



Eating right, simplified.

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

DAY 1

Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
extra virgin olive oil	1/2 Tbsp	60 cal
spinach, no salt, boiled	1/2 Cup(s)	21 cal
black tea brewed	2 Cup(s)	5 cal
garlic	1 clove	4 cal
whole grain tortillas	1 tortilla	170 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 419 cal / **Carbs** 51 g (46%) / **Protein** 16 g (15%) / **Fat** 19 g (39%) / **Fluid** 24

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	1/2 oz	92 cal
pears	1 large	119 cal

MEAL TOTAL: **Calories** 211 cal / **Carbs** 34 g (58%) / **Protein** 3 g (5%) / **Fat** 9 g (37%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
tomatoes	1/4 cup	7 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal
tempeh	2 oz	108 cal
extra virgin olive oil	1/2 Tbsp	60 cal
basmati rice, cooked	1/2 Cup(s)	100 cal

MEAL TOTAL: **Calories** 363 cal / **Carbs** 36 g (37%) / **Protein** 14 g (15%) / **Fat** 21 g (48%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
cod fish, cooked	2 oz	60 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
buckwheat groats, cooked	1/2 Cup(s)	77 cal
black eyed peas	1/2 Cup(s)	45 cal
sweet potato, no salt, baked	1/2 Cup(s)	90 cal

MEAL TOTAL: **Calories** 360 cal / **Carbs** 51 g (55%) / **Protein** 23 g (24%) / **Fat** 9 g (21%) / **Fluid** 25

NOTES:

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Eating right, simplified.

DAY 1 TOTAL: **Calories** 1,353 cal / **Carbs** 172 g (48%) / **Protein** 56 g (16%) / **Fat** 58 g (36%) / **Fluid** 92

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DAY 2

Breakfast

fbbc avocado super shake

1 serving

429 cal

7:00 AM

MEAL TOTAL: **Calories** 429 cal / **Carbs** 44 g (40%) / **Protein** 31 g (28%) / **Fat** 16 g (32%) / **Fluid** 2

NOTES:

Snack

drinking water

2 Cup(s)

0 cal

10:00 AM

grapes

3 oz

48 cal

almonds

1/2 oz

81 cal

pears

1/2 large

60 cal

MEAL TOTAL: **Calories** 189 cal / **Carbs** 31 g (59%) / **Protein** 4 g (8%) / **Fat** 8 g (33%) / **Fluid** 21

NOTES:

Lunch

extra virgin olive oil

1/2 Tbsp

60 cal

12:00 PM

romaine lettuce

2 Cup(s)

16 cal

drinking water

2 Cup(s)

0 cal

tomatoes

1/2 cup

13 cal

sweet potato, no salt, baked

1/2 Cup(s)

90 cal

atlantic herring, cooked

3 oz

173 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 27 g (30%) / **Protein** 23 g (26%) / **Fat** 17 g (44%) / **Fluid** 26

NOTES:

Dinner

iced tea, green

2 Cup(s)

0 cal

6:00 PM

indian eggplant curry

1/2 serving

152 cal

basmati rice, cooked

1 Cup(s)

200 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 65 g (71%) / **Protein** 8 g (8%) / **Fat** 9 g (21%) / **Fluid** 24

NOTES:

DAY 2 TOTAL: **Calories** 1,322 cal / **Carbs** 166 g (49%) / **Protein** 66 g (19%) / **Fat** 49 g (32%) / **Fluid** 73



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
blueberries	1/2 Cup(s)	41 cal
plain greek yogurt, nonfat	3 oz	50 cal
sunflower flax bread	1 slice	135 cal
chunky peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 321 cal / **Carbs** 39 g (46%) / **Protein** 18 g (22%) / **Fat** 12 g (32%) / **Fluid** 21

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	3/4 oz	137 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 206 cal / **Carbs** 20 g (36%) / **Protein** 4 g (8%) / **Fat** 14 g (56%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
extra virgin olive oil	1 Tbsp	120 cal
edamame soybeans, shelled	1/2 Cup(s)	60 cal
tomatoes	1/2 cup	13 cal
lemon juice	2 Tbsp	7 cal
chicken breast, boneless skinless	4 oz	122 cal
buckwheat groats, cooked	1/2 Cup(s)	77 cal

MEAL TOTAL: **Calories** 416 cal / **Carbs** 29 g (27%) / **Protein** 33 g (30%) / **Fat** 21 g (43%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
indian eggplant curry	1/2 serving	152 cal
basmati rice, cooked	1 Cup(s)	200 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 65 g (71%) / **Protein** 8 g (8%) / **Fat** 9 g (21%) / **Fluid** 24

NOTES:

DAY 3 TOTAL: Calories 1,294 cal / **Carbs** 152 g (44%) / **Protein** 63 g (19%) / **Fat** 56 g (37%) / **Fluid** 92



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

blueberries	1/4 Cup(s)	21 cal
drinking water	2 Cup(s)	0 cal
breakfast stuffed peppers	1 serving	189 cal
sunflower flax bread	1 slice	135 cal

MEAL TOTAL: **Calories** 345 cal / **Carbs** 36 g (40%) / **Protein** 17 g (19%) / **Fat** 16 g (41%) / **Fluid** 21

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
pears	1 large	119 cal
walnuts	1/2 oz	92 cal

MEAL TOTAL: **Calories** 211 cal / **Carbs** 34 g (58%) / **Protein** 3 g (5%) / **Fat** 9 g (37%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
iced tea, green	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
whole grain tortillas	1 tortilla	170 cal
tuna fish, very low-sodium, in water	2 oz	56 cal
tomatoes	1/2 cup	13 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 376 cal / **Carbs** 49 g (49%) / **Protein** 21 g (21%) / **Fat** 13 g (30%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

salmon, cooked	3 oz	130 cal
black tea brewed	2 Cup(s)	5 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
beets	1/2 Cup(s)	29 cal
black eyed peas	1/2 Cup(s)	45 cal
basmati rice, cooked	3/4 Cup(s)	150 cal

MEAL TOTAL: **Calories** 387 cal / **Carbs** 57 g (58%) / **Protein** 30 g (31%) / **Fat** 5 g (11%) / **Fluid** 22

NOTES:

DAY 4 TOTAL: Calories 1,319 cal / **Carbs** 176 g (50%) / **Protein** 71 g (21%) / **Fat** 44 g (29%) / **Fluid** 89



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
breakfast stuffed peppers	1 serving	189 cal
sunflower flax bread	1 slice	135 cal

MEAL TOTAL: **Calories** 324 cal / **Carbs** 31 g (37%) / **Protein** 17 g (20%) / **Fat** 16 g (43%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
pears	1 large	119 cal
walnuts	3/4 oz	137 cal

MEAL TOTAL: **Calories** 256 cal / **Carbs** 35 g (49%) / **Protein** 4 g (6%) / **Fat** 14 g (45%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1/2 cup	13 cal
romaine lettuce	1 Cup(s)	8 cal
chicken breast, boneless skinless	2 oz	61 cal
whole grain tortillas	1 tortilla	170 cal
red peppers	1 medium	37 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 358 cal / **Carbs** 56 g (60%) / **Protein** 21 g (22%) / **Fat** 8 g (18%) / **Fluid** 29

NOTES:

Dinner

6:00 PM

shrimp, cooked	2 oz	67 cal
edamame soybeans, shelled	1/2 Cup(s)	60 cal
extra virgin olive oil	1/2 Tbsp	60 cal
iced tea, green	2 Cup(s)	0 cal
basmati rice, cooked	3/4 Cup(s)	150 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal

MEAL TOTAL: **Calories** 366 cal / **Carbs** 45 g (49%) / **Protein** 23 g (25%) / **Fat** 11 g (26%) / **Fluid** 20

NOTES:

DAY 5 TOTAL: Calories 1,304 cal / **Carbs** 167 g (49%) / **Protein** 65 g (19%) / **Fat** 49 g (32%) / **Fluid** 91



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
blueberries	1/2 Cup(s)	41 cal
plain greek yogurt, nonfat	6 oz	100 cal
seeds chia dried	1/2 oz	69 cal
sunflower flax bread	1/2 slice	68 cal
chunky peanut butter, no salt	1/2 Tbsp	47 cal

MEAL TOTAL: **Calories** 325 cal / **Carbs** 35 g (42%) / **Protein** 25 g (29%) / **Fat** 11 g (29%) / **Fluid** 23

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	1/2 oz	92 cal
pears	1 large	119 cal

MEAL TOTAL: **Calories** 211 cal / **Carbs** 34 g (58%) / **Protein** 3 g (5%) / **Fat** 9 g (37%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1/2 cup	13 cal
romaine lettuce	2 Cup(s)	16 cal
extra virgin olive oil	1/2 Tbsp	60 cal
chicken breast, boneless skinless	4 oz	122 cal
buckwheat groats, cooked	1/2 Cup(s)	77 cal
black eyed peas	1/3 Cup(s)	30 cal
sweet potato, no salt, baked	1/2 Cup(s)	90 cal

MEAL TOTAL: **Calories** 409 cal / **Carbs** 49 g (46%) / **Protein** 32 g (30%) / **Fat** 12 g (24%) / **Fluid** 29

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
cod fish, cooked	3 oz	89 cal
roasted beet and chickpea salad	1/2 serving	104 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal

MEAL TOTAL: **Calories** 342 cal / **Carbs** 43 g (38%) / **Protein** 25 g (22%) / **Fat** 21 g (40%) / **Fluid** 23

NOTES:

DAY 6 TOTAL: Calories 1,287 cal / **Carbs** 161 g (44%) / **Protein** 84 g (23%) / **Fat** 53 g (33%) / **Fluid** 97



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	6 oz	100 cal
nectarines	1 fruit	60 cal
seeds chia dried	3/4 oz	103 cal

MEAL TOTAL: **Calories** 341 cal / **Carbs** 30 g (34%) / **Protein** 29 g (33%) / **Fat** 13 g (33%) / **Fluid** 26

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
provolone cheese	1 oz	100 cal
brown rice crackers, no salt	8 crackers	120 cal

MEAL TOTAL: **Calories** 246 cal / **Carbs** 28 g (45%) / **Protein** 12 g (19%) / **Fat** 10 g (36%) / **Fluid** 21

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
tempeh	2 oz	108 cal
sweet potato, no salt, baked	3/4 Cup(s)	135 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 42 g (40%) / **Protein** 15 g (15%) / **Fat** 21 g (45%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	3 oz	92 cal
roasted beet and chickpea salad	1/2 serving	104 cal
buckwheat groats, cooked	3/4 Cup(s)	116 cal
mushrooms	1 cup	15 cal

MEAL TOTAL: **Calories** 327 cal / **Carbs** 65 g (58%) / **Protein** 27 g (24%) / **Fat** 9 g (18%) / **Fluid** 26

NOTES:

DAY 7 TOTAL: Calories 1,306 cal / **Carbs** 166 g (45%) / **Protein** 83 g (23%) / **Fat** 53 g (32%) / **Fluid** 96



Eating right, simplified.



1 Servings

fbbc avocado super shake

Ingredients

spinach

2 Cup(s)

banana

1 whole

pure vanilla almond milk unsweetened by silk

12 fl. oz.

cinnamon, ground

1/4 tsp

trulean rich dutch chocolate whey isolate protein powder

1 Scoop

avocado, medium

1/2 whole avocado

cacao powder raw chocolate powder certified organic by navitas

1 Tbsp

Nutrition Totals

Calories 429 / **Carbs** 44 g / **Protein** 31 g / **Fat** 16 g / **Fluid** 2 fl oz

Instructions

Instructions:

Blend all ingredients in high-powered blender and blend until smooth.

Garnish with optional cinnamon and raw cacao powder and serve.

*Optional toppings: additional cinnamon and raw cacao powder



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Nutrition Label

Fbbc Avocado Super Shake	
Amount Per Serving	
Calories	429
% Daily Value*	
Total Fat 15.8g	24%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 291.7mg	12%
Total Carbohydrates 44g	15%
Dietary Fiber 8.8g	35%
Total Sugar 14.6g	
Protein 30.5g	
Vitamin D 147.8IU	25%
Calcium 743.8mg	74%
Iron 3.1mg	18%
Potassium 551mg	
* 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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2 Servings

indian eggplant curry

Ingredients

eggplant
1 eggplant

onions
2 medium

garlic
2 clove

ginger root
2 Tbsp

cumin ground
1 tsp

curry powder
2 tsp

tomatoes
1 medium

plain yogurt, whole milk
1/2 Cup(s)

jalapeno peppers
1 pepper

kosher salt
1/8 tsp

cilantro leaves raw, coriander
1/2 Cup(s)

extra virgin olive oil
2 Tbsp

Nutrition Totals

Calories 607 / **Carbs** 71 g / **Protein** 15 g / **Fat** 35 g / **Fluid** 32 fl oz

Instructions

1. Preheat oven to 450 degrees F.
2. Place eggplant on a medium baking sheet covered with foil. Bake whole eggplant for 30 minutes, or until tender. Allow to cool and then peel and dice into medium size chunks.
3. In a medium sized saucepan, add oil and heat over medium heat. Add in onions, garlic, ginger and cumin. Cook and stir until onion is tender.
4. Add curry powder and diced tomato to the saucepan, and cook about 1 minute
5. Stir in yogurt and diced jalapeno pepper, and season with a pinch of kosher salt.
6. Cook 10 minutes over high heat, stirring constantly.
7. Reduce heat to low and simmer for 5 minutes. Garnish with cilantro prior to serving.



Eating right, simplified.

Nutrition Label

Indian Eggplant Curry		
Amount Per Serving		
Calories		304
		% Daily Value*
Total Fat	17.3g	27%
Saturated Fat	3.4g	17%
Trans Fat	0g	
Cholesterol	7.9mg	3%
Sodium	66.3mg	3%
Total Carbohydrates	35.7g	12%
Dietary Fiber	12.2g	49%
Total Sugar	19.2g	
Protein	7.4g	
Vitamin D	1.2IU	0%
Calcium	148.6mg	15%
Iron	1.5mg	9%
Potassium	1111.6mg	
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4 Servings

breakfast stuffed peppers

Ingredients

red peppers
2 medium

egg
4 egg

mushrooms
1/2 cup

onions
1/2 medium

garlic
2 clove

fresh spinach
2 Cup(s)

tomatoes
1 medium

extra virgin olive oil
1 Tbsp

kosher salt
1/8 tsp

black pepper
1/4 tsp

cheese swiss
2 oz

Nutrition Totals

Calories 757 / **Carbs** 38 g / **Protein** 47 g / **Fat** 51 g / **Fluid** 15 fl oz

Instructions

1. Preheat your oven to 375 degrees F.
2. Add olive oil to a medium sized skillet placed over a medium-heat.
3. Sauté onions and garlic until tender. Add in mushrooms, tomatoes and spinach. Cook until spinach is wilted.
4. Season to taste with salt and pepper. Turn off heat and set aside.
5. Cut two bell peppers in half and remove core/seeds. Place on baking sheet covered with foil.
6. In a small bowl whisk the 4 eggs until well beaten.
7. Divide the vegetable mixture equally among the bell pepper halves. Top each bell pepper with 1/4 of the beaten eggs.
8. Place the stuffed peppers in the oven and bake for 30 minutes. 9. Remove from oven and top each pepper with 0.5 oz of Swiss cheese. Place back in the oven for 10 minutes, or until cheese is melted and eggs are cooked through.



Eating right, simplified.

Nutrition Label

Breakfast Stuffed Peppers		
Amount Per Serving		
Calories		189
		% Daily Value*
Total Fat	12.7g	20%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	13mg	4%
Sodium	51.2mg	2%
Total Carbohydrates	9.4g	3%
Dietary Fiber	3.7g	15%
Total Sugar	4.2g	
Protein	11.7g	
Vitamin D	3.4IU	1%
Calcium	141mg	14%
Iron	1.8mg	10%
Potassium	264.9mg	
* 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

roasted beet and chickpea salad

Ingredients

beets
3 Beet

garlic
2 clove

rosemary
2 tsp

extra virgin olive oil
2 Tbsp

kosher salt
1/8 tsp

black pepper
1/4 tsp

chickpeas, canned, drained
8 oz

onions
1 medium

lemon juice
2 Tbsp

queso cotija
1/8 Cup(s)

cilantro leaves raw, coriander
1/2 Cup(s)

Nutrition Totals

Calories 834 / Carbs 304 g / Protein 28 g / Fat 44 g / Fluid 17 fl oz

Instructions

1. Preheat oven to 350 degrees F.
2. Place whole beets, garlic and rosemary on a large piece of foil. Drizzle with 1 tablespoon of the olive oil and half or salt and pepper.
3. Fold the foil up into a pouch and thoroughly seal all of the edges. Place in preheated oven.
4. Bake beets for ~45 minutes, or until beets are fork tender.
5. Remove beets from oven and allow them to cool.
6. Use a paper towel to remove beet peel. Cut the peeled beets into bite-size pieces. Mince the roasted garlic that was baked with the beets.
7. In a medium bowl, combine the beets, garlic, drained chickpeas, diced red onion, lemon juice and remaining salt, pepper and olive oil. Toss gently.
8. Garnish with cotija cheese and cilantro prior to serving.



Eating right, simplified.

Nutrition Label

Roasted Beet And Chickpea Salad		
Amount Per Serving		
Calories		209
		% Daily Value*
Total Fat	11g	17%
Saturated Fat	2.4g	12%
Trans Fat	0g	
Cholesterol	7.5mg	3%
Sodium	305.3mg	13%
Total Carbohydrates	75.8g	25%
Dietary Fiber	5.9g	24%
Total Sugar	7.8g	
Protein	6.9g	
Vitamin D	1.5IU	0%
Calcium	106.8mg	11%
Iron	1.2mg	7%
Potassium	341mg	
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Eating right, simplified.

Shopping List

Accompaniments

kosher salt

0.16 tsp

Beverages

black tea brewed

4 Cup(s)

drinking water

44 Cup(s)

iced tea, green

6 Cup(s)

Bread

sunflower flax bread

3.5 slice

whole grain tortillas

3 tortilla

Cereal & Grain Products

basmati rice, cooked

4 Cup(s)

buckwheat groats, cooked

2.25 Cup(s)

Dairy & Egg

egg

2 egg

egg, hard boiled

1 large

plain greek yogurt, nonfat

15 oz

plain yogurt, whole milk

0.26 Cup(s)

provolone cheese

1 oz

whole eggs, scrambled

1 large

Fats & Oils

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Eating right, simplified.

extra virgin olive oil
8.5 Tbsp

Finfish & Shellfish

atlantic herring, cooked
3 oz
cod fish, cooked
5 oz
salmon, cooked
3 oz
shrimp, cooked
2 oz
tuna fish, very low-sodium, in water
2 oz

Fruits & Juices

avocados
0.25 avocado
banana
1 whole
blueberries
1.25 Cup(s)
grapes
3 oz
lemon juice
2.5 Tbsp
nectarines
1 fruit
oranges
4 fruit
pears
4.5 large

Legumes & Beans

black eyed peas
1.33 Cup(s)
chickpeas, canned, drained
2 oz
edamame soybeans, shelled
1 Cup(s)

Nuts & Seeds

almonds

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Eating right, simplified.

0.5 oz

chunky peanut butter, no salt

1.5 Tbsp

walnuts

3 oz

Poultry

chicken breast, boneless skinless

13 oz

Snacks

brown rice crackers, no salt

8 crackers

Spices & Herbs

black pepper

0.18 tsp

cinnamon, ground

0.25 tsp

cumin ground

0.5 tsp

curry powder

1 tsp

rosemary

0.5 tsp

Sports & Diet Nutritionals

trulean rich dutch chocolate whey isolate protein powder

1 Scoop

Uncategorized

avocado, medium

0.5 whole avocado

cacao powder raw chocolate powder certified organic by navitas

1 Tbsp

cheese swiss

1 oz

pure vanilla almond milk unsweetened by silk

12 fl. oz.

queso cotija

0.04 Cup(s)

seeds chia dried

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Eating right, simplified.

1.25 oz

Vegetables

beets

0.5 Cup(s)

0.76 Beet

brussels sprouts, no salt, boiled

5 Cup(s)

cilantro leaves raw, coriander

0.38 Cup(s)

eggplant

0.5 eggplant

fresh spinach

1 Cup(s)

garlic

3.5 clove

ginger root

1 Tbsp

jalapeno peppers

0.5 pepper

mushrooms

1.26 cup

onions

1.52 medium

red peppers

2 medium

romaine lettuce

9 Cup(s)

spinach

2 Cup(s)

spinach, no salt, boiled

0.5 Cup(s)

sweet potato, no salt, baked

2.25 Cup(s)

tomatoes

3.75 cup

1 medium

Vegetarian Products

tempeh

4 oz

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