



Eating right, simplified.

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

DAY 1

Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
blueberries	3/4 Cup(s)	62 cal
oatmeal, steel cut	1/3 Cup(s)	200 cal
drinking water	2 Cup(s)	0 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 422 cal / **Carbs** 54 g (51%) / **Protein** 28 g (26%) / **Fat** 11 g (23%) / **Fluid** 25

NOTES:

Snack

10:00 AM

tangerines/ mandarin oranges	1 medium	45 cal
low-fat cottage cheese, 1%	2/3 Cup(s)	108 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 153 cal / **Carbs** 15 g (40%) / **Protein** 19 g (50%) / **Fat** 2 g (10%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

triscuit crackers, light salt	5 crackers	100 cal
baby carrots	5 large	26 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat dinner rolls	1/2 roll	37 cal
turkey breast, roasted	5 oz	193 cal
dijon mustard	1 tsp	5 cal

MEAL TOTAL: **Calories** 369 cal / **Carbs** 32 g (34%) / **Protein** 46 g (49%) / **Fat** 7 g (17%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

orange roughy fish, cooked	5 oz	149 cal
drinking water	2 Cup(s)	0 cal
mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal
wild rice, cooked	1/2 Cup(s)	83 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 351 cal / **Carbs** 29 g (34%) / **Protein** 38 g (44%) / **Fat** 9 g (22%) / **Fluid** 24

NOTES:

DAY 1 TOTAL: Calories 1,295 cal / **Carbs** 130 g (40%) / **Protein** 132 g (41%) / **Fat** 28 g (19%) / **Fluid** 94

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DAY 2

Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
kashi golean crunch cereal	1/2 Cup(s)	97 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 38 g (47%) / **Protein** 23 g (28%) / **Fat** 9 g (25%) / **Fluid** 21

NOTES:

Snack

10:00 AM

apples	1/2 small	28 cal
honey peanut yogurt balance bar	1 bar	200 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 228 cal / **Carbs** 29 g (49%) / **Protein** 15 g (25%) / **Fat** 7 g (26%) / **Fluid** 18

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal
salsa, ready to serve	1 Tbsp	5 cal
whole wheat tortillas	1/2 tortilla	64 cal
black beans, no salt, boiled	2/3 Cup(s)	151 cal
ground turkey, cooked	2 oz	115 cal

MEAL TOTAL: **Calories** 415 cal / **Carbs** 42 g (39%) / **Protein** 29 g (27%) / **Fat** 16 g (34%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

chicken, boneless, roasted	5 oz	237 cal
peas & carrots, no salt, boiled	1/2 Cup(s)	19 cal
barley, cooked	1/4 Cup(s)	48 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	1 Cup(s)	8 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal

MEAL TOTAL: **Calories** 347 cal / **Carbs** 19 g (22%) / **Protein** 38 g (44%) / **Fat** 13 g (34%) / **Fluid** 23

NOTES:

DAY 2 TOTAL: Calories 1,307 cal / **Carbs** 128 g (38%) / **Protein** 105 g (32%) / **Fat** 45 g (30%) / **Fluid** 83



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
trulean rich dutch chocolate whey isolate protein...	1 Scoop	100 cal

MEAL TOTAL: **Calories** 241 cal / **Carbs** 6 g (9%) / **Protein** 30 g (48%) / **Fat** 12 g (43%) / **Fluid** 16

NOTES:

Snack

10:00 AM

honey peanut yogurt balance bar	1 bar	200 cal
bananas	1/2 small	45 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 245 cal / **Carbs** 34 g (51%) / **Protein** 16 g (24%) / **Fat** 7 g (25%) / **Fluid** 17

NOTES:

Lunch

12:00 PM

dijon mustard	1 tsp	5 cal
romaine lettuce	2 leaf	2 cal
whole wheat tortillas	1/2 tortilla	64 cal
chicken, boneless, roasted	6 oz	284 cal
iced tea, green	16 fl. oz.	0 cal
olive oil, mayonnaise, light	1/2 Tbsp	25 cal

MEAL TOTAL: **Calories** 379 cal / **Carbs** 10 g (11%) / **Protein** 45 g (50%) / **Fat** 16 g (39%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

skim milk with calcium	1 1/2 Cup(s)	130 cal
drinking water	1 Cup(s)	0 cal
beef & broccoli with brown rice	1 serving	310 cal

MEAL TOTAL: **Calories** 439 cal / **Carbs** 50 g (46%) / **Protein** 34 g (32%) / **Fat** 11 g (22%) / **Fluid** 26

NOTES:

DAY 3 TOTAL: Calories 1,305 cal / **Carbs** 100 g (30%) / **Protein** 125 g (39%) / **Fat** 46 g (31%) / **Fluid** 79



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DAY 4

Breakfast

7:00 AM

almonds, slivered	1/4 oz	38 cal
blueberries	3/4 Cup(s)	62 cal
oatmeal, steel cut	1/4 Cup(s)	150 cal
drinking water	1 Cup(s)	0 cal
trulean rich dutch chocolate whey isolate protein...	1 Scoop	100 cal

MEAL TOTAL: **Calories** 350 cal / **Carbs** 46 g (52%) / **Protein** 31 g (35%) / **Fat** 5 g (13%) / **Fluid** 11

NOTES:

Snack

10:00 AM

low-fat cottage cheese, 1%	1 1/3 Cup(s)	217 cal
blackberries	1/2 Cup(s)	31 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 294 cal / **Carbs** 24 g (33%) / **Protein** 40 g (55%) / **Fat** 4 g (12%) / **Fluid** 18

NOTES:

Lunch

12:00 PM

beef & broccoli with brown rice	1 serving	310 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
romaine lettuce	1 Cup(s)	8 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 353 cal / **Carbs** 36 g (41%) / **Protein** 22 g (25%) / **Fat** 13 g (34%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal
pork tenderloin, lean, cooked	6 oz	243 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 12 g (16%) / **Protein** 47 g (65%) / **Fat** 6 g (19%) / **Fluid** 23

NOTES:

DAY 4 TOTAL: Calories 1,299 cal / **Carbs** 118 g (37%) / **Protein** 141 g (43%) / **Fat** 28 g (20%) / **Fluid** 76



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DAY 5

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
kashi golean crunch cereal	1/2 Cup(s)	97 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 329 cal / **Carbs** 39 g (47%) / **Protein** 39 g (46%) / **Fat** 3 g (7%) / **Fluid** 25

NOTES:

Snack

10:00 AM

blueberries	1 Cup(s)	83 cal
almonds, slivered	1/3 oz	51 cal
low-fat cottage cheese, 1%	2/3 Cup(s)	108 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 242 cal / **Carbs** 29 g (47%) / **Protein** 22 g (35%) / **Fat** 5 g (18%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

dijon mustard	1 tsp	5 cal
whole wheat dinner rolls	1 roll	74 cal
sliced ham, extra lean, low-sodium	4 slices	110 cal
balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	1 Cup(s)	8 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 336 cal / **Carbs** 22 g (28%) / **Protein** 18 g (22%) / **Fat** 17 g (50%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

chicken, boneless, roasted	4 oz	189 cal
drinking water	2 Cup(s)	0 cal
adzuki bean salad	1 serving	219 cal

MEAL TOTAL: **Calories** 409 cal / **Carbs** 31 g (30%) / **Protein** 38 g (37%) / **Fat** 15 g (33%) / **Fluid** 22

NOTES:

DAY 5 TOTAL: Calories 1,316 cal / **Carbs** 121 g (37%) / **Protein** 116 g (35%) / **Fat** 40 g (28%) / **Fluid** 93



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DAY 6

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
whole wheat tortillas	1 tortilla	127 cal
salsa, ready to serve	1 Tbsp	5 cal
whole eggs, scrambled	1 large	91 cal
egg whites, cooked	5 large	86 cal

MEAL TOTAL: **Calories** 309 cal / **Carbs** 22 g (29%) / **Protein** 28 g (38%) / **Fat** 11 g (33%) / **Fluid** 23

NOTES:

Snack

10:00 AM

bananas	1 small	90 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 212 cal / **Carbs** 28 g (50%) / **Protein** 22 g (41%) / **Fat** 2 g (9%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

turkey breast, roasted	4 oz	154 cal
drinking water	2 Cup(s)	0 cal
adzuki bean salad	1 serving	219 cal

MEAL TOTAL: **Calories** 373 cal / **Carbs** 31 g (32%) / **Protein** 43 g (45%) / **Fat** 10 g (23%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

spinach, no salt, boiled	2 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal
salmon, cooked	5 oz	217 cal
parmesan cheese, shredded	1/3 Tbsp	7 cal
macaroni, cooked	3/4 Cup(s)	130 cal

MEAL TOTAL: **Calories** 437 cal / **Carbs** 41 g (36%) / **Protein** 52 g (45%) / **Fat** 9 g (19%) / **Fluid** 33

NOTES:

DAY 6 TOTAL: Calories 1,331 cal / **Carbs** 122 g (36%) / **Protein** 145 g (43%) / **Fat** 32 g (21%) / **Fluid** 101



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DAY 7

Breakfast

7:00 AM

orange juice	1/2 Cup(s)	56 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
drinking water	1 1/2 Cup(s)	0 cal
trulean rich dutch chocolate whey isolate protein...	1 Scoop	100 cal

MEAL TOTAL: **Calories** 285 cal / **Carbs** 32 g (45%) / **Protein** 37 g (52%) / **Fat** 1 g (3%) / **Fluid** 27

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
fruit yogurt, non-fat	1 cup	233 cal
coconut water	1/2 Cup(s)	23 cal
bananas	1 small	90 cal

MEAL TOTAL: **Calories** 345 cal / **Carbs** 74 g (83%) / **Protein** 13 g (14%) / **Fat** 1 g (3%) / **Fluid** 29

NOTES:

Lunch

12:00 PM

iced tea, green	16 fl. oz.	0 cal
dijon mustard	1 tsp	5 cal
romaine lettuce	3 leaf	3 cal
turkey breast, roasted	6 oz	231 cal
whole wheat tortillas	1/2 tortilla	64 cal

MEAL TOTAL: **Calories** 303 cal / **Carbs** 10 g (13%) / **Protein** 52 g (71%) / **Fat** 5 g (16%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

barley, cooked	1/3 Cup(s)	64 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	5 oz	237 cal
peas & carrots, no salt, boiled	1/2 Cup(s)	19 cal
romaine lettuce	1 Cup(s)	8 cal
extra virgin olive oil	1/4 Tbsp	30 cal

MEAL TOTAL: **Calories** 393 cal / **Carbs** 22 g (23%) / **Protein** 38 g (39%) / **Fat** 16 g (38%) / **Fluid** 23

NOTES:

DAY 7 TOTAL: Calories 1,327 cal / **Carbs** 138 g (42%) / **Protein** 141 g (42%) / **Fat** 24 g (16%) / **Fluid** 100



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1 Servings

beef & broccoli with brown rice

Ingredients

onions
1/4 cup

beef top sirloin, lean
3 oz

brown rice, long-grain, cooked
1/4 Cup(s)

broccoli
1 cup

onions
1/4 Cup(s)

garlic powder
1/4 tsp

cornstarch
1 tsp

brown sugar
1 tsp

beef broth, low sodium
1 Cup(s)

Nutrition Totals

Calories 310 / **Carbs** 32 g / **Protein** 22 g / **Fat** 10 g / **Fluid** 6 fl oz

Instructions

1. Coat skillet with cooking spray and heat over medium heat for one minute.
2. Add beef, onion and minced garlic; stir fry until brown. Remove the beef to a plate and keep warm.
3. Add half the broth and broccoli to pan. Cover and simmer until broccoli is tender crisp.
4. Mix cornstarch, brown sugar, and garlic powder with remaining broth until smooth; add to the pan. Cook until mixture begins thicken, stirring constantly. Return beef to mixture, stir and serve over rice.



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Nutrition Label

Beef & Broccoli With Brown Rice		
Amount Per Serving		
Calories		310
		% Daily Value*
Total Fat	10.1g	16%
Saturated Fat	3.4g	17%
Trans Fat	0.5g	
Cholesterol	57.8mg	19%
Sodium	497.8mg	21%
Total Carbohydrates	32.1g	11%
Dietary Fiber	4.4g	18%
Total Sugar	10g	
Protein	21.8g	
Vitamin D	4.2IU	1%
Calcium	73.8mg	7%
Iron	3.4mg	19%
Potassium	711.7mg	
* 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.		

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2 Servings

adzuki bean salad

Ingredients

olive oil

1 Tbsp

lemon juice

1 Tbsp

cumin ground

1 tsp

adzuki beans, no salt, boiled

1 Cup(s)

parsley

2 tsp

green snap beans

3 Tbsp

coriander seed

1 tsp

Nutrition Totals

Calories 438 / **Carbs** 61 g / **Protein** 18 g / **Fat** 15 g / **Fluid** 6 fl oz

Instructions

Boil beans appropriately. Continue cooking beans until they are very soft. Drain beans, and add seasoning and ingredients to taste. Additional tamari and sunflower seeds as ingredients are optional.



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Nutrition Label

Adzuki Bean Salad		
Amount Per Serving		
Calories		219
		% Daily Value*
Total Fat	7.2g	11%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrates	30.7g	10%
Dietary Fiber	9g	36%
Total Sugar	0.5g	
Protein	9.2g	
Vitamin D	0IU	0%
Calcium	44.2mg	4%
Iron	2.6mg	15%
Potassium	659.4mg	
* 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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Shopping List

Accompaniments

balsamic vinaigrette salad dressing, lower sodium

5 Tbsp

brown sugar

2 tsp

cornstarch

2 tsp

dijon mustard

4 tsp

olive oil, mayonnaise, light

0.5 Tbsp

salsa, ready to serve

2 Tbsp

Beef

beef top sirloin, lean

6 oz

Beverages

coconut water

1.5 Cup(s)

drinking water

43.5 Cup(s)

iced tea, green

48 fl. oz.

Bread

whole wheat dinner rolls

1.5 roll

whole wheat tortillas

2.5 tortilla

Cereal & Grain Products

barley, cooked

0.58 Cup(s)

brown rice, long-grain, cooked

0.5 Cup(s)

kashi golean crunch cereal

1 Cup(s)

macaroni, cooked



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0.75 Cup(s)

oatmeal, steel cut

0.58 Cup(s)

wild rice, cooked

0.5 Cup(s)

Cookies & Crackers

triscuit crackers, light salt

5 crackers

Dairy & Egg

egg whites, cooked

15 large

fruit yogurt, non-fat

1 cup

low-fat cottage cheese, 1%

3.42 Cup(s)

parmesan cheese, shredded

0.33 Tbsp

skim milk with calcium

6 Cup(s)

whole eggs, scrambled

3 large

Fats & Oils

extra virgin olive oil

1.25 Tbsp

olive oil

1 Tbsp

Finfish & Shellfish

orange roughy fish, cooked

5 oz

salmon, cooked

5 oz

Fruits & Juices

apples

0.5 small

avocados

0.25 avocado

bananas

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2.5 small
blackberries
0.5 Cup(s)
blueberries
2.5 Cup(s)
lemon juice
1 Tbsp
orange juice
0.5 Cup(s)
tangerines/ mandarin oranges
1 medium

Legumes & Beans

adzuki beans, no salt, boiled
1 Cup(s)
black beans, no salt, boiled
0.67 Cup(s)
green snap beans
3 Tbsp

Nuts & Seeds

almonds, slivered
0.58 oz
smooth peanut butter, no salt
1.5 Tbsp

Pork

pork tenderloin, lean, cooked
6 oz

Poultry

chicken, boneless, roasted
20 oz
ground turkey, cooked
2 oz
turkey breast, roasted
15 oz

Sausages & Meats

sliced ham, extra lean, low-sodium
4 slices

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Soup

beef broth, low sodium
2 Cup(s)

Spices & Herbs

coriander seed
1 tsp
cumin ground
1 tsp
garlic powder
0.5 tsp
parsley
2 tsp

Sports & Diet Nutritionals

honey peanut yogurt balance bar
2 bar
trulean rich dutch chocolate whey isolate protein powder
3 Scoop

Vegetables

baby carrots
5 large
broccoli
2 cup
mixed vegetables, frozen no salt, boiled
2 Cup(s)
onions
0.5 cup
0.5 Cup(s)
peas & carrots, no salt, boiled
1 Cup(s)
romaine lettuce
4 Cup(s)
5 leaf
spinach, no salt, boiled
2 Cup(s)
tomatoes
0.5 Cup(s)