

Protein Focused 1750 (C)

Day 1

Day 1

Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 cups ORANGE JUICE 1/4 cups OATS, ROLLED, OLD FASHIONED (OATMEAL) 2 large EGG, CHICKEN, POACHED			
		110				
		75				
		147				
Meal Totals:		Calories: 332	Carbs: 40g (46%)	Protein: 18g (21%)	Fat: 13g (34%)	Fluid: 27oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 cups YOGURT, VANILLA, LOWFAT 3/4 cups BLUEBERRY, RAW			
		190				
		62				
Meal Totals:		Calories: 252	Carbs: 47g (74%)	Protein: 12g (19%)	Fat: 2g (7%)	Fluid: 20oz
Lunch	12:00 PM	90	2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED 1 teaspoons MUSTARD, PREPARED, DIJON 1 leaf LETTUCE, COS OR ROMAINE, RAW 1 oz TOMATO, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 2 slice 100% WHOLE WHEAT BREAD 1 slice CHEDDAR CHEESE, MEDIUM, SLICE			
		5				
		2				
		4				
		0				
		160				
		80				
Meal Totals:		Calories: 341	Carbs: 30g (36%)	Protein: 32g (39%)	Fat: 9g (25%)	Fluid: 21oz
Snack	3:00 PM	91	1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM) 8 fl oz WATER, DRINKING WATER, PURIFIED 1 3/4 tablespoons CASHEW, RAW			
		0				
		137				
Meal Totals:		Calories: 228	Carbs: 18g (30%)	Protein: 15g (25%)	Fat: 12g (45%)	Fluid: 17oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 4 oz BRUSSELS SPROUTS, BOILED, NO SALT 3/4 cups QUINOA, COOKED 1/2 teaspoons OLIVE OIL, EXTRA VIRGIN 1 1/2 oz SALMON			
		41				
		168				
		20				
		75				
Meal Totals:		Calories: 304	Carbs: 37g (46%)	Protein: 18g (23%)	Fat: 11g (31%)	Fluid: 21oz
Snack	8:00 PM	23	4 large STRAWBERRY, RAW 8 fl oz WATER, DRINKING WATER, PURIFIED 1 1/4 cups CHEESE, COTTAGE 1%			
		0				
		215				
Meal Totals:		Calories: 238	Carbs: 14g (24%)	Protein: 38g (65%)	Fat: 3g (11%)	Fluid: 20oz
Day 1 Totals:		Calories: 1695	Carbs: 186g (43%)	Protein: 133g (31%)	Fat: 50g (26%)	Fluid: 126oz

Protein Focused 1750 (C)

Day 2

Day 2

Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	64	2 oz TURKEY SAUSAGE, LOWER FAT, COOKED 16 fl oz WATER, DRINKING WATER, PURIFIED 1 1/2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM) 1/2 packet OATMEAL EXPRESS, INSTANT, PREPARED			
		0				
		137				
		105				
Meal Totals:		Calories: 306	Carbs: 40g (55%)	Protein: 22g (30%)	Fat: 5g (15%)	Fluid: 31oz
Snack	10:00 AM	55	1 small APPLE W/SKIN, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX 1 tablespoons ALMOND BUTTER, NO SALT			
		0				
		70				
		101				
Meal Totals:		Calories: 226	Carbs: 29g (48%)	Protein: 5g (8%)	Fat: 12g (44%)	Fluid: 21oz
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN 1 leaf LETTUCE, COS OR ROMAINE, RAW 4 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED, LOWER SODIUM 2 pita BREAD, PITA, WHOLE WHEAT 1/2 cups CARROT, BABY, RAW			
		33				
		2				
		120				
		151				
		42				
Meal Totals:		Calories: 348	Carbs: 31g (35%)	Protein: 42g (47%)	Fat: 7g (18%)	Fluid: 21oz
Snack	3:00 PM	60	1 fruit NECTARINE, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 bar PURE PROTEIN BAR, LOW CARB			
		0				
		130				
Meal Totals:		Calories: 190	Carbs: 28g (52%)	Protein: 17g (31%)	Fat: 4g (17%)	Fluid: 21oz
Dinner	6:00 PM	35	1 teaspoons BUTTER 16 fl oz WATER, DRINKING WATER, PURIFIED 3 1/2 oz BEEF, LOIN, T-BONE STEAK, LEAN, 0 TRIM, BROILED 5 oz POTATO, BOILED, COOKED IN SKIN, FLESH & SKIN 1 cups BROCCOLI CUTS, FROZEN			
		0				
		108				
		122				
		25				
		25				
Meal Totals:		Calories: 290	Carbs: 32g (45%)	Protein: 21g (30%)	Fat: 8g (25%)	Fluid: 23oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED 1/2 small BANANA, RAW 3/4 cups YOGURT, VANILLA, LOWFAT 1/2 scoop WHEY PROTEIN			
		45				
		143				
		60				
Meal Totals:		Calories: 248	Carbs: 36g (56%)	Protein: 21g (33%)	Fat: 3g (11%)	Fluid: 10oz
Day 2 Totals:		Calories: 1608	Carbs: 196g (48%)	Protein: 128g (31%)	Fat: 39g (21%)	Fluid: 127oz

Protein Focused 1750 (C)

Day 3

Day 3

Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		80	1 slice 100% WHOLE WHEAT BREAD			
		137	1 1/2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		51	1/2 tablespoons ALMOND BUTTER, NO SALT			
		55	1/2 cups APPLE, RAW			
Meal Totals:		Calories: 323	Carbs: 44g (55%)	Protein: 20g (25%)	Fat: 7g (20%)	Fluid: 24oz
Snack	10:00 AM	140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		41	1/4 oz ALMOND, RAW			
		62	1 cups BLACKBERRY, RAW			
Meal Totals:		Calories: 243	Carbs: 36g (53%)	Protein: 9g (13%)	Fat: 10g (33%)	Fluid: 22oz
Lunch	12:00 PM	20	1/2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		2	16 fl oz ICED TEA, UNSWEETENED			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		2	1 teaspoons BALSAMIC VINEGAR			
		151	2 roll ROLL, DINNER, WHOLE WHEAT			
111	5 slice CHICKEN BREAST OVEN-ROASTED NONFAT SLICED					
Meal Totals:		Calories: 302	Carbs: 36g (45%)	Protein: 30g (38%)	Fat: 6g (17%)	Fluid: 26oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		42	1/2 cups CARROT, BABY, RAW			
		172	1 cups CHEESE, COTTAGE 1%			
		21	1/4 tablespoons PEANUT, DRY ROASTED, NO SALT			
Meal Totals:		Calories: 235	Carbs: 8g (16%)	Protein: 32g (62%)	Fat: 5g (22%)	Fluid: 24oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		75	1 pita BREAD, PITA, WHOLE WHEAT			
		285	CHICKEN & QUINOA WITH VEGETABLES (1 Servings)			
			1 oz Grain, Quinoa			
			2 cups Chicken Broth			
	1/3 cups Vegetables, Mixed, No Salt Added					
	1 grams Basil, Fresh					
	3 oz Chicken, Breast W/o Skin, Raw					
Meal Totals:		Calories: 360	Carbs: 43g (46%)	Protein: 32g (34%)	Fat: 8g (19%)	Fluid: 22oz
Snack	8:00 PM	31	1/2 cups BLACKBERRY, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		143	3/4 cups YOGURT, VANILLA, LOWFAT			
		50	1/2 scoop WHEY PROTEIN SHAKE, ISOLATE			
Meal Totals:		Calories: 224	Carbs: 31g (54%)	Protein: 22g (38%)	Fat: 2g (8%)	Fluid: 11oz
Day 3 Totals:		Calories: 1687	Carbs: 198g (46%)	Protein: 145g (34%)	Fat: 38g (20%)	Fluid: 129oz

Protein Focused 1750 (C)

Day 4

Day 4

Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	170	1 wrap WRAP, 100% WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		55	1/2 cups ORANGE JUICE			
		5	1 tablespoons SALSA			
		183	1/2 cups EGG, CHICKEN, SCRAMBLED			
Meal Totals:		Calories: 413	Carbs: 43g (42%)	Protein: 18g (18%)	Fat: 18g (40%)	Fluid: 24oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		172	1 cups CHEESE, COTTAGE 1%			
		62	3/4 cups BLUEBERRY, RAW			
Meal Totals:		Calories: 234	Carbs: 23g (37%)	Protein: 32g (52%)	Fat: 3g (11%)	Fluid: 27oz
Lunch	12:00 PM	220	2 cups CHICKEN & HOMESTYLE NOODLE SOUP, RTS			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		8	1 cups LETTUCE, COS OR ROMAINE, RAW			
		40	1 teaspoons OLIVE OIL, EXTRA VIRGIN			
		2	1 teaspoons BALSAMIC VINEGAR			
		75	1 pita BREAD, PITA, WHOLE WHEAT			
Meal Totals:		Calories: 345	Carbs: 47g (51%)	Protein: 20g (22%)	Fat: 11g (27%)	Fluid: 19oz
Snack	3:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		91	1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		130	1/2 bar PURE PROTEIN BAR, LOW CARB			
Meal Totals:		Calories: 221	Carbs: 25g (40%)	Protein: 26g (42%)	Fat: 5g (18%)	Fluid: 16oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		54	1/4 cups BROWN RICE, LONG GRAIN, COOKED			
		156	1/2 cups BEAN, NAVY, CANNED			
		119	3 1/4 oz TALAPIA, COOKED			
		25	1 cups BROCCOLI CUTS, FROZEN			
Meal Totals:		Calories: 354	Carbs: 43g (50%)	Protein: 37g (43%)	Fat: 3g (8%)	Fluid: 25oz
Snack	8:00 PM	45	1/2 small BANANA, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		143	3/4 cups YOGURT, VANILLA, LOWFAT			
		50	1/2 scoop WHEY PROTEIN SHAKE, ISOLATE			
Meal Totals:		Calories: 238	Carbs: 36g (58%)	Protein: 22g (35%)	Fat: 2g (7%)	Fluid: 10oz
Day 4 Totals:		Calories: 1805	Carbs: 217g (47%)	Protein: 155g (33%)	Fat: 42g (20%)	Fluid: 121oz

Protein Focused 1750 (C)

Day 5

Day 5

Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 2 oz TURKEY SAUSAGE, LOWER FAT, COOKED 1 1/2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM) 1 cups WHEAT CHEX, RTE			
		64				
		137				
		104				
Meal Totals:		Calories: 305	Carbs: 43g (56%)	Protein: 23g (30%)	Fat: 5g (15%)	Fluid: 29oz
Snack	10:00 AM	51	1/2 tablespoons ALMOND BUTTER, NO SALT 16 fl oz WATER, DRINKING WATER, PURIFIED 3/4 cups YOGURT, VANILLA, LOWFAT 1/2 small APPLE W/SKIN, RAW			
		0				
		143				
		28				
Meal Totals:		Calories: 222	Carbs: 32g (56%)	Protein: 9g (16%)	Fat: 7g (28%)	Fluid: 19oz
Lunch	12:00 PM	151	2 roll ROLL, DINNER, WHOLE WHEAT 1 teaspoons BALSAMIC VINEGAR 2 cups LETTUCE, COS OR ROMAINE, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 teaspoons OLIVE OIL, EXTRA VIRGIN 6 1/4 oz CHICKEN BREAST, RTC			
		2				
		16				
		0				
		20				
Meal Totals:		Calories: 361	Carbs: 33g (36%)	Protein: 42g (46%)	Fat: 7g (17%)	Fluid: 21oz
Snack	3:00 PM	83	1 cups CARROT, BABY, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 3/4 cups CHEESE, COTTAGE 1% 1/4 tablespoons PEANUT, DRY ROASTED, NO SALT			
		0				
		129				
		21				
Meal Totals:		Calories: 233	Carbs: 6g (15%)	Protein: 24g (62%)	Fat: 4g (23%)	Fluid: 23oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 pita BREAD, PITA, WHOLE WHEAT CHOPPED KALE SALAD WITH CHICKEN (1 Servings) 4 cups Kale, Raw 1 teaspoons Lemon Peel, Raw 8 oz Chicken Breast, Boneless, Roasted, Meat Only 1 tablespoons Olive Oil 1/4 teaspoons Salt, Sea 2 tablespoons Lemon Juice			
		38				
		320				
Meal Totals:		Calories: 358	Carbs: 23g (25%)	Protein: 41g (45%)	Fat: 12g (30%)	Fluid: 24oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED 1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX 1 small BANANA, RAW			
		140				
		90				
Meal Totals:		Calories: 230	Carbs: 44g (72%)	Protein: 6g (10%)	Fat: 5g (18%)	Fluid: 11oz
Day 5 Totals:		Calories: 1709	Carbs: 181g (44%)	Protein: 145g (35%)	Fat: 40g (22%)	Fluid: 127oz

Protein Focused 1750 (C)

Day 6

Day 6

Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	91	1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		34	1 teaspoons ALMOND BUTTER, NO SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		160	2 slice 100% WHOLE WHEAT BREAD			
		78	1 egg EGG, CHICKEN, WHOLE, HARD, BOILED			
Meal Totals:		Calories: 363	Carbs: 41g (45%)	Protein: 25g (28%)	Fat: 11g (27%)	Fluid: 27oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		190	1 cups YOGURT, VANILLA, LOWFAT			
		62	3/4 cups BLUEBERRY, RAW			
Meal Totals:		Calories: 252	Carbs: 47g (74%)	Protein: 12g (19%)	Fat: 2g (7%)	Fluid: 20oz
Lunch	12:00 PM	320	CHOPPED KALE SALAD WITH CHICKEN (1 Servings)			
			4 cups Kale, Raw			
			1 teaspoons Lemon Peel, Raw			
			8 oz Chicken Breast, Boneless, Roasted, Meat Only			
			1 tablespoons Olive Oil			
		38	1/4 teaspoons Salt, Sea			
		2	2 tablespoons Lemon Juice			
			1/2 roll ROLL, DINNER, WHOLE WHEAT			
			16 fl oz ICED TEA, UNSWEETENED			
Meal Totals:		Calories: 360	Carbs: 22g (24%)	Protein: 41g (44%)	Fat: 13g (32%)	Fluid: 25oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		129	3/4 cups CHEESE, COTTAGE 1%			
		28	1/2 small APPLE W/SKIN, RAW			
		78	1 tablespoons CASHEW, RAW			
Meal Totals:		Calories: 235	Carbs: 16g (27%)	Protein: 26g (43%)	Fat: 8g (30%)	Fluid: 25oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		18	4 oz SQUASH, SUMMER, CROOKNECK, BOILED, DRAINED			
		92	3 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED			
		162	3/4 cups BROWN RICE, LONG GRAIN, COOKED			
Meal Totals:		Calories: 272	Carbs: 38g (57%)	Protein: 18g (27%)	Fat: 5g (17%)	Fluid: 25oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		46	8 large STRAWBERRY, RAW			
		41	1/4 oz ALMOND, RAW			
		130	1/2 bar PURE PROTEIN BAR, LOW CARB			
Meal Totals:		Calories: 217	Carbs: 26g (41%)	Protein: 19g (30%)	Fat: 8g (29%)	Fluid: 14oz
Day 6 Totals:		Calories: 1699	Carbs: 190g (44%)	Protein: 141g (32%)	Fat: 47g (24%)	Fluid: 136oz

Protein Focused 1750 (C)

Day 7

Day 7

Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		110	1 cups ORANGE JUICE			
		160	2 slice 100% WHOLE WHEAT BREAD			
		17	1/2 teaspoons BUTTER			
		74	3 1/4 tablespoons EGG, CHICKEN, SCRAMBLED			
Meal Totals:		Calories: 361	Carbs: 54g (59%)	Protein: 15g (16%)	Fat: 10g (25%)	Fluid: 27oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		42	1/2 cups CARROT, BABY, RAW			
		129	3/4 cups CHEESE, COTTAGE 1%			
		62	3/4 tablespoons PEANUT, DRY ROASTED, NO SALT			
Meal Totals:		Calories: 233	Carbs: 7g (14%)	Protein: 26g (53%)	Fat: 7g (32%)	Fluid: 23oz
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		5	1 teaspoons MUSTARD, PREPARED, DIJON			
		4	1 oz TOMATO, RAW			
		2	1 leaf LETTUCE, COS OR ROMAINE, RAW			
		170	1 wrap WRAP, 100% WHOLE WHEAT			
161	3 oz TURKEY BREAST, ROASTED					
Meal Totals:		Calories: 342	Carbs: 29g (35%)	Protein: 29g (35%)	Fat: 11g (30%)	Fluid: 21oz
Snack	3:00 PM	23	4 large STRAWBERRY, RAW			
		143	3/4 cups YOGURT, VANILLA, LOWFAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		60	1/2 scoop WHEY PROTEIN			
Meal Totals:		Calories: 226	Carbs: 30g (53%)	Protein: 20g (35%)	Fat: 3g (12%)	Fluid: 19oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		135	3 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		168	3/4 cups QUINOA, COOKED			
		40	1 cups ASPARAGUS, BOILED W/SALT			
Meal Totals:		Calories: 343	Carbs: 36g (42%)	Protein: 38g (45%)	Fat: 5g (13%)	Fluid: 24oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		130	1/2 bar PURE PROTEIN BAR, LOW CARB			
		83	1 cups BLUEBERRY, RAW			
Meal Totals:		Calories: 213	Carbs: 35g (57%)	Protein: 17g (28%)	Fat: 4g (15%)	Fluid: 13oz
Day 7 Totals:		Calories: 1718	Carbs: 191g (45%)	Protein: 145g (34%)	Fat: 40g (21%)	Fluid: 127oz

Shopping List

Category	Quantity	Item
Accompaniments	1 tablespoons	Salsa
	1 teaspoons	Mayonnaise, Olive Oil, Artisan Spectrum
	2 teaspoons	Mustard, Prepared, Dijon Grey Poupon
Beef	3 1/2 oz	Beef, Loin, T-bone Steak, Lean, 0 Trim, Broiled
Beverages	2 1/2 cups	Orange Juice
	7 1/2 cups	Milk, Cow's, Nonfat Vit-d Added (skim)
	32 fl oz	Iced Tea, Unsweetened Generic
	560 fl oz	Water, Drinking Water, Purified
Bread	2 wrap	Wrap, 100% Whole Wheat Sahara
	4 1/2 pita	Bread, Pita, Whole Wheat
	4 1/2 roll	Roll, Dinner, Whole Wheat
	7 slice	100% Whole Wheat Bread Sara Lee
Cereal and Grain Products	1/4 cups	Oats, Rolled, Old Fashioned (oatmeal) Quaker
	1 cups	Brown Rice, Long Grain, Cooked
Cereals, Ready to Eat	1/2 packet	Oatmeal Express, Instant, Prepared Quaker
	1 cups	Wheat Chex, Rte Ralston
Dairy Products	1 egg	Egg, Chicken, Whole, Hard, Boiled
	3/4 cups	Egg, Chicken, Scrambled
	1 slice	Cheddar Cheese, Medium, Slice Sargento
	1 1/2 teaspoons	Butter
	2 large	Egg, Chicken, Poached
	5 3/4 cups	Yogurt, Vanilla, Lowfat Mountain High
Fats and Oils	5 1/2 cups	Cheese, Cottage 1%
	2 1/2 teaspoons	Olive Oil, Extra Virgin Bertolli
	1 1/2 oz	Salmon
Finfish and Shellfish Products	3 oz	Salmon, Atlantic, Wild, Baked Or Broiled
	3 1/4 oz	Talapia, Cooked
	4 oz	Albacore Tuna In Water, Chunk White, Canned, Lower Sodium Chicken of the Sea
Fruits	1/2 cups	Apple, Raw
	1 1/2 cups	Blackberry, Raw
	1 fruit	Nectarine, Raw
	2 small	Apple W/skin, Raw
	2 small	Banana, Raw
	3 1/4 cups	Blueberry, Raw
Ingredients	16 large	Strawberry, Raw
	3 teaspoons	Balsamic Vinegar Spectrum
Legumes	1/2 cups	Bean, Navy, Canned
	1 1/4 tablespoons	Peanut, Dry Roasted, No Salt
Nuts and Seeds	1/2 oz	Almond, Raw

	2 1/3 tablespoons	Almond Butter, No Salt
Poultry	3 oz	Turkey Breast, Roasted
	5 slice	Chicken Breast Oven-roasted Nonfat Sliced
	5 oz	Chicken, Broiler, Breast, Meat, Roasted
	6 1/4 oz	Chicken Breast, Rtc Pilgrim's Pride
Sausages and Lunch Meats	4 oz	Turkey Sausage, Lower Fat, Cooked
Side Dishes	1 1/2 cups	Quinoa, Cooked
Snacks	2 3/4 tablespoons	Cashew, Raw
	2 1/2 bar	Granola Bar, Chewy, Honey Almond Flax Kashi
Soup	2 cups	Chicken & Homestyle Noodle Soup, Rts Progresso
Sport and Diet Nutritionals	1 scoop	Whey Protein
	1 scoop	Whey Protein Shake, Isolate SportPharma
	2 bar	Pure Protein Bar, Low Carb Worldwide Sports Nutrition
Vegetables	2 cups	Broccoli Cuts, Frozen Green Giant
	1 cups	Asparagus, Boiled W/salt
	2 1/2 cups	Carrot, Baby, Raw
	2 oz	Tomato, Raw
	3 leaf	Lettuce, Cos Or Romaine, Raw
	4 oz	Brussels Sprouts, Boiled, No Salt
	4 oz	Squash, Summer, Crookneck, Boiled, Drained
	5 cups	Lettuce, Cos Or Romaine, Raw
	5 oz	Potato, Boiled, Cooked In Skin, Flesh & Skin
Spices	1 grams	Basil, Fresh
Beverages	2 tablespoons	Lemon Juice
Cereal and Grain Products	1 oz	Grain, Quinoa
Fats and Oils	1 tablespoons	Olive Oil
Fruits	1 teaspoons	Lemon Peel, Raw
Ingredients	1/4 teaspoons	Salt, Sea
Poultry	3 oz	Chicken, Breast W/o Skin, Raw
	8 oz	Chicken Breast, Boneless, Roasted, Meat Only
Side Dishes	1/3 cups	Vegetables, Mixed, No Salt Added
Soup	2 cups	Chicken Broth Valley Fresh
Vegetables	4 cups	Kale, Raw