



Eating right, simplified.

# 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

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## 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



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### 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



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## 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



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## 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



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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
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



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## 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



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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 pearled 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.





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## 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.



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## 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.		

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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.



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## 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.		

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# 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%

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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

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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

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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