiled
	1 tablespoons	Peanut Butter
	3 tablespoons	Hummus (seasoned Mashed Chickpea)

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Shopping List

Category	Quantity	Item
Nuts and Seeds	1 1/4 oz	Almonds, Slivered Blue Diamond
Pork	2 1/2 oz	Pork Center Loin, Braised, Slo
Poultry	1 oz	Turkey, Ground, Cooked
	5 1/2 oz	Turkey Breast, Roasted
	9 1/2 oz	Chicken, Broiler, Breast, Meat, Roasted
Sausages and Lunch Meats	1/2 oz	Beef Jerky, Premium Cut Pemmican
	2 oz	Ham Lunch Meat, Lowfat Oscar Mayer
Side Dishes	1 cups	Mixed Vegetables, Boiled, No Salt
Sport and Diet Nutritionals	1 oz	Protein Powder, Vegetable Protein MLO
	3 bar	Quest Bar
Vegetables	1/2 cups	Peas & Carrots, Boiled, No Salt
	1/2 cups	Peas & Carrots, Boiled, No Salt
	1 cups	Spinach, Boiled, No Salt
	3 cups	Carrot, Baby, Raw
	2 oz	Tomato, Raw
	3 leaf	Lettuce, Cos Or Romaine, Raw
	5 cups	Lettuce, Cos Or Romaine, Raw
Beef	4 oz	Beef, Hip, Sirloin Tip, Lean, 1/4" Trim, Raw
Beverages	1 tablespoons	Lemon Juice
Cereal and Grain Products	1/2 cups	Grain, Rice, Brown, Long-grain, Cooked
Fats and Oils	1 tablespoons	Olive Oil
Ingredients	1 tablespoons	Sugar, Brown
	2 teaspoons	Comstarch
Legumes	1/4 cups	Snap Bean (green Beans) Frieda's
	1 cups	Adzuki Bean, Boiled, No Added Salt
Soup	1/2 cups	Beef Broth Swanson
Spices	1/2 teaspoons	Garlic Powder
	1 tablespoons	Parsley, Raw
	1 teaspoons	Coriander Seed McCormick/Schilling
	1 teaspoons	Cumin, Ground McCormick/Schilling
Vegetables	1/2 cups	Onion, Sweet, Raw
	2 cups	Broccoli Florets, Frozen Flav-R-Pac