



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

DAY 1

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	mushroom, leek, and cheese frittata	1 serving	372 cal
	strawberries	1 cup	53 cal

MEAL TOTAL: **Calories** 426 cal / **Carbs** 24 g (21%) / **Protein** 19 g (17%) / **Fat** 30 g (62%) / **Fluid** 17

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	dried apricots	4 half	34 cal
	almonds	3/4 oz	122 cal
	turkey jerky	1 serving	70 cal

MEAL TOTAL: **Calories** 225 cal / **Carbs** 21 g (35%) / **Protein** 14 g (23%) / **Fat** 12 g (42%) / **Fluid** 16

NOTES:

Lunch 12:00 PM	quinoa, cooked	1/2 Cup(s)	111 cal
	cucumber	1 cup	5 cal
	chicken breast, cooked	5 1/2 oz	257 cal
	arugula	2 Cup(s)	5 cal
	extra virgin olive oil	1 tsp	40 cal
	lemon juice	2 Tbsp	7 cal

MEAL TOTAL: **Calories** 425 cal / **Carbs** 24 g (23%) / **Protein** 53 g (51%) / **Fat** 12 g (26%) / **Fluid** 8

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	extra virgin olive oil	1 1/2 Tbsp	180 cal
	french baguette, breads	1 1/2 oz	113 cal
	spinach, no salt, boiled	1 Cup(s)	41 cal
	yellowfin tuna fish, cooked	5 oz	184 cal

MEAL TOTAL: **Calories** 518 cal / **Carbs** 28 g (22%) / **Protein** 51 g (39%) / **Fat** 22 g (39%) / **Fluid** 25

NOTES:

DAY 1 TOTAL: **Calories** 1,595 cal / **Carbs** 97 g (24%) / **Protein** 137 g (34%) / **Fat** 77 g (42%) / **Fluid** 67

**DAY 2**

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	corn grits , no salt	1 1/2 Cup(s)	279 cal
	whole eggs	2 medium	126 cal
	100% liquid egg whites	3/4 Cup(s)	94 cal

MEAL TOTAL: **Calories** 499 cal / **Carbs** 59 g (51%) / **Protein** 36 g (30%) / **Fat** 10 g (19%) / **Fluid** 20

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	almonds	1/2 oz	81 cal
	plain greek yogurt, nonfat	1 container	100 cal

MEAL TOTAL: **Calories** 181 cal / **Carbs** 9 g (20%) / **Protein** 20 g (43%) / **Fat** 8 g (37%) / **Fluid** 21

NOTES:

Lunch 12:00 PM	balsamic vinegar	1 Tbsp	14 cal
	extra virgin olive oil	1 tsp	40 cal
	romaine lettuce	2 Cup(s)	16 cal
	drinking water	2 Cup(s)	0 cal
	mushroom, leek, and cheese frittata	1 serving	372 cal

MEAL TOTAL: **Calories** 442 cal / **Carbs** 17 g (15%) / **Protein** 19 g (17%) / **Fat** 35 g (68%) / **Fluid** 23

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	pork souvlaki	1 serving	225 cal
	cauliflower, no salt, boiled	1 Cup(s)	29 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	nutritional yeast seasoning by bragg	2 Tbsp	40 cal
	black beans, no salt, boiled	3/4 Cup(s)	170 cal

MEAL TOTAL: **Calories** 524 cal / **Carbs** 43 g (32%) / **Protein** 38 g (28%) / **Fat** 24 g (40%) / **Fluid** 26

NOTES:

DAY 2 TOTAL: Calories 1,647 cal / **Carbs** 128 g (31%) / **Protein** 113 g (27%) / **Fat** 77 g (42%) / **Fluid** 90



Eating right, simplified.

DAY 3

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	egg, hard boiled	2 large	155 cal
	honeydew melon	1 1/2 large wedge	86 cal

MEAL TOTAL: **Calories** 241 cal / **Carbs** 23 g (37%) / **Protein** 14 g (23%) / **Fat** 11 g (40%) / **Fluid** 18

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	tuna in water, canned	1/2 can	135 cal
	toasting bread by ezeziel	2 slices	120 cal
	olive oil, mayonnaise, light	2 Tbsp	98 cal

MEAL TOTAL: **Calories** 353 cal / **Carbs** 24 g (26%) / **Protein** 37 g (41%) / **Fat** 13 g (33%) / **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
	pork souvlaki	1 serving	225 cal
	lemon juice	1 Tbsp	3 cal
	quinoa, cooked	3/4 Cup(s)	167 cal
	cucumber	1/2 cup	3 cal

MEAL TOTAL: **Calories** 533 cal / **Carbs** 37 g (27%) / **Protein** 26 g (19%) / **Fat** 33 g (54%) / **Fluid** 26

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	fbbc chicken fajita with brown rice casserole	1/5 serving	479 cal
	broccoli	1 cup	31 cal

MEAL TOTAL: **Calories** 510 cal / **Carbs** 58 g (44%) / **Protein** 45 g (35%) / **Fat** 12 g (21%) / **Fluid** 26

NOTES:

DAY 3 TOTAL: Calories 1,638 cal / **Carbs** 142 g (34%) / **Protein** 122 g (29%) / **Fat** 70 g (37%) / **Fluid** 90

**DAY 4**

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	skim milk with calcium	1 Cup(s)	86 cal
	bananas	1 extra large	135 cal
	corn grits , no salt	1 1/2 Cup(s)	279 cal

MEAL TOTAL: **Calories** 501 cal / **Carbs** 105 g (83%) / **Protein** 16 g (12%) / **Fat** 3 g (5%) / **Fluid** 30

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	almonds	1/2 oz	81 cal
	tangerines/ mandarin oranges	2 large	104 cal

MEAL TOTAL: **Calories** 185 cal / **Carbs** 29 g (57%) / **Protein** 5 g (9%) / **Fat** 8 g (34%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	quinoa, cooked	1 Cup(s)	222 cal
	olives ripe canned small-extra large	4 large	20 cal
	cucumber	1 cup	5 cal
	chicken breast, cooked	3 oz	140 cal
	arugula	2 Cup(s)	5 cal
	extra virgin olive oil	1 tsp	40 cal
	lemon juice	2 Tbsp	7 cal

MEAL TOTAL: **Calories** 440 cal / **Carbs** 45 g (41%) / **Protein** 36 g (32%) / **Fat** 13 g (27%) / **Fluid** 10

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	fbbc chicken fajita with brown rice casserole	1/5 serving	479 cal

MEAL TOTAL: **Calories** 479 cal / **Carbs** 52 g (43%) / **Protein** 43 g (35%) / **Fat** 12 g (22%) / **Fluid** 23

NOTES:

DAY 4 TOTAL: Calories 1,605 cal / **Carbs** 231 g (56%) / **Protein** 99 g (24%) / **Fat** 36 g (20%) / **Fluid** 84



Eating right, simplified.

DAY 5

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	egg, hard boiled	2 1/2 large	194 cal
	honeydew melon	2 large wedge	115 cal

MEAL TOTAL: **Calories** 309 cal / **Carbs** 30 g (39%) / **Protein** 17 g (22%) / **Fat** 14 g (39%) / **Fluid** 21

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	dried apricots	5 half	42 cal
	almonds	1/2 oz	81 cal
	turkey jerky	2 serving	140 cal

MEAL TOTAL: **Calories** 263 cal / **Carbs** 30 g (42%) / **Protein** 22 g (30%) / **Fat** 9 g (28%) / **Fluid** 16

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	extra virgin olive oil	1 Tbsp	120 cal
	lemon juice	1 Tbsp	3 cal
	cucumber	1 cup	5 cal
	vegetable gnocchi soup	1 serving	349 cal

MEAL TOTAL: **Calories** 477 cal / **Carbs** 65 g (51%) / **Protein** 10 g (8%) / **Fat** 23 g (41%) / **Fluid** 23

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	fbbc chicken fajita with brown rice casserole	1/5 serving	479 cal
	green snap beans, no salt, boiled	2 Cup(s)	88 cal

MEAL TOTAL: **Calories** 567 cal / **Carbs** 71 g (48%) / **Protein** 47 g (32%) / **Fat** 13 g (20%) / **Fluid** 30

NOTES:

DAY 5 TOTAL: Calories 1,616 cal / **Carbs** 197 g (46%) / **Protein** 96 g (23%) / **Fat** 59 g (31%) / **Fluid** 91

**DAY 6**

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	skim milk with calcium	1 Cup(s)	86 cal
	bananas	1 extra large	135 cal
	corn grits , no salt	1 1/2 Cup(s)	279 cal

MEAL TOTAL: **Calories** 501 cal / **Carbs** 105 g (83%) / **Protein** 16 g (12%) / **Fat** 3 g (5%) / **Fluid** 30

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	walnuts	1/4 oz	46 cal
	cottage cheese, 4%	1/2 Cup(s)	110 cal
	medjool dates	1 date, pitted	66 cal

MEAL TOTAL: **Calories** 222 cal / **Carbs** 24 g (42%) / **Protein** 14 g (23%) / **Fat** 9 g (35%) / **Fluid** 16

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
	lemon juice	1 Tbsp	3 cal
	quinoa, cooked	1 Cup(s)	222 cal
	cucumber	1 cup	5 cal
	yellowfin tuna fish, cooked	3 oz	111 cal

MEAL TOTAL: **Calories** 477 cal / **Carbs** 45 g (38%) / **Protein** 34 g (28%) / **Fat** 18 g (34%) / **Fluid** 27

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	beef stew	1 serving	298 cal
	kale	2 cup	66 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	lemon juice	1 Tbsp	3 cal
	french baguette, breads	1 oz	75 cal

MEAL TOTAL: **Calories** 502 cal / **Carbs** 41 g (35%) / **Protein** 40 g (34%) / **Fat** 16 g (31%) / **Fluid** 29

NOTES:

DAY 6 TOTAL: Calories 1,702 cal / **Carbs** 216 g (51%) / **Protein** 103 g (24%) / **Fat** 47 g (25%) / **Fluid** 102



Eating right, simplified.

DAY 7

Breakfast 7:00 AM	egg, hard boiled	1 large	78 cal
	bananas	1 extra large	135 cal
	drinking water	2 Cup(s)	0 cal
	cottage cheese, 4%	1 1/2 Cup(s)	330 cal

MEAL TOTAL: **Calories** 543 cal / **Carbs** 50 g (36%) / **Protein** 44 g (32%) / **Fat** 19 g (32%) / **Fluid** 21

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	almonds	3/4 oz	122 cal
	tangerines/ mandarin oranges	2 large	104 cal

MEAL TOTAL: **Calories** 225 cal / **Carbs** 31 g (50%) / **Protein** 6 g (10%) / **Fat** 11 g (40%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	tomatoes	1 cup	27 cal
	extra virgin olive oil	1 Tbsp	120 cal
	chicken breast, cooked	3 oz	140 cal
	quinoa, cooked	1 Cup(s)	222 cal
	arugula	2 Cup(s)	5 cal
	cucumber	1 cup	5 cal

MEAL TOTAL: **Calories** 519 cal / **Carbs** 47 g (36%) / **Protein** 37 g (28%) / **Fat** 21 g (36%) / **Fluid** 29

NOTES:

Dinner 6:00 PM	kale, no salt, boiled	1 Cup(s)	36 cal
	drinking water	2 Cup(s)	0 cal
	salmon, cooked	3 oz	130 cal
	potato gnocchi	1/2 Cup(s)	170 cal
	extra virgin olive oil	1 Tbsp	120 cal
	cauliflower, no salt, boiled	1 1/2 Cup(s)	43 cal

MEAL TOTAL: **Calories** 499 cal / **Carbs** 50 g (39%) / **Protein** 31 g (24%) / **Fat** 21 g (37%) / **Fluid** 28

NOTES:

DAY 7 TOTAL: Calories 1,787 cal / **Carbs** 178 g (38%) / **Protein** 117 g (26%) / **Fat** 72 g (36%) / **Fluid** 100



4 Servings

mushroom, leek, and cheese frittata

Ingredients

extra virgin olive oil
4 Tbsp

leeks
8 oz

mushrooms
8 oz

egg
8 egg

sour cream
2 fl oz

parsley
2 fl oz

cheese mozzarella whole milk
2 oz

kosher salt
1/4 tsp

black pepper
1/4 tsp

Nutrition Totals

Calories 1490 / Carbs 43 g / Protein 72 g / Fat 120 g / Fluid 16 fl oz

Instructions

1. Preheat oven to 350 degrees.
2. Add 2 Tbsp of olive oil to a large, non-stick, oven-proof skillet. Turn to medium heat and add leeks.
3. Cook leeks until softened and then add mushrooms. Cook leeks and mushrooms until all liquid has evaporated.
4. In a bowl, whisk eggs, sour cream, and parsley. Add in salt, pepper and 1 oz of cheese.
5. Increase skillet heat to medium-high and add remaining 2 Tbsp. of oil. Pour egg mixture over the mushrooms/leeks and evenly distribute.
6. Cook the frittata on the stove until the edges set.
7. Top with remaining 1 oz of cheese and bake frittata for ~30 minutes, or until set.

Nutrition Label

Mushroom, Leek, And Cheese Frittata	
Amount Per Serving	
Calories	372
% Daily Value*	
Total Fat 29.9g	46%
Saturated Fat 5.3g	27%
Trans Fat 0g	
Cholesterol 17.4mg	6%
Sodium 133mg	6%
Total Carbohydrates 10.8g	4%
Dietary Fiber 1.7g	7%
Total Sugar 3.8g	
Protein 18.1g	
Vitamin D 7.9IU	1%
Calcium 125.6mg	13%
Iron 1.8mg	10%
Potassium 332.5mg	

* 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.



4 Servings

pork souvlaki

Ingredients

extra virgin olive oil
2 fl oz

onions
1/2 medium

garlic
2 clove

lemon juice
2 Tbsp

red wine vinegar
2 tsp

oregano, dried
2 tsp

pork tenderloin
12 oz

Nutrition Totals

Calories 900 / **Carbs** 12 g / **Protein** 73 g / **Fat** 64 g / **Fluid** 12 fl oz

Instructions

1. Combine olive oil, diced onions, minced garlic, lemon juice, vinegar and oregano in a medium bowl.
2. Cut pork tenderloin into cubes and add to large resealable bag. Pour in marinade.
3. Allow pork to marinade in refrigerator for at least 2 hours to overnight.
4. Divide pork among 4 skewers.
5. Grill the skewers on the BBQ until browned and cooked through. Turn 4 times while cooking to ensure all sides are evenly cooked.



Nutrition Label

Pork Souvlaki	
Amount Per Serving	
Calories	225
% Daily Value*	
Total Fat 15.9g	24%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 55.2mg	18%
Sodium 46.3mg	2%
Total Carbohydrates 2.9g	1%
Dietary Fiber 0.6g	3%
Total Sugar 0.8g	
Protein 18.1g	
Vitamin D 6.8IU	1%
Calcium 25.1mg	3%
Iron 1.2mg	7%
Potassium 385.6mg	

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1 Servings



fbbc chicken fajita with brown rice casserole

Ingredients

green, red or yellow bell peppers
3 medium

white onion
1 whole

chicken breast, boneless skinless
24 oz

chicken broth, reduced sodium
1 1/2 Cup(s)

brown rice (dry measure)
1 cups

organic canned black beans
15 oz

green chilies, diced
4 oz

lime juice
1 1 fruit

pepper jack cheese
4 oz

chili powder
3 tsp

salt
1/4 tsp

cumin ground
1 tsp

garlic powder
1/2 tsp

onion powder
1/2 tsp

cayenne pepper
1/8 tsp

Nutrition Totals

Calories 2395 / **Carbs** 258 g / **Protein** 213 g / **Fat** 61 g / **Fluid** 34 fl oz

Instructions

Preheat oven to 375 degrees F.

Combine fajita seasoning ingredients in a small bowl and set aside.



Evenly coat the bottom of a 9x13 casserole dish with the rinsed brown rice.

Next, layer $\frac{1}{2}$ of the onions and bell peppers on top of rice.

Evenly layer cubed chicken on rice and sprinkle fajita seasoning over chicken to coat it.

Next, layer black beans and green chilies.

Finish by layering the remaining onions and bell peppers.

Gently pour chicken broth evenly over casserole. Cover dish with tin foil and bake for 30 minutes. After 30 minutes, stir the casserole contents, cover with foil again, and put back in oven for another 30 minutes. After 30 minutes, take the tin foil off and bake for another 20 minutes.

After 20 minutes, take $\frac{1}{2}$ of the lime juice and evenly pour over entire casserole. Sprinkle with cheese and place back in the oven for another 5 minutes or until cheese is melted.

Top with remaining lime juice and optional toppings and serve.

Nutrition Label

Fbbc Chicken Fajita With Brown Rice Casserole	
Amount Per Serving	
Calories	2395
% Daily Value*	
Total Fat 60.6g	93%
Saturated Fat 25.3g	127%
Trans Fat 0g	
Cholesterol 516.4mg	172%
Sodium 4449.4mg	185%
Total Carbohydrates 257.8g	86%
Dietary Fiber 36.4g	146%
Total Sugar 24.2g	
Protein 213.2g	
Vitamin D 13.6IU	2%
Calcium 1028.1mg	103%
Iron 12.7mg	71%
Potassium 4419.6mg	
<small>* 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.</small>	



4 Servings

vegetable gnocchi soup

Ingredients

onions
1 cup

garlic
4 cloves

basil
1/2 Cup(s)

chickpeas (garbanzo beans), canned
4 oz

extra virgin olive oil
2 Tbsp

crushed red pepper flakes
1/8 tsp

vegetable broth soup, low sodium
28 oz

tomatoes red ripe canned stewed
15 oz

kosher salt
1/8 tsp

black pepper
1/4 tsp

green snap beans
1 1/2 Cup(s)

potato gnocchi
2 Cup(s)

fresh spinach
4 Cup(s)

Nutrition Totals

Calories 1394 / Carbs 250 g / Protein 38 g / Fat 36 g / Fluid 22 fl oz

Instructions

1. Chop onions, mince garlic, and finely shred half of the basil (reserve the other half for garnish).
2. Heat olive oil in large pot over medium heat. Saute onions until cooked through.
3. Add in garlic and basil and cook for an additional 2 minutes.
4. Add in drained and rinsed chickpeas, broth, tomatoes and spices. Bring to a boil.
5. Reduce to a simmer and then add in green beans. Simmer until green beans are tender.
6. Add in gnocchi and cook an additional 5 minutes, or until gnocchi are tender.
7. Turn off heat and add in fresh spinach.
8. Divide soup into 4 bowls; garnish with remaining basil leaves.

Nutrition Label

Vegetable Gnocchi Soup	
Amount Per Serving	
Calories	349
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1047.8mg	44%
Total Carbohydrates 62.4g	21%
Dietary Fiber 10.1g	41%
Total Sugar 8.3g	
Protein 9.4g	
Vitamin D 0IU	0%
Calcium 135.6mg	14%
Iron 5.4mg	30%
Potassium 409.3mg	

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2 Servings

beef stew

Ingredients

garlic
1/2 clove

carrots
2 medium

onions, no salt, boiled
1/2 small

beef round, lean, cooked
6 oz

beef stock
8 fl oz

tomatoes, no salt, canned
1 can

red wine
1/2 Cup(s)

basil
2 tsp

oregano, dried
2 tsp

Nutrition Totals

Calories 595 / Carbs 28 g / Protein 62 g / Fat 16 g / Fluid 18 fl oz

Instructions

1. Soften onion and garlic in pot, add beef and allow to brown.
2. Add diced carrots, allow to soften slightly.
3. Add stock, canned tomatoes, red wine, oregano and basil. Put lid on and simmer on low heat for at least one hour.



Nutrition Label

Beef Stew	
Amount Per Serving	
Calories	298
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.7g	14%
Trans Fat 0g	
Cholesterol 82.4mg	27%
Sodium 93.2mg	4%
Total Carbohydrates 14.2g	5%
Dietary Fiber 3.6g	15%
Total Sugar 6.3g	
Protein 30.8g	
Vitamin D 5.1IU	1%
Calcium 95.2mg	10%
Iron 4.6mg	26%
Potassium 738.1mg	

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Shopping List

Accompaniments

kosher salt
0.15 tsp
olive oil, mayonnaise, light
2 Tbsp

Beef

beef round, lean, cooked
3 oz

Beverages

drinking water
46 Cup(s)
red wine
0.25 Cup(s)

Bread

french baguette, breads
2.5 oz

Cereal & Grain Products

corn grits , no salt
4.5 Cup(s)
quinoa, cooked
4.25 Cup(s)

Dairy & Egg

100% liquid egg whites
0.75 Cup(s)
cheese mozzarella whole milk
1 oz
cottage cheese, 4%
2 Cup(s)
egg
4 egg
egg, hard boiled
5.5 large
pepper jack cheese



2.4 oz
plain greek yogurt, nonfat
1 container
skim milk with calcium
2 Cup(s)
sour cream
1 fl oz
whole eggs
2 medium

Entrees

potato gnocchi
1 Cup(s)

Fats & Oils

extra virgin olive oil
10 Tbsp
3 tsp
1 fl oz

Finfish & Shellfish

salmon, cooked
3 oz
tuna in water, canned
0.5 can
yellowfin tuna fish, cooked
8 oz

Fruits & Juices

bananas
3 extra large
dried apricots
9 half
honeydew melon
3.5 large wedge
lemon juice
9 Tbsp
lime juice
0.6 1 fruit
medjool dates
1 date, pitted
strawberries
1 cup
tangerines/ mandarin oranges



4 large

Ingredients

balsamic vinegar

1 Tbsp

red wine vinegar

1 tsp

Legumes & Beans

black beans, no salt, boiled

0.75 Cup(s)

green snap beans

0.38 Cup(s)

green snap beans, no salt, boiled

2 Cup(s)

organic canned black beans

9 oz

Nuts & Seeds

almonds

3 oz

walnuts

0.25 oz

Pork

pork tenderloin

6 oz

Poultry

chicken breast, boneless skinless

14.4 oz

chicken breast, cooked

11.5 oz

Snacks

turkey jerky

3 serving

Soup



beef stock
4 fl oz
chicken broth, reduced sodium
0.9 Cup(s)
vegetable broth soup, low sodium
7 oz

Spices & Herbs

basil
0.13 Cup(s)
1 tsp
black pepper
0.18 tsp
cayenne pepper
0.09 tsp
chili powder
1.8 tsp
crushed red pepper flakes
0.03 tsp
cumin ground
0.6 tsp
garlic powder
0.3 tsp
onion powder
0.3 tsp
oregano, dried
2 tsp
parsley
1 fl oz
salt
0.15 tsp

Uncategorized

brown rice (dry measure)
0.6 cups
nutritional yeast seasoning by bragg
2 Tbsp
olives ripe canned small-extra large
4 large
toasting bread by ezekiel
2 slices
tomatoes red ripe canned stewed
3.75 oz

Vegetables



arugula

6 Cup(s)

broccoli

1 cup

carrots

1 medium

cauliflower, no salt, boiled

2.5 Cup(s)

chickpeas (garbanzo beans), canned

1 oz

cucumber

5.5 cup

fresh spinach

1 Cup(s)

garlic

1.25 clove

1 cloves

green, red or yellow bell peppers

1.8 medium

green chilies, diced

2.4 oz

kale

2 cup

kale, no salt, boiled

1 Cup(s)

leeks

4 oz

mushrooms

4 oz

onions

0.26 medium

0.25 cup

onions, no salt, boiled

0.25 small

romaine lettuce

6 Cup(s)

spinach, no salt, boiled

1 Cup(s)

tomatoes

1 cup

tomatoes, no salt, canned

0.5 can

white onion

0.6 whole