



Eating right, simplified.

# 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



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## 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



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### 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



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## 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



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## 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



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## 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



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## 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.





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## Nutrition Label

### Mushroom, Leek, And Cheese Frittata

Amount Per Serving

**Calories**

**372**

% Daily Value\*

<b>Total Fat</b>	29.9g	<b>46%</b>
Saturated Fat	5.3g	<b>27%</b>
Trans Fat	0g	
<b>Cholesterol</b>	17.4mg	<b>6%</b>
<b>Sodium</b>	133mg	<b>6%</b>
<b>Total Carbohydrates</b>	10.8g	<b>4%</b>
Dietary Fiber	1.7g	<b>7%</b>
Total Sugar	3.8g	
<b>Protein</b>	18.1g	
<b>Vitamin D</b>	7.9IU	<b>1%</b>
<b>Calcium</b>	125.6mg	<b>13%</b>
<b>Iron</b>	1.8mg	<b>10%</b>
<b>Potassium</b>	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.



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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.



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## 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	
* 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.		



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.



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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.



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## Nutrition Label

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



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## 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.



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## 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	
* 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

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

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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

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Eating right, simplified.

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

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Eating right, simplified.

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 ezeziel  
2 slices  
tomatoes red ripe canned stewed  
3.75 oz

## Vegetables

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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