



Eating right, simplified.

1,300 Calorie Plan (Protein 2) 4meals/day

DAY 1

Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
whole grain rolled oats, dry	1/2 Cup(s)	150 cal
cherries	1/2 Cup(s)	37 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 333 cal / **Carbs** 38 g (48%) / **Protein** 21 g (27%) / **Fat** 9 g (25%) / **Fluid** 23

NOTES:

Snack

10:00 AM

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

turkey breast, roasted	6 oz	231 cal
baby carrots	15 large	79 cal
romaine lettuce	3 leaf	3 cal
tomatoes	1/4 Cup(s)	8 cal
whole-wheat pita bread	1 small	74 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 396 cal / **Carbs** 36 g (36%) / **Protein** 55 g (54%) / **Fat** 5 g (10%) / **Fluid** 29

NOTES:

Dinner

6:00 PM

broccoli, no salt, boiled	1/2 Cup(s)	27 cal
cod fish	6 oz	139 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal
wild rice, cooked	1/4 Cup(s)	41 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 382 cal / **Carbs** 35 g (36%) / **Protein** 41 g (43%) / **Fat** 9 g (21%) / **Fluid** 26

NOTES:

DAY 1 TOTAL: Calories 1,315 cal / **Carbs** 129 g (39%) / **Protein** 122 g (37%) / **Fat** 35 g (24%) / **Fluid** 97

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DAY 2

Breakfast

fbbc blueberry muffin smoothie

1 serving

394 cal

7:00 AM

MEAL TOTAL: **Calories** 394 cal / **Carbs** 34 g (33%) / **Protein** 34 g (33%) / **Fat** 16 g (34%) / **Fluid** 1

NOTES:

Snack

drinking water

2 Cup(s)

0 cal

10:00 AM

grapes

1 oz

16 cal

almonds

1 1/2 oz

243 cal

MEAL TOTAL: **Calories** 259 cal / **Carbs** 13 g (19%) / **Protein** 9 g (13%) / **Fat** 21 g (68%) / **Fluid** 17

NOTES:

Lunch

balsamic vinegar

1/4 Tbsp

4 cal

12:00 PM

extra virgin olive oil

1/4 Tbsp

30 cal

baby spinach spring mix

2 Cup(s)

16 cal

chicken, boneless, roasted

5 oz

237 cal

drinking water

2 Cup(s)

0 cal

MEAL TOTAL: **Calories** 286 cal / **Carbs** 3 g (4%) / **Protein** 37 g (54%) / **Fat** 13 g (42%) / **Fluid** 19

NOTES:

Dinner

spinach, no salt, boiled

1 Cup(s)

41 cal

6:00 PM

beef flank, lean, broiled

4 1/4 oz

231 cal

sweet potato, no salt, baked

1 1/2 small

81 cal

drinking water

2 Cup(s)

0 cal

MEAL TOTAL: **Calories** 354 cal / **Carbs** 25 g (28%) / **Protein** 40 g (46%) / **Fat** 11 g (26%) / **Fluid** 26

NOTES:

DAY 2 TOTAL: Calories 1,294 cal / **Carbs** 75 g (23%) / **Protein** 120 g (36%) / **Fat** 60 g (41%) / **Fluid** 64



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

whole wheat english muffin	1/2 muffin	67 cal
almond butter	1 1/2 Tbsp	150 cal
bananas	1 extra small	72 cal

MEAL TOTAL: **Calories** 289 cal / **Carbs** 36 g (49%) / **Protein** 8 g (11%) / **Fat** 13 g (40%) / **Fluid** 3

NOTES:

Snack

10:00 AM

egg, hard boiled	2 large	155 cal
cantaloupe melon	1 2/3 cup	91 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 246 cal / **Carbs** 23 g (36%) / **Protein** 15 g (24%) / **Fat** 11 g (40%) / **Fluid** 27

NOTES:

Lunch

12:00 PM

whole wheat bread	1 slice	100 cal
drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	7 oz	196 cal
romaine lettuce	3 leaf	3 cal
olive oil, mayonnaise, light	1/2 Tbsp	25 cal
apples	1 small	55 cal
tomatoes	1/4 Cup(s)	8 cal

MEAL TOTAL: **Calories** 386 cal / **Carbs** 37 g (36%) / **Protein** 51 g (49%) / **Fat** 7 g (15%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

italian chicken	1 serving	261 cal
baked potato, no salt	1/2 small	64 cal
drinking water	2 Cup(s)	0 cal
macaroni, cooked	1/3 Cup(s)	58 cal

MEAL TOTAL: **Calories** 383 cal / **Carbs** 29 g (30%) / **Protein** 30 g (31%) / **Fat** 17 g (39%) / **Fluid** 22

NOTES:

DAY 3 TOTAL: Calories 1,304 cal / **Carbs** 125 g (37%) / **Protein** 104 g (31%) / **Fat** 48 g (32%) / **Fluid** 72



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

blueberries	1/3 Cup(s)	28 cal
whole grain rolled oats, dry	3/4 Cup(s)	224 cal
egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 398 cal / **Carbs** 50 g (53%) / **Protein** 21 g (22%) / **Fat** 10 g (25%) / **Fluid** 23

NOTES:

Snack

10:00 AM

pears	1 small	79 cal
skim milk with calcium	2 Cup(s)	173 cal

MEAL TOTAL: **Calories** 252 cal / **Carbs** 45 g (69%) / **Protein** 17 g (27%) / **Fat** 1 g (4%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

balsamic vinegar	2 Tbsp	28 cal
whole-wheat pita bread	1 small	74 cal
romaine lettuce	1 Cup(s)	8 cal
iced tea, green	16 fl oz	0 cal
italian chicken	1 serving	261 cal

MEAL TOTAL: **Calories** 372 cal / **Carbs** 24 g (26%) / **Protein** 29 g (32%) / **Fat** 17 g (42%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

beef flank, lean, broiled	5 oz	272 cal
wild rice, cooked	1/2 Cup(s)	83 cal
summer squash, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 25 g (26%) / **Protein** 44 g (45%) / **Fat** 13 g (29%) / **Fluid** 27

NOTES:

DAY 4 TOTAL: Calories 1,413 cal / **Carbs** 144 g (41%) / **Protein** 112 g (32%) / **Fat** 41 g (27%) / **Fluid** 90



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
fbbc cherry almond butter shake	1 serving	299 cal

MEAL TOTAL: **Calories** 299 cal / **Carbs** 30 g (38%) / **Protein** 6 g (8%) / **Fat** 19 g (54%) / **Fluid** 9

NOTES:

Snack

10:00 AM

almond butter	1 Tbsp	100 cal
apples	1 small	55 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 155 cal / **Carbs** 18 g (45%) / **Protein** 3 g (8%) / **Fat** 8 g (47%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
turkey breast, roasted	7 oz	270 cal
whole-wheat pita bread	1 1/3 small	99 cal
tomatoes	1/4 Cup(s)	8 cal
baby carrots	10 large	53 cal
romaine lettuce	3 leaf	3 cal

MEAL TOTAL: **Calories** 433 cal / **Carbs** 35 g (32%) / **Protein** 64 g (57%) / **Fat** 5 g (11%) / **Fluid** 28

NOTES:

Dinner

6:00 PM

chicken vegetable soup	1 serving	335 cal
whole wheat dinner rolls	1 roll	74 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 409 cal / **Carbs** 34 g (33%) / **Protein** 33 g (32%) / **Fat** 16 g (35%) / **Fluid** 25

NOTES:

DAY 5 TOTAL: Calories 1,296 cal / **Carbs** 117 g (35%) / **Protein** 107 g (32%) / **Fat** 48 g (33%) / **Fluid** 81



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

whole wheat english muffin	1/2 muffin	67 cal
almond butter	1 1/3 Tbsp	133 cal
strawberries	1 cup	49 cal

MEAL TOTAL: **Calories** 249 cal / **Carbs** 29 g (46%) / **Protein** 8 g (12%) / **Fat** 12 g (42%) / **Fluid** 5

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cottage cheese, 2% milkfat	1 1/2 Cup(s)	292 cal
blueberries	1/2 Cup(s)	41 cal

MEAL TOTAL: **Calories** 333 cal / **Carbs** 23 g (28%) / **Protein** 41 g (49%) / **Fat** 9 g (23%) / **Fluid** 27

NOTES:

Lunch

12:00 PM

chicken vegetable soup	1 serving	335 cal
whole wheat dinner rolls	1 roll	74 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 409 cal / **Carbs** 34 g (33%) / **Protein** 33 g (32%) / **Fat** 16 g (35%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
black beans, no salt, boiled	1/3 Cup(s)	76 cal
chicken breast, cooked	4 oz	187 cal
spinach, no salt, boiled	1 1/2 Cup(s)	62 cal

MEAL TOTAL: **Calories** 325 cal / **Carbs** 24 g (28%) / **Protein** 48 g (58%) / **Fat** 5 g (14%) / **Fluid** 28

NOTES:

DAY 6 TOTAL: Calories 1,316 cal / **Carbs** 109 g (33%) / **Protein** 130 g (39%) / **Fat** 42 g (28%) / **Fluid** 86



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
bananas	1 extra small	72 cal
skim milk with calcium	2 Cup(s)	173 cal

MEAL TOTAL: **Calories** 322 cal / **Carbs** 43 g (53%) / **Protein** 24 g (29%) / **Fat** 6 g (18%) / **Fluid** 18

NOTES:

Snack

10:00 AM

string cheese, light	2 serving	100 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 179 cal / **Carbs** 21 g (45%) / **Protein** 13 g (29%) / **Fat** 5 g (26%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

whole wheat tortillas	1 tortilla	127 cal
tuna fish, very low-sodium, in water	7 oz	196 cal
bottled water	16 fl oz	0 cal
tomatoes	1/4 Cup(s)	8 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal

MEAL TOTAL: **Calories** 380 cal / **Carbs** 22 g (22%) / **Protein** 49 g (51%) / **Fat** 12 g (27%) / **Fluid** 18

NOTES:

Dinner

6:00 PM

sweet potato, no salt, baked	1 1/2 small	81 cal
chicken, boneless, roasted	6 oz	284 cal
kale, no salt, boiled	2 Cup(s)	73 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 33 g (30%) / **Protein** 49 g (45%) / **Fat** 12 g (25%) / **Fluid** 30

NOTES:

DAY 7 TOTAL: Calories 1,319 cal / **Carbs** 118 g (35%) / **Protein** 136 g (41%) / **Fat** 36 g (24%) / **Fluid** 89



1 Servings

fbbc blueberry muffin smoothie

Ingredients

almond milk (unsweetened)

1 cup(s)

trulean whey isolate protein frosted vanilla cake

1 Scoop

blueberries (frozen)

1/2 cup(s)

spinach

1 Cup(s)

almond butter (unsweetened)

1 tablespoon(s)

old fashioned oats by quaker

1/3 Cup(s)

ground flaxseed

1/3 tablespoons

cinnamon, ground

1/8 tsp

nutmeg, ground

1/8 tsp

Nutrition Totals

Calories 394 / Carbs 34 g / Protein 34 g / Fat 16 g / Fluid 1 fl oz

Instructions

Blend all of the ingredients in a high-speed blender until smooth and serve.



Eating right, simplified.

Nutrition Label

Fbbc Blueberry Muffin Smoothie		
Amount Per Serving		
Calories		394
% Daily Value*		
Total Fat	15.5g	24%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	4mg	1%
Sodium	267.8mg	11%
Total Carbohydrates	33.6g	11%
Dietary Fiber	8.1g	33%
Total Sugar	7.5g	
Protein	33.5g	
Vitamin D	0IU	0%
Calcium	138mg	14%
Iron	2mg	11%
Potassium	282.6mg	
* 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.



1 Servings

italian chicken

Ingredients

garlic
1/2 clove

lemon juice
1 Tbsp

olive oil
1 Tbsp

chicken breast skinless
4 oz

Nutrition Totals

Calories 261 / **Carbs** 2 g / **Protein** 26 g / **Fat** 17 g / **Fluid** 3 fl oz

Instructions

Combine ingredients in a small bowl and place chicken breast in the bowl to marinate. Remember to turn it over occasionally. One hour before serving, heat oven to 450F. Line a baking sheet with foil, and put chicken on. Put pan in oven, reduce heat to 325F. Bake 35-45 minutes.



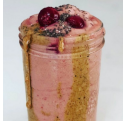
Eating right, simplified.

Nutrition Label

Italian Chicken		
Amount Per Serving		
Calories		261
		% Daily Value*
Total Fat	16.5g	25%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	82.7mg	28%
Sodium	51.7mg	2%
Total Carbohydrates	1.5g	1%
Dietary Fiber	0g	0%
Total Sugar	0.4g	
Protein	25.6g	
Vitamin D	1.1IU	0%
Calcium	9.4mg	1%
Iron	0.5mg	3%
Potassium	400.7mg	
* 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.		



Eating right, simplified.



1 Servings

fbbc cherry almond butter shake

Ingredients

frozen fruit dark sweet cherries by dole

1 Cup(s)

avocado

1/4 avocado

original unsweetened pure almond milk by silk

1 Cup(s)

almond butter, no salt

1 Tbsp

Nutrition Totals

Calories 299 / **Carbs** 30 g / **Protein** 6 g / **Fat** 19 g / **Fluid** 1 fl oz

Instructions

Instructions:

Blend all ingredients in a high-powered blender until smooth.

Top with optional chopped cherry pieces and serve.

Optional toppings: chopped cherry pieces



Eating right, simplified.

Nutrition Label

Fbbc Cherry Almond Butter Shake		
Amount Per Serving		
Calories		299
		% Daily Value*
Total Fat	18.7g	29%
Saturated Fat	1.7g	9%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	152.5mg	6%
Total Carbohydrates	30.2g	10%
Dietary Fiber	9g	36%
Total Sugar	19g	
Protein	6.3g	
Vitamin D	177.4IU	30%
Calcium	357.2mg	36%
Iron	1.5mg	9%
Potassium	397.8mg	
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Eating right, simplified.



2 Servings

chicken vegetable soup

Ingredients

coconut vegetable oil

1 Tbsp

onions

1 medium

zucchini/summer squash

2 cup

chicken, boneless, roasted

8 oz

vegetable stock, no salt added

3 Cup(s)

carrots

1 medium

black pepper

1/2 tsp

oregano, dried

1/2 tsp

parsley (fresh)

1 tablespoon(s)

Nutrition Totals

Calories 669 / **Carbs** 39 g / **Protein** 62 g / **Fat** 30 g / **Fluid** 18 fl oz

Instructions

1. In a large saucepan, cook diced onion, zucchini and carrots in coconut oil until tender.
2. Season with pepper, oregano and parsley.
3. Add cooked chicken and vegetable stock.
4. Simmer over low heat for 15 minutes, stirring occasionally.



Eating right, simplified.

Nutrition Label

Chicken Vegetable Soup	
Amount Per Serving	
Calories	335
% Daily Value*	
Total Fat 14.9g	23%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 162.5mg	7%
Total Carbohydrates 19.4g	6%
Dietary Fiber 3.2g	13%
Total Sugar 13.3g	
Protein 30.8g	
Vitamin D 0IU	0%
Calcium 63.9mg	6%
Iron 2.2mg	12%
Potassium 18947.6mg	
* 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.	



Eating right, simplified.

Shopping List

Accompaniments

olive oil, mayonnaise, light
1.5 Tbsp

Beef

beef flank, lean, broiled
9.25 oz

Beverages

almond milk (unsweetened)
1 cup(s)
bottled water
16 fl oz
drinking water
41 Cup(s)
iced tea, green
16 fl oz

Bread

whole-wheat pita bread
3.33 small
whole wheat bread
1 slice
whole wheat dinner rolls
2 roll
whole wheat english muffin
1 muffin
whole wheat tortillas
1 tortilla

Cereal & Grain Products

macaroni, cooked
0.33 Cup(s)
whole grain rolled oats, dry
1.25 Cup(s)
wild rice, cooked
0.75 Cup(s)

Dairy & Egg

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Eating right, simplified.

cottage cheese, 2% milkfat

1.5 Cup(s)

egg, hard boiled

5 large

egg whites, cooked

8 large

skim milk with calcium

4 Cup(s)

string cheese, light

2 serving

Fats & Oils

coconut vegetable oil

1 Tbsp

extra virgin olive oil

0.75 Tbsp

olive oil

2 Tbsp

Finfish & Shellfish

cod fish

6 oz

tuna fish, very low-sodium, in water

14 oz

Fruits & Juices

apples

3 small

avocado

0.25 avocado

bananas

2 extra small

blueberries

0.83 Cup(s)

blueberries (frozen)

0.5 cup(s)

cantaloupe melon

1.67 cup

cherries

0.5 Cup(s)

grapes

1 oz

lemon juice

2 Tbsp

pears

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Eating right, simplified.

1 small
strawberries
1 cup

Ingredients

balsamic vinegar
2.25 Tbsp

Legumes & Beans

black beans, no salt, boiled
0.83 Cup(s)

Nuts & Seeds

almond butter
5.33 Tbsp
almond butter (unsweetened)
1 tablespoon(s)
almond butter, no salt
1 Tbsp
almonds
1.5 oz

Poultry

chicken, boneless, roasted
19 oz
chicken breast, cooked
4 oz
chicken breast skinless
8 oz
turkey breast, roasted
13 oz

Soup

vegetable stock, no salt added
3 Cup(s)

Spices & Herbs

black pepper
0.5 tsp
cinnamon, ground

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Eating right, simplified.

0.13 tsp
nutmeg, ground
0.13 tsp
oregano, dried
0.5 tsp
parsley (fresh)
1 tablespoon(s)

Sports & Diet Nutritionals

trulean whey isolate protein frosted vanilla cake
1 Scoop

Uncategorized

frozen fruit dark sweet cherries by dole
1 Cup(s)
ground flaxseed
0.33 tablespoons
old fashioned oats by quaker
0.33 Cup(s)
original unsweetened pure almond milk by silk
1 Cup(s)

Vegetables

baby carrots
40 large
baby spinach spring mix
2 Cup(s)
baked potato, no salt
0.5 small
broccoli, no salt, boiled
0.5 Cup(s)
carrots
1 medium
garlic
1 clove
kale, no salt, boiled
2 Cup(s)
onions
1 medium
romaine lettuce
9 leaf
1 Cup(s)
spinach
1 Cup(s)
spinach, no salt, boiled

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Eating right, simplified.

2.5 Cup(s)

summer squash, no salt, boiled

1 cup

sweet potato, no salt, baked

3 small

tomatoes

1 Cup(s)

zucchini/summer squash

2 cup