



Eating right, simplified.

1,300 Calorie Plan (Basic) 4meals/day

DAY 1

Breakfast

7:00 AM

strawberry greek yogurt, nonfat	1/2 Cup(s)	95 cal
drinking water	1 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal
whole eggs, poached	1 large	72 cal

MEAL TOTAL: **Calories** 300 cal / **Carbs** 42 g (55%) / **Protein** 21 g (27%) / **Fat** 6 g (18%) / **Fluid** 10

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	6 oz	100 cal
nectarines	2 fruit	120 cal

MEAL TOTAL: **Calories** 220 cal / **Carbs** 35 g (59%) / **Protein** 20 g (35%) / **Fat** 2 g (6%) / **Fluid** 29

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
dijon mustard	1 tsp	5 cal
chicken, boneless, roasted	2 oz	95 cal
tomatoes	1/4 Cup(s)	8 cal
whole wheat bread	2 slice	200 cal
romaine lettuce	2 leaf	2 cal
sharp cheddar, sliced	1/2 slice	55 cal
pretzel sticks, no salt	25 pretzels	73 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 58 g (51%) / **Protein** 30 g (26%) / **Fat** 12 g (23%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
sockeye salmon fish, cooked	3 oz	144 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
quinoa, cooked	1 Cup(s)	222 cal

MEAL TOTAL: **Calories** 454 cal / **Carbs** 45 g (39%) / **Protein** 32 g (28%) / **Fat** 17 g (33%) / **Fluid** 25

NOTES:

DAY 1 TOTAL: Calories 1,412 cal / **Carbs** 179 g (50%) / **Protein** 103 g (28%) / **Fat** 36 g (22%) / **Fluid** 83



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

strawberry greek yogurt, nonfat	1/2 Cup(s)	95 cal
drinking water	1 Cup(s)	0 cal
whole grain bread	1 1/2 slice	180 cal
whole eggs, poached	1 large	72 cal

MEAL TOTAL: **Calories** 347 cal / **Carbs** 45 g (52%) / **Protein** 22 g (26%) / **Fat** 8 g (22%) / **Fluid** 9

NOTES:

Snack

10:00 AM

apples	1 small	55 cal
drinking water	2 Cup(s)	0 cal
almond butter	1 1/2 Tbsp	150 cal

MEAL TOTAL: **Calories** 205 cal / **Carbs** 19 g (37%) / **Protein** 5 g (9%) / **Fat** 12 g (54%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
baby carrots	15 large	79 cal
olive oil, mayonnaise, light	2 tsp	33 cal
tuna fish, very low-sodium, in water	3 oz	84 cal
whole-wheat pita bread	2 small	149 cal

MEAL TOTAL: **Calories** 346 cal / **Carbs** 50 g (55%) / **Protein** 26 g (29%) / **Fat** 6 g (16%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

sweet potato, no salt, baked	3/4 Cup(s)	135 cal
brown rice tortillas	5/8 tortilla	81 cal
spinach, frozen no salt, boiled	1/2 Cup(s)	16 cal
butter, no salt	1/2 Tbsp	51 cal
drinking water	2 Cup(s)	0 cal
beef t-bone, broiled	3 oz	161 cal

MEAL TOTAL: **Calories** 444 cal / **Carbs** 48 g (44%) / **Protein** 28 g (25%) / **Fat** 15 g (31%) / **Fluid** 23

NOTES:

DAY 2 TOTAL: Calories 1,342 cal / **Carbs** 163 g (48%) / **Protein** 82 g (24%) / **Fat** 42 g (28%) / **Fluid** 75



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

almond butter	1 Tbsp	100 cal
skim milk with calcium	1 Cup(s)	86 cal
drinking water	1 Cup(s)	0 cal
nectarines	1 fruit	60 cal
whole wheat bread	1 1/2 slice	150 cal

MEAL TOTAL: **Calories** 396 cal / **Carbs** 59 g (57%) / **Protein** 20 g (19%) / **Fat** 11 g (24%) / **Fluid** 20

NOTES:

Snack

10:00 AM

brown rice cakes	4 cake	139 cal
apples	1 small	55 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 194 cal / **Carbs** 44 g (87%) / **Protein** 3 g (7%) / **Fat** 1 g (6%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

beef t-bone, broiled	3 oz	161 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 Cup(s)	16 cal
extra virgin olive oil	1/2 Tbsp	60 cal
balsamic vinegar	1/2 Tbsp	7 cal
whole wheat dinner rolls	1 roll	74 cal
iced tea, green	16 fl. oz.	0 cal
quinoa, cooked	1/2 Cup(s)	111 cal

MEAL TOTAL: **Calories** 437 cal / **Carbs** 40 g (37%) / **Protein** 30 g (27%) / **Fat** 18 g (36%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

summer squash, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 1/2 small	112 cal
chicken & quinoa with vegetables	1 serving	217 cal

MEAL TOTAL: **Calories** 365 cal / **Carbs** 54 g (58%) / **Protein** 28 g (29%) / **Fat** 5 g (13%) / **Fluid** 27

NOTES:

DAY 3 TOTAL: Calories 1,392 cal / **Carbs** 197 g (55%) / **Protein** 81 g (23%) / **Fat** 36 g (22%) / **Fluid** 91



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DAY 4

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat tortillas	1 tortilla	127 cal
whole eggs, scrambled	1 large	91 cal
salsa, ready to serve	2 Tbsp	10 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 314 cal / **Carbs** 34 g (44%) / **Protein** 19 g (24%) / **Fat** 11 g (32%) / **Fluid** 19

NOTES:

Snack

10:00 AM

nectarines	1 fruit	60 cal
drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal

MEAL TOTAL: **Calories** 182 cal / **Carbs** 19 g (41%) / **Protein** 22 g (48%) / **Fat** 2 g (11%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

whole wheat dinner rolls	2 roll	149 cal
drinking water	2 Cup(s)	0 cal
mixed vegetables, frozen no salt, boiled	3/4 Cup(s)	44 cal
chicken & quinoa with vegetables	1 serving	217 cal

MEAL TOTAL: **Calories** 410 cal / **Carbs** 60 g (58%) / **Protein** 29 g (28%) / **Fat** 7 g (14%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

mustard greens, no salt, boiled	1/2 cup	18 cal
drinking water	2 Cup(s)	0 cal
pork tenderloin, lean, cooked	3 oz	122 cal
wild rice, cooked	1/2 Cup(s)	83 cal
navy beans, no salt, boiled	1/2 Cup(s)	127 cal

MEAL TOTAL: **Calories** 350 cal / **Carbs** 44 g (50%) / **Protein** 35 g (39%) / **Fat** 4 g (11%) / **Fluid** 24

NOTES:

DAY 4 TOTAL: Calories 1,256 cal / **Carbs** 158 g (50%) / **Protein** 105 g (33%) / **Fat** 24 g (17%) / **Fluid** 91



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
whole wheat bagel	1 bagel	250 cal
bacon, low-sodium, cooked	2 slice cooked	87 cal

MEAL TOTAL: **Calories** 423 cal / **Carbs** 61 g (58%) / **Protein** 25 g (24%) / **Fat** 9 g (18%) / **Fluid** 16

NOTES:

Snack

10:00 AM

apples	1 small	55 cal
drinking water	2 Cup(s)	0 cal
almond butter	1 1/2 Tbsp	150 cal

MEAL TOTAL: **Calories** 205 cal / **Carbs** 19 g (37%) / **Protein** 5 g (9%) / **Fat** 12 g (54%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

whole wheat dinner rolls	1 roll	74 cal
pork tenderloin, lean, cooked	3 oz	122 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	1/2 Tbsp	7 cal
extra virgin olive oil	1/2 Tbsp	60 cal
sweet potato, no salt, baked	1/2 Cup(s)	90 cal

MEAL TOTAL: **Calories** 369 cal / **Carbs** 39 g (42%) / **Protein** 28 g (30%) / **Fat** 12 g (28%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

chopped kale salad with chicken	1 serving	262 cal
whole-wheat pita bread	1/2 small	37 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 299 cal / **Carbs** 18 g (23%) / **Protein** 34 g (44%) / **Fat** 11 g (33%) / **Fluid** 22

NOTES:

DAY 5 TOTAL: Calories 1,296 cal / **Carbs** 137 g (42%) / **Protein** 92 g (28%) / **Fat** 44 g (30%) / **Fluid** 81



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

skim milk with calcium	1 Cup(s)	86 cal
whole wheat bread	1 1/2 slice	150 cal
almond butter	1 Tbsp	100 cal
bananas	1 small	90 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 426 cal / **Carbs** 68 g (60%) / **Protein** 20 g (18%) / **Fat** 11 g (22%) / **Fluid** 18

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
nectarines	2 fruit	120 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal

MEAL TOTAL: **Calories** 242 cal / **Carbs** 33 g (53%) / **Protein** 24 g (38%) / **Fat** 3 g (9%) / **Fluid** 29

NOTES:

Lunch

12:00 PM

chopped kale salad with chicken	1 serving	262 cal
whole wheat dinner rolls	1 roll	74 cal
iced tea, green	16 fl. oz.	0 cal

MEAL TOTAL: **Calories** 336 cal / **Carbs** 24 g (28%) / **Protein** 35 g (41%) / **Fat** 12 g (31%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

butter, no salt	1/2 Tbsp	51 cal
wild rice, cooked	1 Cup(s)	166 cal
drinking water	2 Cup(s)	0 cal
salmon, cooked	3 oz	130 cal
summer squash, no salt, boiled	1/2 cup	18 cal

MEAL TOTAL: **Calories** 365 cal / **Carbs** 39 g (42%) / **Protein** 28 g (31%) / **Fat** 11 g (27%) / **Fluid** 25

NOTES:

DAY 6 TOTAL: Calories 1,370 cal / **Carbs** 164 g (47%) / **Protein** 107 g (30%) / **Fat** 37 g (23%) / **Fluid** 94



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

corn tortillas, no salt	2 tortilla	115 cal
american cheese, lower fat	1/2 oz	46 cal
drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
whole eggs, scrambled	1 large	91 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 398 cal / **Carbs** 52 g (51%) / **Protein** 22 g (22%) / **Fat** 12 g (27%) / **Fluid** 22

NOTES:

Snack

10:00 AM

hummus, lower sodium	2 Tbsp	52 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
pretzel sticks, no salt	20 pretzels	58 cal

MEAL TOTAL: **Calories** 190 cal / **Carbs** 35 g (72%) / **Protein** 5 g (11%) / **Fat** 4 g (17%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	2 tsp	33 cal
beef t-bone, broiled	2 oz	107 cal
romaine lettuce	4 leaf	4 cal
whole wheat tortillas	2 tortilla	254 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1/4 Cup(s)	8 cal

MEAL TOTAL: **Calories** 406 cal / **Carbs** 41 g (41%) / **Protein** 23 g (23%) / **Fat** 16 g (36%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	3 oz	142 cal
quinoa, cooked	1 Cup(s)	222 cal

MEAL TOTAL: **Calories** 392 cal / **Carbs** 45 g (46%) / **Protein** 31 g (32%) / **Fat** 10 g (22%) / **Fluid** 25

NOTES:

DAY 7 TOTAL: Calories 1,386 cal / **Carbs** 173 g (49%) / **Protein** 82 g (24%) / **Fat** 42 g (27%) / **Fluid** 91



Eating right, simplified.



1 Servings

chicken & quinoa with vegetables

Ingredients

quinoa, cooked
1/2 Cup(s)

chicken broth soup, low-sodium
1 1/2 Cup(s)

mixed vegetables, frozen no salt, boiled
1/4 Cup(s)

chicken breast skinless
2 2/3 oz

Nutrition Totals

Calories 217 / **Carbs** 23 g / **Protein** 22 g / **Fat** 4 g / **Fluid** 4.8 fl oz

Instructions

Bring the quinoa and chicken broth to a boil in a saucepan; reduce heat to a simmer and cover the pan. Simmer until the broth is absorbed, the quinoa is fluffy, and the white line is visible in the grain, about 12 minutes. Stir in the chicken breast strips and cook until the chicken is still slightly pink in the middle, about 5 more minutes. Remove the chicken meat and set aside. Cook the mixed vegetables in the sauce pan until tender, 5 to 8 minutes. Return chicken to saucepan and sprinkle with basil leaves, and lime juice (optional). Cook until the chicken is fully cooked and hot, about 10 more minutes. Serve over hot quinoa.

Optional Addition (not included in ingredients)

Heat 2 tablespoons of olive oil in a skillet; cook and stir the garlic scapes and onion until onion is translucent, about 5 minutes. Use this base in the skillet to cook the chicken



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Nutrition Label

Chicken & Quinoa With Vegetables	
Amount Per Serving	
Calories	217
% Daily Value*	
Total Fat 3.7g	6%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 55.1mg	18%
Sodium 48.5mg	2%
Total Carbohydrates 22.7g	8%
Dietary Fiber 3.6g	14%
Total Sugar 1.5g	
Protein 21.7g	
Vitamin D 0.7IU	0%
Calcium 27.5mg	3%
Iron 1.8mg	10%
Potassium 453.9mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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4 Servings

chopped kale salad with chicken

Ingredients

kale
6 cup
chicken, boneless, roasted
16 oz
olive oil
2/3 Tbsp
lemon juice
2 Tbsp
black pepper
1 tsp
lemon peel
2 tsp

Nutrition Totals

Calories 1048 / **Carbs** 39 g / **Protein** 131 g / **Fat** 43 g / **Fluid** 22.86 fl oz

Instructions

1. Combine olive oil, lemon juice, lemon zest, and pepper in small bowl.
2. Pour over chopped kale and toss.
3. Divide kale into 4 bowls.
4. Top each bowl of kale with 4 oz of roasted chicken breast.



Eating right, simplified.

Nutrition Label

Chopped Kale Salad With Chicken		
Amount Per Serving		
Calories		262
% Daily Value*		
Total Fat	10.7g	17%
Saturated Fat	2.4g	12%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	123.5mg	5%
Total Carbohydrates	9.8g	3%
Dietary Fiber	3.8g	16%
Total Sugar	2.5g	
Protein	32.7g	
Vitamin D	0IU	0%
Calcium	168.5mg	17%
Iron	2.9mg	16%
Potassium	769.6mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

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Eating right, simplified.

Shopping List

Accompaniments

dijon mustard
1 tsp
olive oil, mayonnaise, light
4 tsp
salsa, ready to serve
2 Tbsp

Beef

beef t-bone, broiled
8 oz

Beverages

drinking water
45 Cup(s)
iced tea, green
32 fl. oz.

Bread

brown rice tortillas
0.63 tortilla
corn tortillas, no salt
2 tortilla
whole-wheat pita bread
4 small
whole grain bread
1.5 slice
whole wheat bagel
1 bagel
whole wheat bread
5 slice
whole wheat dinner rolls
5 roll
whole wheat english muffin
1 muffin
whole wheat tortillas
3 tortilla

Cereal & Grain Products

quinoa, cooked

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Eating right, simplified.

3.5 Cup(s)
wild rice, cooked
1.5 Cup(s)

Dairy & Egg

american cheese, lower fat
0.5 oz
butter, no salt
1 Tbsp
low-fat cottage cheese, 1%
1.5 Cup(s)
plain greek yogurt, nonfat
6 oz
sharp cheddar, sliced
0.5 slice
skim milk with calcium
5 Cup(s)
strawberry greek yogurt, nonfat
1 Cup(s)
whole eggs, poached
2 large
whole eggs, scrambled
2 large

Fats & Oils

extra virgin olive oil
1.5 Tbsp
olive oil
0.34 Tbsp

Finfish & Shellfish

salmon, cooked
3 oz
sockeye salmon fish, cooked
3 oz
tuna fish, very low-sodium, in water
3 oz

Fruits & Juices

apples
3 small
bananas
1 small
lemon juice

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Eating right, simplified.

1 Tbsp
lemon peel
1 tsp
nectarines
7 fruit

Ingredients

balsamic vinegar
1 Tbsp

Legumes & Beans

hummus, lower sodium
2 Tbsp
navy beans, no salt, boiled
0.5 Cup(s)

Nuts & Seeds

almond butter
5 Tbsp

Pork

bacon, low-sodium, cooked
2 slice cooked
pork tenderloin, lean, cooked
6 oz

Poultry

chicken, boneless, roasted
13 oz
chicken breast skinless
5.34 oz

Snacks

brown rice cakes
4 cake
pretzel sticks, no salt
45 pretzels

Soup

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Eating right, simplified.

chicken broth soup, low-sodium
3 Cup(s)

Spices & Herbs

black pepper
0.5 tsp

Vegetables

baby carrots
30 large
brussels sprouts, no salt, boiled
2 Cup(s)
kale
3 cup
mixed vegetables, frozen no salt, boiled
1.25 Cup(s)
mustard greens, no salt, boiled
0.5 cup
romaine lettuce
8 leaf
4 Cup(s)
spinach, frozen no salt, boiled
0.5 Cup(s)
summer squash, no salt, boiled
1.5 cup
sweet potato, no salt, baked
1.25 Cup(s)
tomatoes
0.75 Cup(s)

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