



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

DAY 1

Breakfast 7:00 AM	drinking water	2 Cup(s)	0 cal
	whole grain rolled oats, dry	1 1/2 Cup(s)	449 cal
	raspberries	1 Cup(s)	64 cal
	egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 581 cal / **Carbs** 98 g (72%) / **Protein** 16 g (11%) / **Fat** 11 g (17%) / **Fluid** 23

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	tangerines/ mandarin oranges	2 large	104 cal
	walnuts	3/4 oz	137 cal

MEAL TOTAL: **Calories** 241 cal / **Carbs** 29 g (44%) / **Protein** 5 g (7%) / **Fat** 14 g (49%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	turkey breast, roasted	2 oz	77 cal
	romaine lettuce	3 leaf	3 cal
	tomatoes	1/2 Cup(s)	16 cal
	drinking water	2 Cup(s)	0 cal
	sunflower flax bread	2 slice	270 cal
	celery	6 medium stalk	38 cal

MEAL TOTAL: **Calories** 405 cal / **Carbs** 54 g (53%) / **Protein** 29 g (28%) / **Fat** 9 g (19%) / **Fluid** 28

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	cauliflower, no salt, boiled	1 Cup(s)	29 cal
	brown rice, cooked	1 Cup(s)	218 cal
	mahi-mahi/dolphinfish, cooked	3 oz	93 cal
	kale, no salt, boiled	1 Cup(s)	36 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 58 g (53%) / **Protein** 29 g (26%) / **Fat** 10 g (21%) / **Fluid** 31

NOTES:

DAY 1 TOTAL: Calories 1,663 cal / **Carbs** 240 g (57%) / **Protein** 80 g (19%) / **Fat** 44 g (24%) / **Fluid** 104

**DAY 2**

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	skim milk with calcium	1 1/2 Cup(s)	130 cal
	bananas	1 medium	105 cal
	brown rice cereal	1 Cup(s)	124 cal

MEAL TOTAL: **Calories** 359 cal / **Carbs** 72 g (78%) / **Protein** 16 g (17%) / **Fat** 2 g (5%) / **Fluid** 22

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	unsalted mini pretzels, fat free	2 oz	208 cal
	smooth peanut butter, no salt	1 Tbsp	94 cal
	celery	8 medium stalk	51 cal

MEAL TOTAL: **Calories** 353 cal / **Carbs** 60 g (66%) / **Protein** 12 g (13%) / **Fat** 9 g (21%) / **Fluid** 26

NOTES:

Lunch 12:00 PM	balsamic vinegar	1 Tbsp	14 cal
	extra virgin olive oil	1 Tbsp	120 cal
	romaine lettuce	2 Cup(s)	16 cal
	drinking water	2 Cup(s)	0 cal
	chicken breast, boneless skinless	4 oz	122 cal
	yams, no salt, boiled or baked	1 Cup(s)	158 cal
	cauliflower, no salt, boiled	1 Cup(s)	29 cal

MEAL TOTAL: **Calories** 459 cal / **Carbs** 48 g (41%) / **Protein** 29 g (24%) / **Fat** 18 g (35%) / **Fluid** 29

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	baked chicken and barley	1 1/2 serving	478 cal
	kale, no salt, boiled	1/2 Cup(s)	18 cal

MEAL TOTAL: **Calories** 496 cal / **Carbs** 72 g (55%) / **Protein** 38 g (29%) / **Fat** 9 g (16%) / **Fluid** 32

NOTES:

DAY 2 TOTAL: Calories 1,667 cal / **Carbs** 252 g (58%) / **Protein** 94 g (22%) / **Fat** 38 g (20%) / **Fluid** 111



DAY 3

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	skim milk with calcium	1 Cup(s)	86 cal
	whole wheat mini bagel	2 bagel	200 cal
	smooth peanut butter, no salt	1 Tbsp	94 cal
	raspberries	1 Cup(s)	64 cal

MEAL TOTAL: **Calories** 444 cal / **Carbs** 70 g (61%) / **Protein** 22 g (19%) / **Fat** 10 g (20%) / **Fluid** 19

NOTES:

Snack 10:00 AM	egg, hard boiled	2 large	155 cal
	drinking water	2 Cup(s)	0 cal
	tangerines/ mandarin oranges	3 large	156 cal

MEAL TOTAL: **Calories** 311 cal / **Carbs** 40 g (50%) / **Protein** 15 g (18%) / **Fat** 12 g (32%) / **Fluid** 27

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	tuna fish, very low-sodium, in water	3 oz	84 cal
	romaine lettuce	3 leaf	3 cal
	tomatoes	1/2 Cup(s)	16 cal
	sunflower flax bread	2 slice	270 cal
	soybean mayonnaise salad dressing, no salt	1/2 tbsp	49 cal

MEAL TOTAL: **Calories** 423 cal / **Carbs** 47 g (43%) / **Protein** 30 g (28%) / **Fat** 14 g (29%) / **Fluid** 19

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	baked chicken and barley	1 1/2 serving	478 cal
	cauliflower, no salt, boiled	1 Cup(s)	29 cal

MEAL TOTAL: **Calories** 506 cal / **Carbs** 73 g (55%) / **Protein** 39 g (29%) / **Fat** 9 g (16%) / **Fluid** 34

NOTES:

DAY 3 TOTAL: Calories 1,684 cal / **Carbs** 230 g (53%) / **Protein** 106 g (24%) / **Fat** 45 g (23%) / **Fluid** 100



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
vegetable hash with eggs	1 serving	223 cal
mangos	1 fruit	124 cal
whole wheat mini bagel	1 bagel	100 cal

MEAL TOTAL: **Calories** 447 cal / **Carbs** 72 g (61%) / **Protein** 15 g (13%) / **Fat** 14 g (26%) / **Fluid** 26

NOTES:

Snack

10:00 AM

drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
tangerines/ mandarin oranges	1 large	52 cal
walnuts	1/2 oz	92 cal

MEAL TOTAL: **Calories** 230 cal / **Carbs** 27 g (44%) / **Protein** 11 g (19%) / **Fat** 10 g (37%) / **Fluid** 18

NOTES:

Lunch

12:00 PM

balsamic vinegar	1 Tbsp	14 cal
romaine lettuce	1 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
brown rice, cooked	1 Cup(s)	218 cal
chicken breast, boneless skinless	3 oz	92 cal

MEAL TOTAL: **Calories** 392 cal / **Carbs** 50 g (51%) / **Protein** 22 g (23%) / **Fat** 11 g (26%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal
kale, no salt, boiled	1 Cup(s)	36 cal
pork tenderloin, lean, cooked	3 oz	122 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 45 g (40%) / **Protein** 27 g (24%) / **Fat** 18 g (36%) / **Fluid** 25

NOTES:

DAY 4 TOTAL: Calories 1,505 cal / **Carbs** 193 g (50%) / **Protein** 75 g (19%) / **Fat** 53 g (31%) / **Fluid** 95



DAY 5

Breakfast 7:00 AM	skim milk with calcium	1 Cup(s)	86 cal
	drinking water	1 Cup(s)	0 cal
	vegetable hash with eggs	1 serving	223 cal
	whole wheat mini bagel	1 bagel	100 cal
	tangerines/ mandarin oranges	1 large	52 cal

MEAL TOTAL: **Calories** 461 cal / **Carbs** 66 g (55%) / **Protein** 22 g (19%) / **Fat** 14 g (26%) / **Fluid** 23

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	tangerines/ mandarin oranges	2 large	104 cal
	walnuts	3/4 oz	137 cal

MEAL TOTAL: **Calories** 241 cal / **Carbs** 29 g (44%) / **Protein** 5 g (7%) / **Fat** 14 g (49%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	turkey breast, roasted	3 oz	116 cal
	tomatoes	1/2 Cup(s)	16 cal
	romaine lettuce	3 leaf	3 cal
	sunflower flax bread	2 slice	270 cal
	bananas	1/2 extra large	68 cal

MEAL TOTAL: **Calories** 473 cal / **Carbs** 64 g (53%) / **Protein** 37 g (30%) / **Fat** 9 g (17%) / **Fluid** 23

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	salmon baked in foil	1 serving	204 cal
	brown rice, cooked	3/4 Cup(s)	164 cal
	kale, no salt, boiled	1 Cup(s)	36 cal

MEAL TOTAL: **Calories** 464 cal / **Carbs** 49 g (41%) / **Protein** 30 g (26%) / **Fat** 17 g (33%) / **Fluid** 30

NOTES:

DAY 5 TOTAL: Calories 1,639 cal / Carbs 208 g (49%) / Protein 94 g (22%) / Fat 55 g (29%) / Fluid 98

**DAY 6**

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	skim milk with calcium	1 Cup(s)	86 cal
	whole wheat mini bagel	2 bagel	200 cal
	smooth peanut butter, no salt	1 Tbsp	94 cal
	raspberries	1 Cup(s)	64 cal

MEAL TOTAL: **Calories** 444 cal / **Carbs** 70 g (61%) / **Protein** 22 g (19%) / **Fat** 10 g (20%) / **Fluid** 19

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
	mangos	1 fruit	124 cal

MEAL TOTAL: **Calories** 246 cal / **Carbs** 36 g (56%) / **Protein** 23 g (35%) / **Fat** 3 g (9%) / **Fluid** 27

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	romaine lettuce	2 Cup(s)	16 cal
	extra virgin olive oil	1 1/2 Tbsp	180 cal
	chicken noodle soup, low-sodium	1 1/2 Cup(s)	92 cal
	sunflower flax bread	1 slice	135 cal

MEAL TOTAL: **Calories** 423 cal / **Carbs** 35 g (32%) / **Protein** 11 g (10%) / **Fat** 28 g (58%) / **Fluid** 31

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	salmon baked in foil	1 serving	204 cal
	whole wheat spaghetti, cooked	1 Cup(s)	174 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	kale, no salt, boiled	1 Cup(s)	36 cal

MEAL TOTAL: **Calories** 474 cal / **Carbs** 51 g (41%) / **Protein** 34 g (28%) / **Fat** 17 g (31%) / **Fluid** 30

NOTES:

DAY 6 TOTAL: Calories 1,588 cal / **Carbs** 192 g (46%) / **Protein** 90 g (22%) / **Fat** 58 g (32%) / **Fluid** 106

**DAY 7****Breakfast**

7:00 AM

bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
brown rice cereal	1 Cup(s)	124 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 415 cal / **Carbs** 75 g (70%) / **Protein** 27 g (25%) / **Fat** 2 g (5%) / **Fluid** 31

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
celery	4 medium stalk	26 cal
smooth peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 242 cal / **Carbs** 12 g (20%) / **Protein** 26 g (43%) / **Fat** 10 g (37%) / **Fluid** 26

NOTES:

Lunch

12:00 PM

tuna fish, very low-sodium, in water	2 oz	56 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1/2 Cup(s)	16 cal
romaine lettuce	2 leaf	2 cal
soybean mayonnaise salad dressing, no salt	1/2 tbsp	49 cal
sunflower flax bread	2 slice	270 cal
chicken noodle soup, low-sodium	1 Cup(s)	62 cal

MEAL TOTAL: **Calories** 455 cal / **Carbs** 54 g (47%) / **Protein** 27 g (23%) / **Fat** 16 g (30%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	2 oz	61 cal
extra virgin olive oil	1/2 Tbsp	60 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
brown rice, cooked	3/4 Cup(s)	164 cal

MEAL TOTAL: **Calories** 471 cal / **Carbs** 77 g (64%) / **Protein** 19 g (16%) / **Fat** 11 g (20%) / **Fluid** 28

NOTES:

DAY 7 TOTAL: Calories 1,583 cal / **Carbs** 219 g (54%) / **Protein** 99 g (24%) / **Fat** 39 g (22%) / **Fluid** 113



4 Servings

baked chicken and barley

Ingredients

extra virgin olive oil
1/2 Tbsp

onions
1 medium

red peppers
1 medium

garlic
1 clove

apples
1 large

curry powder
2 tsp

barley pearly raw
3/4 Cup(s)

chicken broth soup, low-sodium
2 Cup(s)

chicken breast, boneless skinless
12 oz

marmalade orange
2 tsp

Nutrition Totals

Calories 1274 / **Carbs** 181 g / **Protein** 97 g / **Fat** 23 g / **Fluid** 38 fl oz

Instructions

1. In a large skillet heat olive oil. Add diced onion, diced bell pepper and minced garlic. Saute for 5 minutes.
2. Add chopped apple and curry powder; sauté until apples are tender.
3. Add in barley and chicken broth; bring to boil. Reduce heat, cover and simmer 15 minutes.
4. Pour barley mixture into large oven-safe casserole dish. Arrange four chicken breasts over barley.
5. Cover with foil and bake at 375° F for 45 minutes.
6. Remove foil and brush chicken with marmalade. Bake uncovered for an additional 15 minutes.



Nutrition Label

Baked Chicken And Barley	
Amount Per Serving	
Calories	318
% Daily Value*	
Total Fat 5.8g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 54.4mg	18%
Sodium 191.8mg	8%
Total Carbohydrates 45.3g	15%
Dietary Fiber 8.7g	35%
Total Sugar 10.4g	
Protein 24.3g	
Vitamin D 1.7IU	0%
Calcium 39.3mg	4%
Iron 1.9mg	11%
Potassium 666.1mg	

* 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

vegetable hash with eggs

Ingredients

potato flesh and skin raw
2 potato medium (2-1/4" to 3-1/4" dia)

zucchini/summer squash
1 medium

dill weed
1 oz

extra virgin olive oil
2 Tbsp

black pepper
1/4 tsp

egg
4 egg

Nutrition Totals

Calories 891 / **Carbs** 83 g / **Protein** 36 g / **Fat** 49 g / **Fluid** 19 fl oz

Instructions

1. Wash, peel and grate potatoes. Grate zucchini, leave peel on zucchini.
2. Place grated potatoes and zucchini in a strainer placed in the sink. Squeeze to remove excess water.
3. Add the fresh dill and toss.
4. Heat olive oil in a large skillet, placed on medium heat.
5. Add the potato-zucchini mixture. Press the mixture down slightly. Season with pepper.
6. Cook, without stirring, for 15 minutes.
7. Fold the hash in half. Cook for a few more minutes.
8. On remaining half of skillet, cook eggs in desired fashion.
9. Sprinkle eggs and vegetable hash with fresh dill before serving.

Nutrition Label

Vegetable Hash With Eggs	
Amount Per Serving	
Calories	223
% Daily Value*	
Total Fat 12.3g	19%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 14.6mg	1%
Total Carbohydrates 20.7g	7%
Dietary Fiber 3g	12%
Total Sugar 2g	
Protein 9g	
Vitamin D 0IU	0%
Calcium 35.9mg	4%
Iron 1.4mg	8%
Potassium 630.3mg	

* 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

salmon baked in foil

Ingredients

fish salmon pink raw
16 oz

extra virgin olive oil
1 Tbsp

black pepper
1/8 tsp

tomatoes
2 Cup(s)

shallots
2 oz

lemon juice
2 Tbsp

oregano, dried
1 tsp

thyme, dried
1 tsp

Nutrition Totals

Calories 817 / Carbs 28 g / Protein 98 g / Fat 35 g / Fluid 26 fl oz

Instructions

1. Preheat oven to 400 degrees F.
2. Combine diced tomatoes, minced shallots, 1 tablespoon of olive oil, lemon juice, oregano, thyme, and a dash of black pepper in a small bowl. Set aside.
3. Brush salmon with remaining tablespoon of olive oil and season with pepper.
4. Cut 4 sheets of aluminum foil (large enough to wrap each fillet).
5. Place each fillet, oil side down, on each cut piece of foil.
6. Evenly divide tomato mixture over the salmon fillets.
7. Fold and seal the foil to make packets around the salmon.
8. Place the salmon packets on a baking sheet. Bake for ~25 minutes, or until cooked through.



Nutrition Label

Salmon Baked In Foil	
Amount Per Serving	
Calories	204
% Daily Value*	
Total Fat 8.7g	13%
Saturated Fat 1.4g	7%
Trans Fat 0g	
Cholesterol 52.1mg	17%
Sodium 91.5mg	4%
Total Carbohydrates 6.9g	2%
Dietary Fiber 1.8g	7%
Total Sugar 3.6g	
Protein 24.4g	
Vitamin D 493.2IU	82%
Calcium 34.8mg	3%
Iron 1.3mg	7%
Potassium 692.1mg	

* 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.



Shopping List

Accompaniments

soybean mayonnaise salad dressing, no salt
1 tbsp

Beverages

drinking water
49 Cup(s)
iced tea, green
16 fl. oz.

Bread

sunflower flax bread
9 slice
whole wheat mini bagel
6 bagel

Cereal & Grain Products

brown rice, cooked
3.5 Cup(s)
brown rice cereal
2 Cup(s)
whole grain rolled oats, dry
1.5 Cup(s)
whole wheat spaghetti, cooked
1 Cup(s)

Cookies & Crackers

unsalted mini pretzels, fat free
2 oz

Dairy & Egg

egg
2 egg
egg, hard boiled
2 large
egg whites, cooked
8 large
low-fat cottage cheese, 1%



1.5 Cup(s)
skim milk with calcium
6.5 Cup(s)

Fats & Oils

extra virgin olive oil
7.88 Tbsp

Finfish & Shellfish

mahi-mahi/dolphinfish, cooked
3 oz
tuna fish, very low-sodium, in water
5 oz

Fruits & Juices

apples
0.76 large
bananas
1 medium
1.5 extra large
lemon juice
1 Tbsp
mangos
2 fruit
raspberries
3 Cup(s)
tangerines/ mandarin oranges
9 large

Ingredients

balsamic vinegar
2 Tbsp

Nuts & Seeds

smooth peanut butter, no salt
4 Tbsp
walnuts
2 oz

Pork



pork tenderloin, lean, cooked
3 oz

Poultry

chicken breast, boneless skinless
18 oz
turkey breast, roasted
5 oz

Soup

chicken broth soup, low-sodium
1.5 Cup(s)
chicken noodle soup, low-sodium
2.5 Cup(s)

Spices & Herbs

black pepper
0.18 tsp
curry powder
1.5 tsp
dill weed
0.5 oz
oregano, dried
0.5 tsp
thyme, dried
0.5 tsp

Uncategorized

barley pearled raw
0.56 Cup(s)
fish salmon pink raw
8 oz
marmalade orange
1.5 tsp
potato flesh and skin raw
1 potato medium (2-1/4" to 3-1/4" dia)

Vegetables

cauliflower, no salt, boiled
4 Cup(s)
celery
18 medium stalk



garlic

0.76 clove

kale, no salt, boiled

4.5 Cup(s)

onions

0.76 medium

red peppers

0.76 medium

romaine lettuce

11 leaf

5 Cup(s)

shallots

1 oz

tomatoes

3 Cup(s)

yams, no salt, boiled or baked

3 Cup(s)

zucchini/summer squash

0.5 medium