



Eating right, simplified.

# 1,600 Calorie Plan (Basic 2) 4meals/day

## DAY 1

### Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
extra virgin olive oil	1 Tbsp	120 cal
black tea brewed	2 Cup(s)	5 cal
oatmeal, quick oats	1 1/4 Cup(s)	188 cal
cinnamon, ground	1/2 tsp	3 cal
grapefruit	1 fruit	52 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 50 g (42%) / **Protein** 13 g (11%) / **Fat** 25 g (47%) / **Fluid** 21

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	3/4 oz	137 cal
apricots	4 apricot	67 cal
pineapple	1 Cup(s)	78 cal

MEAL TOTAL: **Calories** 282 cal / **Carbs** 39 g (50%) / **Protein** 6 g (8%) / **Fat** 14 g (42%) / **Fluid** 25

NOTES:

### Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal
white beans, no salt, boiled	1/2 Cup(s)	127 cal
wild rice, cooked	1/2 Cup(s)	83 cal
chicken breast, boneless skinless	2 oz	61 cal

MEAL TOTAL: **Calories** 440 cal / **Carbs** 51 g (44%) / **Protein** 25 g (22%) / **Fat** 17 g (34%) / **Fluid** 25

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
asparagus, boiled	6 spears	20 cal
fresh spinach	2 Cup(s)	10 cal
barley, cooked	1 Cup(s)	193 cal

MEAL TOTAL: **Calories** 432 cal / **Carbs** 55 g (47%) / **Protein** 27 g (23%) / **Fat** 16 g (30%) / **Fluid** 25

NOTES:

**DAY 1 TOTAL: Calories** 1,612 cal / **Carbs** 195 g (45%) / **Protein** 72 g (17%) / **Fat** 72 g (38%) / **Fluid** 96

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## DAY 2

### Breakfast

7:00 AM

black tea brewed	2 Cup(s)	5 cal
plain greek yogurt, nonfat	6 oz	100 cal
whole grain bread	1 slice	120 cal
hemp seeds, raw	2 Tbsp	113 cal
apricots	2 apricot	34 cal

MEAL TOTAL: **Calories** 372 cal / **Carbs** 37 g (39%) / **Protein** 30 g (32%) / **Fat** 12 g (29%) / **Fluid** 23

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
fbbc mexicali dip	1 serving	275 cal
whole grain pretzels, no salt, gluten free	10 pieces	100 cal

MEAL TOTAL: **Calories** 375 cal / **Carbs** 35 g (38%) / **Protein** 36 g (38%) / **Fat** 10 g (24%) / **Fluid** 24

NOTES:

### Lunch

12:00 PM

extra virgin olive oil	1 Tbsp	120 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
tuna in water, canned	6 oz	146 cal
tomatoes	1 cup	27 cal
cucumber	1 cup	5 cal
wild rice, cooked	3/4 Cup(s)	124 cal
lemon juice	1 Tbsp	3 cal

MEAL TOTAL: **Calories** 442 cal / **Carbs** 37 g (32%) / **Protein** 41 g (36%) / **Fat** 17 g (32%) / **Fluid** 33

NOTES:

### Dinner

6:00 PM

iced tea, green	2 Cup(s)	0 cal
soba noodle salad	1 serving	223 cal
green peas, no salt, boiled	1 Cup(s)	138 cal
chicken breast, boneless skinless	3 oz	92 cal

MEAL TOTAL: **Calories** 453 cal / **Carbs** 63 g (54%) / **Protein** 32 g (28%) / **Fat** 9 g (18%) / **Fluid** 29

NOTES:

**DAY 2 TOTAL: Calories** 1,643 cal / **Carbs** 173 g (41%) / **Protein** 139 g (33%) / **Fat** 48 g (26%) / **Fluid** 110



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### DAY 3

#### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	6 oz	100 cal
whole grain bread	1 slice	120 cal
smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
pineapple	1 Cup(s)	78 cal

MEAL TOTAL: **Calories** 439 cal / **Carbs** 51 g (45%) / **Protein** 29 g (25%) / **Fat** 15 g (30%) / **Fluid** 25

NOTES:

#### Snack

10:00 AM

bananas	1 medium	105 cal
drinking water	2 Cup(s)	0 cal
walnuts	3/4 oz	137 cal

MEAL TOTAL: **Calories** 242 cal / **Carbs** 30 g (45%) / **Protein** 4 g (7%) / **Fat** 14 g (48%) / **Fluid** 19

NOTES:

#### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
shrimp, cooked	3 oz	101 cal
extra virgin olive oil	1 Tbsp	120 cal
lemon juice	2 Tbsp	7 cal
wild rice, cooked	1 Cup(s)	166 cal
asparagus, boiled	6 spears	20 cal

MEAL TOTAL: **Calories** 429 cal / **Carbs** 45 g (41%) / **Protein** 29 g (26%) / **Fat** 17 g (33%) / **Fluid** 29

NOTES:

#### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
soba noodle salad	1 serving	223 cal
green peas, no salt, boiled	1 Cup(s)	138 cal
chicken breast, boneless skinless	4 oz	122 cal

MEAL TOTAL: **Calories** 484 cal / **Carbs** 63 g (50%) / **Protein** 38 g (31%) / **Fat** 10 g (19%) / **Fluid** 30

NOTES:

**DAY 3 TOTAL: Calories** 1,595 cal / **Carbs** 189 g (46%) / **Protein** 101 g (24%) / **Fat** 56 g (30%) / **Fluid** 104



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## DAY 4

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
ginger turmeric smoothie	1 serving	179 cal
cinnamon, ground	1/2 tsp	3 cal

MEAL TOTAL: **Calories** 182 cal / **Carbs** 38 g (75%) / **Protein** 1 g (3%) / **Fat** 5 g (22%) / **Fluid** 21

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
fbbc mexicali dip	1 serving	275 cal
whole wheat crackers, low-sodium	10 cracker, square	177 cal

MEAL TOTAL: **Calories** 452 cal / **Carbs** 49 g (42%) / **Protein** 37 g (32%) / **Fat** 14 g (26%) / **Fluid** 25

NOTES:

### Lunch

12:00 PM

iced tea, green	2 Cup(s)	0 cal
extra virgin olive oil	1 1/2 Tbsp	180 cal
tofu, extra firm	3 oz	77 cal
baby bok choy	2 cup	20 cal
barley, cooked	1 Cup(s)	193 cal

MEAL TOTAL: **Calories** 471 cal / **Carbs** 50 g (40%) / **Protein** 14 g (11%) / **Fat** 27 g (49%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

salmon, cooked	3 oz	130 cal
white beans, no salt, boiled	1/2 Cup(s)	127 cal
black tea brewed	2 Cup(s)	5 cal
wild rice, cooked	1/2 Cup(s)	83 cal
asparagus, boiled	6 spears	20 cal
kale	1 cup	33 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 517 cal / **Carbs** 52 g (38%) / **Protein** 37 g (28%) / **Fat** 20 g (34%) / **Fluid** 27

NOTES:

**DAY 4 TOTAL: Calories** 1,622 cal / **Carbs** 188 g (44%) / **Protein** 90 g (21%) / **Fat** 65 g (35%) / **Fluid** 94



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## DAY 5

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
ginger turmeric smoothie	1 serving	179 cal
whole grain bread	1 1/2 slice	180 cal

MEAL TOTAL: **Calories** 359 cal / **Carbs** 67 g (71%) / **Protein** 9 g (9%) / **Fat** 9 g (20%) / **Fluid** 21

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
almonds	1 oz	162 cal
cantaloupe melon	1 cup	54 cal
grapefruit	1 fruit	52 cal

MEAL TOTAL: **Calories** 268 cal / **Carbs** 32 g (44%) / **Protein** 8 g (11%) / **Fat** 14 g (45%) / **Fluid** 25

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	4 oz	122 cal
spaghetti squash, no salt, cooked	1 Cup(s)	42 cal
asparagus, boiled	6 spears	20 cal
extra virgin olive oil	2 Tbsp	240 cal
parmesan cheese, grated	2 Tbsp	43 cal

MEAL TOTAL: **Calories** 467 cal / **Carbs** 14 g (12%) / **Protein** 30 g (25%) / **Fat** 35 g (63%) / **Fluid** 27

NOTES:

### Dinner

6:00 PM

extra virgin olive oil	1 Tbsp	120 cal
iced tea, green	2 Cup(s)	0 cal
grass-fed strip steaks, lean	3 oz	87 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal
green peas, no salt, boiled	1 Cup(s)	138 cal

MEAL TOTAL: **Calories** 503 cal / **Carbs** 64 g (48%) / **Protein** 31 g (23%) / **Fat** 17 g (29%) / **Fluid** 26

NOTES:

**DAY 5 TOTAL: Calories** 1,597 cal / **Carbs** 177 g (42%) / **Protein** 78 g (18%) / **Fat** 75 g (40%) / **Fluid** 98



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## DAY 6

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	4 oz	67 cal
ground flaxseed	1 Tbsp	70 cal
whole grain bread	1 slice	120 cal
smooth peanut butter, no salt	1 Tbsp	94 cal
cantaloupe melon	1/3 cup	18 cal

MEAL TOTAL: **Calories** 369 cal / **Carbs** 36 g (36%) / **Protein** 24 g (24%) / **Fat** 17 g (40%) / **Fluid** 21

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	1 oz	183 cal
pineapple	1 1/2 Cup(s)	116 cal

MEAL TOTAL: **Calories** 299 cal / **Carbs** 34 g (42%) / **Protein** 6 g (7%) / **Fat** 19 g (51%) / **Fluid** 23

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
chicken breast, boneless skinless	3 oz	92 cal
white beans, no salt, boiled	1/2 Cup(s)	127 cal
wild rice, cooked	1/2 Cup(s)	83 cal
extra virgin olive oil	1 Tbsp	120 cal
yams, no salt, boiled or baked	1/2 Cup(s)	79 cal

MEAL TOTAL: **Calories** 530 cal / **Carbs** 65 g (48%) / **Protein** 31 g (23%) / **Fat** 18 g (29%) / **Fluid** 29

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
extra virgin olive oil	1/2 Tbsp	60 cal
cod fish, cooked	3 oz	89 cal
spaghetti squash with pesto & mushrooms	1 serving	251 cal

MEAL TOTAL: **Calories** 442 cal / **Carbs** 28 g (24%) / **Protein** 31 g (26%) / **Fat** 26 g (50%) / **Fluid** 31

NOTES:

**DAY 6 TOTAL: Calories** 1,640 cal / **Carbs** 163 g (38%) / **Protein** 92 g (21%) / **Fat** 80 g (41%) / **Fluid** 104



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## DAY 7

### Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
bananas	1 small	90 cal
drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	4 oz	67 cal
ground flaxseed	2 Tbsp	140 cal

MEAL TOTAL: **Calories** 374 cal / **Carbs** 36 g (35%) / **Protein** 25 g (25%) / **Fat** 18 g (40%) / **Fluid** 23

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
hummus, lower sodium	3 Tbsp	78 cal
cucumber	1 cup	5 cal
red peppers	1 Cup(s)	46 cal
rye crispbread, no salt	2 slices	110 cal

MEAL TOTAL: **Calories** 240 cal / **Carbs** 41 g (66%) / **Protein** 8 g (14%) / **Fat** 6 g (20%) / **Fluid** 23

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
tofu, extra firm	3 oz	77 cal
wild rice, cooked	1 Cup(s)	166 cal
asparagus, boiled	6 spears	20 cal
green peas, no salt, boiled	1 Cup(s)	138 cal

MEAL TOTAL: **Calories** 461 cal / **Carbs** 67 g (55%) / **Protein** 26 g (21%) / **Fat** 13 g (24%) / **Fluid** 30

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	4 oz	122 cal
spaghetti squash with pesto & mushrooms	1 serving	251 cal
romaine lettuce	2 Cup(s)	16 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 509 cal / **Carbs** 25 g (18%) / **Protein** 30 g (22%) / **Fat** 36 g (60%) / **Fluid** 29

NOTES:

**DAY 7 TOTAL: Calories** 1,584 cal / **Carbs** 168 g (40%) / **Protein** 90 g (21%) / **Fat** 72 g (39%) / **Fluid** 105



1 Servings

## fbbc mexicali dip

### Ingredients

ground beef, lean  
4 oz

cumin ground  
1/2 tsp

oregano, dried  
1/4 tsp

garlic powder  
1/4 tsp

salt  
1/4 tsp

black pepper  
1/8 tsp

cayenne pepper  
1/8 tsp

black beans, no salt, boiled  
1/4 Cup(s)

salsa, ready to serve  
1/2 Cup(s)

plain greek yogurt, nonfat  
1 oz

### Nutrition Totals

**Calories 275 / Carbs 21 g / Protein 33 g / Fat 7 g / Fluid 8 fl oz**

### Instructions

Instructions:

Brown ground beef in a pan and drain.

Combine cumin, oregano, garlic, salt, pepper, and cayenne in small bowl and add to pan with ground beef. Mix to combine.

Transfer 4 ounces of the meat into a large bowl. Store the remaining meat in an airtight container and refrigerate for later use.

Next add the black beans and salsa to the meat and stir to combine.

Stir in the Greek yogurt and add optional toppings. Serve.

Optional toppings: shredded cheese, chopped jalapenos, minced red or white onion, chopped cilantro, smoked paprika





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## Nutrition Label

Fbbc Mexicali Dip		
Amount Per Serving		
Calories		275
		% Daily Value*
Total Fat	6.6g	10%
Saturated Fat	3.4g	17%
Trans Fat	0.3g	
Cholesterol	90.2mg	30%
Sodium	834.5mg	35%
Total Carbohydrates	21.3g	7%
Dietary Fiber	6.3g	26%
Total Sugar	6g	
Protein	33.3g	
Vitamin D	3.3IU	1%
Calcium	101.1mg	10%
Iron	4.3mg	24%
Potassium	969.3mg	
* 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.		



4 Servings

# soba noodle salad

## Ingredients

extra virgin olive oil

1/2 Tbsp

mushrooms shiitake raw

16 oz

onions

1 medium

carrots

1 medium

red peppers

1/2 Cup(s)

kale

2 cup

drinking water

1/4 Cup(s)

baby bok choy

2 cup

teriyaki marinade &amp; sauce, less sodium

2 Tbsp

buckwheat soba noodles

8 oz

garlic

2 clove

ginger root

2 tsp

sriracha, hot chili sauce

1/4 tsp

rice vinegar

1 oz

sesame oil, salad or cooking

1 Tbsp

## Nutrition Totals

**Calories 894 / Carbs 147 g / Protein 23 g / Fat 26 g / Fluid 27 fl oz**

## Instructions

1. Cook noodles in a large pot of boiling water until just tender. Drain and rinse under cold water to cool. Place in a large bowl.
2. Heat olive oil in a large skillet over medium-high heat. Add the mushrooms, onions, carrots, ginger, garlic and peppers and cook until tender. Place in the bowl with the noodles.
3. To the same skillet add the bok choy, kale and water. Cook until wilted, stirring constantly. Add to the noodle bowl.
4. Whisk together sesame oil, rice vinegar, hot chili sauce and teriyaki sauce. Pour over the salad and toss well.



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## Nutrition Label

Soba Noodle Salad		
Amount Per Serving		
Calories		223
		% Daily Value*
Total Fat	6.4g	10%
Saturated Fat	0.7g	4%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	377.8mg	16%
Total Carbohydrates	36.6g	12%
Dietary Fiber	6.5g	26%
Total Sugar	8.5g	
Protein	5.7g	
Vitamin D	20.4IU	3%
Calcium	114.7mg	11%
Iron	2.4mg	14%
Potassium	737.5mg	
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1 Servings

# ginger turmeric smoothie

## Ingredients

bananas

1/2 extra large

pineapple

1/2 Cup(s)

ginger root

1 tsp

spices turmeric ground

1/4 tsp

lemon juice

1 Tbsp

honey

1 tsp

coconut milk beverage, unsweetened

1 Cup(s)

## Nutrition Totals

**Calories 179 / Carbs 37 g / Protein 1 g / Fat 5 g / Fluid 5 fl oz**

## Instructions

1. Place all ingredients in blender.
2. Add approx. 1 cup of ice - add more if you desire a thicker smoothie.
3. Blend thoroughly until all ingredients are pureed. Drink immediately.



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## Nutrition Label

Ginger Turmeric Smoothie		
Amount Per Serving		
Calories		179
		% Daily Value*
Total Fat	4.8g	7%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	2.3mg	0%
Total Carbohydrates	37g	12%
Dietary Fiber	4.2g	17%
Total Sugar	23.1g	
Protein	1.4g	
Vitamin D	118.2IU	20%
Calcium	115mg	12%
Iron	0.7mg	4%
Potassium	435.1mg	
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4 Servings



# spaghetti squash with pesto & mushrooms

## Ingredients

spaghetti squash, no salt, cooked  
4 Cup(s)

extra virgin olive oil  
1 Tbsp

onions  
1 medium

garlic  
4 clove

kale  
2 cup

mushrooms shiitake raw  
4 oz

crushed red pepper flakes  
1/4 tsp

classic basil pesto  
4 oz

parmesan cheese, grated  
2 Tbsp

## Nutrition Totals

**Calories** 1004 / **Carbs** 86 g / **Protein** 24 g / **Fat** 71 g / **Fluid** 30 fl oz

## Instructions

1. Heat olive oil in a large skillet over medium-high heat. Add in diced onion; cook and stir until onion begins to turn translucent.
2. Stir in minced garlic, kale and sliced mushrooms; reduce heat to medium low. Cook until all vegetables are tender.
3. Stir in prepared spaghetti squash, red pepper flakes and pesto. Cook over low heat until all ingredients are heated through.
4. Top with parmesan cheese prior to serving.



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## Nutrition Label

Spaghetti Squash With Pesto & Mushrooms		
Amount Per Serving		
Calories		251
		% Daily Value*
Total Fat	17.8g	27%
Saturated Fat	2.9g	15%
Trans Fat	0g	
Cholesterol	2.2mg	1%
Sodium	394.8mg	16%
Total Carbohydrates	21.4g	7%
Dietary Fiber	5.8g	23%
Total Sugar	7.6g	
Protein	6g	
Vitamin D	5.6IU	1%
Calcium	122.8mg	12%
Iron	1.2mg	7%
Potassium	487.3mg	
* 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

classic basil pesto

2 oz

honey

2 tsp

rice vinegar

0.5 oz

salsa, ready to serve

1 Cup(s)

sriracha, hot chili sauce

0.12 tsp

teriyaki marinade & sauce, less sodium

1 Tbsp

## Beef

grass-fed strip steaks, lean

3 oz

ground beef, lean

8 oz

## Beverages

black tea brewed

6 Cup(s)

coconut milk beverage, unsweetened

2 Cup(s)

drinking water

44.12 Cup(s)

iced tea, green

6 Cup(s)

## Bread

rye crispbread, no salt

2 slices

whole grain bread

4.5 slice

## Cereal & Grain Products

barley, cooked

2 Cup(s)

buckwheat soba noodles

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4 oz

oatmeal, quick oats

1.25 Cup(s)

wild rice, cooked

4.25 Cup(s)

## Cookies & Crackers

whole wheat crackers, low-sodium

10 cracker, square

## Dairy & Egg

egg, hard boiled

1 large

parmesan cheese, grated

3 Tbsp

plain greek yogurt, nonfat

22 oz

whole eggs, scrambled

1 large

## Fats & Oils

extra virgin olive oil

13.26 Tbsp

sesame oil, salad or cooking

0.5 Tbsp

## Finfish & Shellfish

cod fish, cooked

6 oz

salmon, cooked

3 oz

shrimp, cooked

3 oz

tuna in water, canned

6 oz

## Fruits & Juices

apricots

6 apricot

avocados

0.5 avocado

bananas

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Eating right, simplified.

1 medium  
1 extra large  
1 small  
cantaloupe melon  
1.33 cup  
grapefruit  
2 fruit  
lemon juice  
5 Tbsp  
pineapple  
4.5 Cup(s)

## Legumes & Beans

black beans, no salt, boiled  
0.5 Cup(s)  
hummus, lower sodium  
3 Tbsp  
white beans, no salt, boiled  
1.5 Cup(s)

## Nuts & Seeds

almonds  
1 oz  
ground flaxseed  
3 Tbsp  
hemp seeds, raw  
2 Tbsp  
smooth peanut butter, no salt  
2.5 Tbsp  
walnuts  
2.5 oz

## Poultry

chicken breast, boneless skinless  
20 oz

## Snacks

whole grain pretzels, no salt, gluten free  
10 pieces

## Spices & Herbs

black pepper

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0.26 tsp  
cayenne pepper  
0.26 tsp  
cinnamon, ground  
1 tsp  
crushed red pepper flakes  
0.12 tsp  
cumin ground  
1 tsp  
garlic powder  
0.5 tsp  
oregano, dried  
0.5 tsp  
salt  
0.5 tsp

## Uncategorized

mushrooms shiitake raw  
10 oz  
spices turmeric ground  
0.5 tsp

## Vegetables

asparagus, boiled  
30 spears  
baby bok choy  
3 cup  
carrots  
0.5 medium  
cucumber  
2 cup  
fresh spinach  
2 Cup(s)  
garlic  
3 clove  
ginger root  
3 tsp  
green peas, no salt, boiled  
4 Cup(s)  
kale  
3 cup  
onions  
1 medium  
red peppers  
1.26 Cup(s)  
romaine lettuce  
9 Cup(s)



Eating right, simplified.

**spaghetti squash, no salt, cooked**

**3 Cup(s)**

**spinach, no salt, boiled**

**1 Cup(s)**

**tomatoes**

**1.5 cup**

**yams, no salt, boiled or baked**

**1.5 Cup(s)**

## Vegetarian Products

**tofu, extra firm**

**6 oz**