

**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)          |                          |  |                       |                     |
|                     |  | <b>Meal Totals:</b>     | <b>Calories: 372</b>                            | <b>Carbs: 52g (55%)</b>  | <b>Protein: 16g (17%)</b>              | <b>Fat: 12g (28%)</b> | <b>Fluid: 19oz</b>  |
| 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        |                          |  |                       |                     |
|                     |  | <b>Meal Totals:</b>     | <b>Calories: 186</b>                            | <b>Carbs: 13g (27%)</b>  | <b>Protein: 24g (50%)</b>              | <b>Fat: 5g (23%)</b>  | <b>Fluid: 25oz</b>  |
| 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                     |                          |  |                       |                     |
| <b>Meal Totals:</b> | <b>Calories: 360</b>                         | <b>Carbs: 30g (34%)</b> | <b>Protein: 30g (34%)</b>                       | <b>Fat: 12g (31%)</b>    | <b>Fluid: 20oz</b>                     |                       |                     |
| Snack               | 3:00 PM                                      | 0                       | 8 fl oz WATER, DRINKING WATER, PURIFIED         |                          |  |                       |                     |
|                     |  | 200                     | 1 QUEST BAR                                     |                          |  |                       |                     |
|                     |  | 45                      | 1/2 small BANANA, RAW                           |                          |  |                       |                     |
|                     |  | <b>Meal Totals:</b>     | <b>Calories: 245</b>                            | <b>Carbs: 33g (51%)</b>  | <b>Protein: 16g (25%)</b>              | <b>Fat: 7g (24%)</b>  | <b>Fluid: 10oz</b>  |
|                     |  | 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           |                         |   |                          |  |                       |                     |
| <b>Meal Totals:</b> | <b>Calories: 337</b>                         | <b>Carbs: 47g (56%)</b> | <b>Protein: 30g (36%)</b>                       | <b>Fat: 3g (8%)</b>      | <b>Fluid: 27oz</b>                     |                       |                     |
| Snack               | 8:00 PM                                      | 0                       | 12 fl oz WATER, DRINKING WATER, PURIFIED        |                          |  |                       |                     |
|                     |  | 43                      | 1/2 cups MELON, CANTALOUPE                      |                          |  |                       |                     |
|                     |  | 190                     | 1 cups YOGURT, VANILLA, LOWFAT                  |                          |  |                       |                     |
|                     |  | <b>Meal Totals:</b>     | <b>Calories: 233</b>                            | <b>Carbs: 41g (71%)</b>  | <b>Protein: 12g (21%)</b>              | <b>Fat: 2g (8%)</b>   | <b>Fluid: 16oz</b>  |
|                     |  | <b>Day 1 Totals:</b>    | <b>Calories: 1733</b>                           | <b>Carbs: 216g (50%)</b> | <b>Protein: 128g (29%)</b>             | <b>Fat: 41g (21%)</b> | <b>Fluid: 117oz</b> |

**Protein Focused 1750 (B)**

**Day 2**

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

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

**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)                   |                       |                     |  |
| <b>Meal Totals:</b>  | <b>Calories: 368</b>                     | <b>Carbs: 40g (42%)</b>  | <b>Protein: 18g (19%)</b>                                | <b>Fat: 17g (40%)</b> | <b>Fluid: 23oz</b>  |  |
| 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                         |                       |                     |  |
| <b>Meal Totals:</b>  | <b>Calories: 214</b>                     | <b>Carbs: 27g (46%)</b>  | <b>Protein: 7g (12%)</b>                                 | <b>Fat: 11g (42%)</b> | <b>Fluid: 22oz</b>  |  |
| Lunch                | 12:00 PM                                 | 154                      | <b>ITALIAN SPICED PORK CHOPS (2 Servings)</b>            |                       |                     |  |
|                      |  |                          | 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             |                          |  |                       |                     |  |
| <b>Meal Totals:</b>  | <b>Calories: 339</b>                     | <b>Carbs: 38g (43%)</b>  | <b>Protein: 32g (36%)</b>                                | <b>Fat: 8g (20%)</b>  | <b>Fluid: 25oz</b>  |  |
| 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)            |                       |                     |  |
| <b>Meal Totals:</b>  | <b>Calories: 221</b>                     | <b>Carbs: 31g (52%)</b>  | <b>Protein: 15g (25%)</b>                                | <b>Fat: 6g (23%)</b>  | <b>Fluid: 16oz</b>  |  |
| 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 |                       |                     |  |
| <b>Meal Totals:</b>  | <b>Calories: 307</b>                     | <b>Carbs: 42g (53%)</b>  | <b>Protein: 28g (35%)</b>                                | <b>Fat: 4g (11%)</b>  | <b>Fluid: 26oz</b>  |  |
| Snack                | 8:00 PM                                  | 172                      | 1 cups CHEESE, COTTAGE 1%                                |                       |                     |  |
|                      |  | 0                        | 8 fl oz WATER, DRINKING WATER, PURIFIED                  |                       |                     |  |
|                      |  | 46                       | 1 cups STRAWBERRY, RAW                                   |                       |                     |  |
| <b>Meal Totals:</b>  | <b>Calories: 218</b>                     | <b>Carbs: 18g (32%)</b>  | <b>Protein: 32g (56%)</b>                                | <b>Fat: 3g (12%)</b>  | <b>Fluid: 20oz</b>  |  |
| <b>Day 4 Totals:</b> | <b>Calories: 1667</b>                    | <b>Carbs: 196g (45%)</b> | <b>Protein: 132g (30%)</b>                               | <b>Fat: 49g (25%)</b> | <b>Fluid: 132oz</b> |  |

**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)  |                            |                           |                       |
|                      |   | <b>Meal Totals:</b>     | <b>Calories: 356</b>   | <b>Carbs: 28g (31%)</b>    | <b>Protein: 24g (27%)</b> | <b>Fat: 17g (42%)</b> |
| 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%  |                            |                           |                       |
|                      |   | <b>Meal Totals:</b>     | <b>Calories: 228</b>   | <b>Carbs: 21g (35%)</b>    | <b>Protein: 25g (42%)</b> | <b>Fat: 6g (23%)</b>  |
| 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) |                         |  |                            |                           |                       |
| <b>Meal Totals:</b>  | <b>Calories: 370</b>                            | <b>Carbs: 36g (40%)</b> | <b>Protein: 31g (35%)</b>  | <b>Fat: 10g (25%)</b>      | <b>Fluid: 23oz</b>        |                       |
| Snack                | 3:00 PM   | 0                       | 16 fl oz WATER, DRINKING WATER, PURIFIED   |                            |                           |                       |
|                      |   | 32                      | 1/2 cups RASPBERRY, RAW  |                            |                           |                       |
|                      |   | 190                     | 1 cups YOGURT, VANILLA, LOWFAT   |                            |                           |                       |
| <b>Meal Totals:</b>  | <b>Calories: 222</b>                            | <b>Carbs: 38g (70%)</b> | <b>Protein: 12g (22%)</b>  | <b>Fat: 2g (8%)</b>        | <b>Fluid: 18oz</b>        |                       |
| 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                     | <b>MEDITERRANEAN CHICKEN (1 Servings)</b><br>1/4 teaspoons Black Pepper, Ground<br>1 teaspoons Oregano, Dried, Leaves<br>1 clove Garlic, Raw<br>2 tablespoons Lemon Juice<br>2 tablespoons Olive Oil<br>16 oz Chicken Breast, Boneless, Raw, Meat Only |                            |                           |                       |
|                      |   | <b>Meal Totals:</b>     | <b>Calories: 380</b>   | <b>Carbs: 41g (43%)</b>    | <b>Protein: 34g (36%)</b> | <b>Fat: 9g (21%)</b>  |
| Snack                | 8:00 PM   | 90                      | 1 small BANANA, RAW  |                            |                           |                       |
|                      |   | 0                       | 8 fl oz WATER, DRINKING WATER, PURIFIED  |                            |                           |                       |
|                      |   | 100                     | 1/2 QUEST BAR  |                            |                           |                       |
| <b>Meal Totals:</b>  | <b>Calories: 190</b>                            | <b>Carbs: 34g (65%)</b> | <b>Protein: 9g (17%)</b>   | <b>Fat: 4g (17%)</b>       | <b>Fluid: 11oz</b>        |                       |
| <b>Day 5 Totals:</b> |   | <b>Calories: 1746</b>   | <b>Carbs: 198g (45%)</b>   | <b>Protein: 135g (31%)</b> | <b>Fat: 48g (24%)</b>     | <b>Fluid: 123oz</b>   |

**Protein Focused 1750 (B)**

**Day 6**

| <b>Day 6</b>         |           |                       |   |                            |                       |                     |
|----------------------|-----------|-----------------------|---|----------------------------|-----------------------|---------------------|
| Meal Label           | Meal Time | Calories              | Meal Items  |                            |                       |                     |
| Breakfast            | 7:00 AM   | 91                    | 1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)<br>1 tablespoons PEANUT BUTTER<br>1 bagel 100% WHOLE WHEAT BAGEL, MINI<br>8 fl oz WATER, DRINKING WATER, PURIFIED<br>1 small BANANA, RAW  |                            |                       |                     |
|                      |           | 88                    |   |                            |                       |                     |
|                      |           | 100                   |   |                            |                       |                     |
|                      |           | 0                     |   |                            |                       |                     |
|                      |           | 90                    |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 369</b>  | <b>Carbs: 56g (58%)</b>   | <b>Protein: 18g (19%)</b>  | <b>Fat: 10g (23%)</b> | <b>Fluid: 20oz</b>  |
| Snack                | 10:00 AM  | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED<br>1 tablespoons RAISIN<br>1 cups CHEESE, COTTAGE 1%   |                            |                       |                     |
|                      |           | 46                    |   |                            |                       |                     |
|                      |           | 172                   |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 218</b>  | <b>Carbs: 17g (30%)</b>   | <b>Protein: 32g (57%)</b>  | <b>Fat: 3g (12%)</b>  | <b>Fluid: 24oz</b>  |
| Lunch                | 12:00 PM  | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED<br>1 pita BREAD, PITA, WHOLE WHEAT<br>1 cups BEAN, SNAP, BOILED, DRAINED (GREEN)<br><b>MEDITERRANEAN CHICKEN (PALEO) (1 Servings)</b><br>1/4 teaspoons Black Pepper, Ground<br>1 teaspoons Oregano, Dried, Leaves<br>1 clove Garlic, Raw<br>2 tablespoons Lemon Juice<br>2 tablespoons Olive Oil<br>16 oz Chicken Breast, Boneless, Raw, Meat Only |                            |                       |                     |
|                      |           | 75                    |   |                            |                       |                     |
|                      |           | 80                    |   |                            |                       |                     |
|                      |           | 189                   |   |                            |                       |                     |
|                      |           |                       |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 344</b>  | <b>Carbs: 35g (39%)</b>   | <b>Protein: 33g (36%)</b>  | <b>Fat: 10g (25%)</b> | <b>Fluid: 28oz</b>  |
| Snack                | 3:00 PM   | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED<br>1 QUEST BAR<br>1/2 small APPLE W/SKIN, RAW  |                            |                       |                     |
|                      |           | 200                   |   |                            |                       |                     |
|                      |           | 28                    |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 228</b>  | <b>Carbs: 28g (48%)</b>   | <b>Protein: 15g (26%)</b>  | <b>Fat: 7g (27%)</b>  | <b>Fluid: 18oz</b>  |
| Dinner               | 6:00 PM   | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED<br>1/4 cups MARINARA PASTA SAUCE, RTS<br>6 spears ASPARAGUS, BOILED, DRAINED<br>3 oz PASTA, MACARONI WHOLE WHEAT, COOKED<br>4 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED  |                            |                       |                     |
|                      |           | 46                    |   |                            |                       |                     |
|                      |           | 20                    |   |                            |                       |                     |
|                      |           | 106                   |   |                            |                       |                     |
|                      |           | 123                   |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 295</b>  | <b>Carbs: 34g (47%)</b>   | <b>Protein: 25g (34%)</b>  | <b>Fat: 6g (19%)</b>  | <b>Fluid: 26oz</b>  |
| Snack                | 8:00 PM   | 23                    | 1/2 cups STRAWBERRY, RAW<br>8 fl oz WATER, DRINKING WATER, PURIFIED<br>1 tablespoons PROTEIN POWDER, BROWN RICE<br>3/4 cups YOGURT, VANILLA, LOWFAT   |                            |                       |                     |
|                      |           | 0                     |   |                            |                       |                     |
|                      |           | 57                    |   |                            |                       |                     |
|                      |           | 143                   |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 223</b>  | <b>Carbs: 35g (61%)</b>   | <b>Protein: 16g (28%)</b>  | <b>Fat: 3g (12%)</b>  | <b>Fluid: 11oz</b>  |
| <b>Day 6 Totals:</b> |           | <b>Calories: 1677</b> | <b>Carbs: 205g (47%)</b>  | <b>Protein: 139g (32%)</b> | <b>Fat: 39g (20%)</b> | <b>Fluid: 127oz</b> |

**Protein Focused 1750 (B)**

**Day 7**

| <b>Day 7</b>         |  |                       |   |                            |                       |                     |
|----------------------|--|-----------------------|---|----------------------------|-----------------------|---------------------|
| 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                        |                            |                       |                     |
| <b>Meal Totals:</b>  |  | <b>Calories: 338</b>  | <b>Carbs: 43g (50%)</b>                       | <b>Protein: 22g (26%)</b>  | <b>Fat: 9g (24%)</b>  | <b>Fluid: 31oz</b>  |
| 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        |                            |                       |                     |
| <b>Meal Totals:</b>  |  | <b>Calories: 210</b>  | <b>Carbs: 22g (39%)</b>                       | <b>Protein: 7g (13%)</b>   | <b>Fat: 12g (48%)</b> | <b>Fluid: 27oz</b>  |
| 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 |                       |   |                            |                       |                     |
| <b>Meal Totals:</b>  |  | <b>Calories: 368</b>  | <b>Carbs: 31g (34%)</b>                       | <b>Protein: 23g (26%)</b>  | <b>Fat: 16g (40%)</b> | <b>Fluid: 23oz</b>  |
| 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              |                            |                       |                     |
| <b>Meal Totals:</b>  |  | <b>Calories: 243</b>  | <b>Carbs: 39g (62%)</b>                       | <b>Protein: 17g (27%)</b>  | <b>Fat: 3g (11%)</b>  | <b>Fluid: 20oz</b>  |
| 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  |                            |                       |                     |
| <b>Meal Totals:</b>  |  | <b>Calories: 319</b>  | <b>Carbs: 27g (34%)</b>                       | <b>Protein: 42g (52%)</b>  | <b>Fat: 5g (14%)</b>  | <b>Fluid: 28oz</b>  |
| Snack                | 8:00 PM                                    | 90                    | 1 small BANANA, RAW                           |                            |                       |                     |
|                      |  | 0                     | 8 fl oz WATER, DRINKING WATER, PURIFIED       |                            |                       |                     |
|                      |  | 172                   | 1 cups CHEESE, COTTAGE 1%                     |                            |                       |                     |
| <b>Meal Totals:</b>  |  | <b>Calories: 262</b>  | <b>Carbs: 30g (44%)</b>                       | <b>Protein: 32g (47%)</b>  | <b>Fat: 3g (10%)</b>  | <b>Fluid: 18oz</b>  |
| <b>Day 7 Totals:</b> |  | <b>Calories: 1740</b> | <b>Carbs: 192g (43%)</b>                      | <b>Protein: 143g (32%)</b> | <b>Fat: 48g (24%)</b> | <b>Fluid: 147oz</b> |

### 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                                  |