



Eating right, simplified.

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

## DAY 1

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
whole eggs, scrambled	2 large	182 cal
whole grain rolled oats, dry	1/2 Cup(s)	150 cal
raisins, seedless	1/5 cup	99 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 499 cal / **Carbs** 57 g (46%) / **Protein** 28 g (23%) / **Fat** 17 g (31%) / **Fluid** 23

NOTES:

### Snack

10:00 AM

smooth peanut butter, no salt	1 Tbsp	94 cal
apples	1 small	55 cal
drinking water	2 Cup(s)	0 cal
cottage cheese, non-fat	1 Cup(s)	104 cal

MEAL TOTAL: **Calories** 254 cal / **Carbs** 27 g (42%) / **Protein** 19 g (29%) / **Fat** 9 g (29%) / **Fluid** 23

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
whole wheat tortillas	1 tortilla	127 cal
turkey breast, roasted	6 oz	231 cal
romaine lettuce	2 leaf	2 cal
hummus, lower sodium	3 Tbsp	78 cal

MEAL TOTAL: **Calories** 439 cal / **Carbs** 26 g (23%) / **Protein** 58 g (53%) / **Fat** 12 g (24%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

cauliflower, no salt, boiled	1 Cup(s)	29 cal
yellowfin tuna fish, cooked	4 oz	147 cal
wild rice, cooked	1/2 Cup(s)	83 cal
lentil beans, no salt, boiled	1/2 Cup(s)	115 cal
extra virgin olive oil	1/2 Tbsp	60 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 434 cal / **Carbs** 43 g (39%) / **Protein** 48 g (43%) / **Fat** 9 g (18%) / **Fluid** 27

NOTES:

**DAY 1 TOTAL: Calories** 1,625 cal / **Carbs** 153 g (37%) / **Protein** 152 g (37%) / **Fat** 46 g (26%) / **Fluid** 95

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## DAY 2

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
multi-grain cheerios cereal	1/2 Cup(s)	60 cal
whole eggs, scrambled	1 large	91 cal
egg whites, cooked	4 large	69 cal
bread, high-protein	1 slices	152 cal

**MEAL TOTAL:** **Calories** 458 cal / **Carbs** 43 g (39%) / **Protein** 45 g (39%) / **Fat** 11 g (22%) / **Fluid** 21

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cashews	1 1/2 oz	235 cal

**MEAL TOTAL:** **Calories** 235 cal / **Carbs** 13 g (21%) / **Protein** 8 g (12%) / **Fat** 19 g (67%) / **Fluid** 16

NOTES:

### Lunch

12:00 PM

olive oil, mayonnaise, light	1 Tbsp	49 cal
iced tea, green	16 fl. oz.	0 cal
tomatoes	1/4 Cup(s)	8 cal
avocados	1/4 avocado	80 cal
chicken, boneless, roasted	5 oz	237 cal
whole-wheat pita bread	1 small	74 cal

**MEAL TOTAL:** **Calories** 449 cal / **Carbs** 22 g (20%) / **Protein** 40 g (35%) / **Fat** 22 g (45%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

green snap beans, no salt, boiled	1 Cup(s)	44 cal
yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
drinking water	2 Cup(s)	0 cal
beef t-bone, broiled	4 oz	214 cal

**MEAL TOTAL:** **Calories** 495 cal / **Carbs** 66 g (53%) / **Protein** 35 g (28%) / **Fat** 10 g (19%) / **Fluid** 27

NOTES:

**DAY 2 TOTAL:** **Calories** 1,637 cal / **Carbs** 145 g (35%) / **Protein** 127 g (31%) / **Fat** 62 g (34%) / **Fluid** 86



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### DAY 3

#### Breakfast

7:00 AM

smooth peanut butter, no salt	2 Tbsp	188 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
drinking water	1 Cup(s)	0 cal
whole wheat mini bagel	1 bagel	100 cal

MEAL TOTAL: **Calories** 418 cal / **Carbs** 44 g (41%) / **Protein** 25 g (23%) / **Fat** 17 g (36%) / **Fluid** 19

NOTES:

#### Snack

10:00 AM

bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
nut and raisin granola bars	1/2 bar	64 cal
whey protein powder	1 Scoop	113 cal

MEAL TOTAL: **Calories** 311 cal / **Carbs** 45 g (54%) / **Protein** 29 g (35%) / **Fat** 4 g (11%) / **Fluid** 20

NOTES:

#### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	8 oz	224 cal
romaine lettuce	2 leaf	2 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
whole wheat tortillas	1 1/2 tortilla	191 cal

MEAL TOTAL: **Calories** 465 cal / **Carbs** 30 g (25%) / **Protein** 57 g (48%) / **Fat** 14 g (27%) / **Fluid** 17

NOTES:

#### Dinner

6:00 PM

marinara spaghetti sauce, ready to serve	1/2 Cup(s)	61 cal
green snap beans, no salt, boiled	1 1/2 Cup(s)	66 cal
drinking water	2 Cup(s)	0 cal
italian spiced pork chops	1 1/2 serving	150 cal
rice penne pasta, low-carb	1 oz	104 cal

MEAL TOTAL: **Calories** 381 cal / **Carbs** 49 g (51%) / **Protein** 34 g (36%) / **Fat** 5 g (13%) / **Fluid** 29

NOTES:

**DAY 3 TOTAL: Calories** 1,576 cal / **Carbs** 168 g (41%) / **Protein** 145 g (36%) / **Fat** 41 g (23%) / **Fluid** 85



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## DAY 4

### Breakfast

7:00 AM

bananas	1 medium	105 cal
whole grain rolled oats, dry	2/3 Cup(s)	199 cal
whole eggs, scrambled	2 large	182 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 486 cal / **Carbs** 66 g (55%) / **Protein** 13 g (11%) / **Fat** 18 g (34%) / **Fluid** 22

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal
peanuts, no salt, dry-roasted	1 1/2 oz	249 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 27 g (31%) / **Protein** 11 g (13%) / **Fat** 21 g (56%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

italian spiced pork chops	1 1/2 serving	150 cal
extra virgin olive oil	1/2 Tbsp	60 cal
balsamic vinegar	2 Tbsp	28 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 Cup(s)	16 cal
whole wheat dinner rolls	1 1/2 roll	112 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 374 cal / **Carbs** 34 g (37%) / **Protein** 32 g (34%) / **Fat** 12 g (29%) / **Fluid** 25

NOTES:

### Dinner

6:00 PM

wild rice, cooked	1/2 Cup(s)	83 cal
asparagus, boiled	6 spears	20 cal
beef t-bone, broiled	6 oz	321 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 424 cal / **Carbs** 21 g (20%) / **Protein** 50 g (47%) / **Fat** 15 g (33%) / **Fluid** 24

NOTES:

**DAY 4 TOTAL: Calories** 1,601 cal / **Carbs** 148 g (36%) / **Protein** 107 g (26%) / **Fat** 67 g (38%) / **Fluid** 92



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## DAY 5

### Breakfast

7:00 AM

multi-grain cheerios cereal	1 1/2 Cup(s)	180 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
drinking water	1 Cup(s)	0 cal
egg whites, cooked	5 large	86 cal

MEAL TOTAL: **Calories** 395 cal / **Carbs** 57 g (59%) / **Protein** 34 g (35%) / **Fat** 2 g (6%) / **Fluid** 24

NOTES:

### Snack

10:00 AM

smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
drinking water	2 Cup(s)	0 cal
apples	1 medium	72 cal
cottage cheese, non-fat	1 Cup(s)	104 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 33 g (40%) / **Protein** 21 g (26%) / **Fat** 13 g (34%) / **Fluid** 24

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 small	74 cal
turkey breast, roasted	4 oz	154 cal
tomatoes	1/4 Cup(s)	8 cal
avocados	1/3 avocado	107 cal
hummus, lower sodium	3 Tbsp	78 cal

MEAL TOTAL: **Calories** 422 cal / **Carbs** 30 g (27%) / **Protein** 42 g (38%) / **Fat** 17 g (35%) / **Fluid** 23

NOTES:

### Dinner

6:00 PM

mediterranean chicken	1 serving	186 cal
wild rice, cooked	1 1/2 Cup(s)	248 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 463 cal / **Carbs** 59 g (49%) / **Protein** 35 g (29%) / **Fat** 12 g (22%) / **Fluid** 29

NOTES:

**DAY 5 TOTAL: Calories** 1,598 cal / **Carbs** 178 g (44%) / **Protein** 132 g (32%) / **Fat** 44 g (24%) / **Fluid** 101



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## DAY 6

### Breakfast

7:00 AM

smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
whole wheat mini bagel	1 bagel	100 cal
skim milk with calcium	2 Cup(s)	173 cal
drinking water	1 Cup(s)	0 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 483 cal / **Carbs** 50 g (41%) / **Protein** 41 g (34%) / **Fat** 14 g (25%) / **Fluid** 27

NOTES:

### Snack

10:00 AM

raisins, seedless	1/4 cup	123 cal
drinking water	2 Cup(s)	0 cal
cottage cheese, non-fat	2 1/4 Cup(s)	235 cal

MEAL TOTAL: **Calories** 358 cal / **Carbs** 54 g (59%) / **Protein** 35 g (38%) / **Fat** 1 g (3%) / **Fluid** 25

NOTES:

### Lunch

12:00 PM

whole-wheat pita bread	1 small	74 cal
green snap beans, no salt, boiled	2 Cup(s)	88 cal
drinking water	2 Cup(s)	0 cal
mediterranean chicken	1 serving	186 cal

MEAL TOTAL: **Calories** 348 cal / **Carbs** 36 g (39%) / **Protein** 31 g (33%) / **Fat** 12 g (28%) / **Fluid** 27

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
salmon, cooked	6 oz	260 cal
marinara spaghetti sauce, ready to serve	1/3 Cup(s)	41 cal
asparagus, boiled	4 spears	13 cal
rice penne pasta, low-carb	1 oz	104 cal

MEAL TOTAL: **Calories** 419 cal / **Carbs** 32 g (31%) / **Protein** 46 g (46%) / **Fat** 11 g (23%) / **Fluid** 24

NOTES:

**DAY 6 TOTAL: Calories** 1,607 cal / **Carbs** 172 g (42%) / **Protein** 153 g (38%) / **Fat** 37 g (20%) / **Fluid** 104



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## DAY 7

### Breakfast

7:00 AM

skim milk with calcium	2 Cup(s)	173 cal
whole wheat mini bagel	1 bagel	100 cal
whole eggs, scrambled	2 large	182 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 455 cal / **Carbs** 46 g (41%) / **Protein** 33 g (29%) / **Fat** 15 g (30%) / **Fluid** 26

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
celery	5 medium stalk	32 cal
smooth peanut butter, no salt	2 Tbsp	188 cal
wheat thin crackers	10 crackers	80 cal

MEAL TOTAL: **Calories** 300 cal / **Carbs** 26 g (33%) / **Protein** 10 g (13%) / **Fat** 19 g (54%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

whole wheat tortillas	1 tortilla	127 cal
sliced ham, extra lean, low-sodium	5 oz	186 cal
olive oil, mayonnaise, light	1 tsp	16 cal
romaine lettuce	2 leaf	2 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
turkey breast, roasted	4 oz	154 cal

MEAL TOTAL: **Calories** 494 cal / **Carbs** 23 g (20%) / **Protein** 62 g (54%) / **Fat** 13 g (26%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	3 oz	142 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal
green snap beans, no salt, boiled	1 Cup(s)	44 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 47 g (46%) / **Protein** 26 g (25%) / **Fat** 13 g (29%) / **Fluid** 25

NOTES:

**DAY 7 TOTAL: Calories** 1,652 cal / **Carbs** 142 g (35%) / **Protein** 131 g (32%) / **Fat** 60 g (33%) / **Fluid** 98



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2 Servings

## italian spiced pork chops

### Ingredients

sage, ground  
1/4 tsp

onions  
1/4 cup

pork tenderloin  
6 oz

black pepper  
2 dash

paprika  
1/4 tsp

### Nutrition Totals

**Calories** 199 / **Carbs** 3 g / **Protein** 36 g / **Fat** 4 g / **Fluid** 4 fl oz

### Instructions

1. Preheat oven to 425 degrees F.
2. In a small bowl, mix the, pepper, paprika, and sage together.
3. Sprinkle both sides of each pork chop with the seasoning mixture.
4. Add lard to a skillet over high heat.
5. When good and hot, brown both sides of each chop.
6. Place the browned chops on a large piece of heavy foil and layer with sliced onions.
7. Close the foil into a tight pouch and place on a baking sheet.
8. Bake for 30 minutes, or until pork reaches desired temperature.





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## Nutrition Label

Italian Spiced Pork Chops		
Amount Per Serving		
Calories		100
		% Daily Value*
Total Fat	1.9g	3%
Saturated Fat	0.6g	3%
Trans Fat	0g	
Cholesterol	55.2mg	18%
Sodium	45.8mg	2%
Total Carbohydrates	1.6g	1%
Dietary Fiber	0.3g	2%
Total Sugar	0.6g	
Protein	18g	
Vitamin D	6.8IU	1%
Calcium	10mg	1%
Iron	0.9mg	5%
Potassium	368.5mg	
* 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

## mediterranean chicken

### Ingredients

chicken breast, boneless skinless  
16 oz

olive oil  
2 Tbsp

lemon juice  
1 1/2 fl. oz.

garlic  
1 clove

### Nutrition Totals

**Calories 743 / Carbs 4 g / Protein 93 g / Fat 41 g / Fluid 13 fl oz**

### Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.



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## Nutrition Label

Mediterranean Chicken		
Amount Per Serving		
Calories		186
		% Daily Value*
Total Fat	10.1g	16%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	72.5mg	24%
Sodium	196.5mg	8%
Total Carbohydrates	1g	0%
Dietary Fiber	0g	0%
Total Sugar	0.2g	
Protein	23.1g	
Vitamin D	2.2IU	0%
Calcium	7.7mg	1%
Iron	0.4mg	2%
Potassium	391.3mg	
* 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

marinara spaghetti sauce, ready to serve

0.83 Cup(s)

olive oil, mayonnaise, light

2 Tbsp

1 tsp

## Beef

beef t-bone, broiled

10 oz

## Beverages

drinking water

47 Cup(s)

iced tea, green

32 fl. oz.

## Bread

bread, high-protein

1 slices

whole-wheat pita bread

3 small

whole wheat dinner rolls

1.5 roll

whole wheat mini bagel

3 bagel

whole wheat tortillas

3.5 tortilla

## Cereal & Grain Products

multi-grain cheerios cereal

2 Cup(s)

rice penne pasta, low-carb

2 oz

whole grain rolled oats, dry

1.17 Cup(s)

wild rice, cooked

2.5 Cup(s)

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## Cookies & Crackers

wheat thin crackers  
10 crackers

## Dairy & Egg

cottage cheese, non-fat  
4.25 Cup(s)  
egg whites, cooked  
17 large  
skim milk with calcium  
8 Cup(s)  
whole eggs, scrambled  
7 large

## Fats & Oils

extra virgin olive oil  
1.5 Tbsp  
olive oil  
1 Tbsp

## Finfish & Shellfish

salmon, cooked  
6 oz  
tuna fish, very low-sodium, in water  
8 oz  
yellowfin tuna fish, cooked  
4 oz

## Fruits & Juices

apples  
1 small  
1 medium  
avocados  
0.58 avocado  
bananas  
1 extra large  
1 medium  
lemon juice  
0.76 fl. oz.  
oranges  
1 fruit  
raisins, seedless  
0.45 cup

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## Ingredients

balsamic vinegar  
2 Tbsp

## Legumes & Beans

green snap beans, no salt, boiled  
5.5 Cup(s)  
hummus, lower sodium  
6 Tbsp  
lentil beans, no salt, boiled  
0.5 Cup(s)

## Nuts & Seeds

cashews  
1.5 oz  
peanuts, no salt, dry-roasted  
1.5 oz  
smooth peanut butter, no salt  
8 Tbsp

## Pork

pork tenderloin  
9 oz

## Poultry

chicken, boneless, roasted  
8 oz  
chicken breast, boneless skinless  
8 oz  
turkey breast, roasted  
14 oz

## Sausages & Meats

sliced ham, extra lean, low-sodium  
5 oz

## Snacks

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**nut and raisin granola bars**  
**0.5 bar**

### Spices & Herbs

**black pepper**  
**3 dash**  
**paprika**  
**0.38 tsp**  
**sage, ground**  
**0.38 tsp**

### Sports & Diet Nutritionals

**whey protein powder**  
**1 Scoop**

### Vegetables

**asparagus, boiled**  
**10 spears**  
**cauliflower, no salt, boiled**  
**2 Cup(s)**  
**celery**  
**5 medium stalk**  
**garlic**  
**0.5 clove**  
**onions**  
**0.38 cup**  
**romaine lettuce**  
**6 leaf**  
**2 Cup(s)**  
**tomatoes**  
**1 Cup(s)**  
**yams, no salt, boiled or baked**  
**2.5 Cup(s)**