



Eating right, simplified.

2,600 Calorie Plan (Protein) 5 meals/day

DAY 1

Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
blueberries	1/2 Cup(s)	41 cal
oatmeal, steel cut	3/4 Cup(s)	450 cal
drinking water	1 Cup(s)	0 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 651 cal / **Carbs** 93 g (58%) / **Protein** 36 g (22%) / **Fat** 15 g (20%) / **Fluid** 16

NOTES:

Snack

10:00 AM

tangerines/ mandarin oranges	2 medium	89 cal
low-fat cottage cheese, 1%	1 3/4 Cup(s)	285 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 374 cal / **Carbs** 33 g (35%) / **Protein** 50 g (54%) / **Fat** 5 g (11%) / **Fluid** 32

NOTES:

Lunch

12:00 PM

triscuit crackers, light salt	5 crackers	100 cal
baby carrots	10 large	53 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat dinner rolls	2 roll	149 cal
turkey breast, roasted	8 oz	308 cal
dijon mustard	2 tsp	10 cal

MEAL TOTAL: **Calories** 628 cal / **Carbs** 59 g (37%) / **Protein** 76 g (48%) / **Fat** 11 g (15%) / **Fluid** 28

NOTES:

Snack

3:00 PM

honey peanut yogurt balance bar	1 bar	200 cal
drinking water	1 Cup(s)	0 cal
hummus	4 Tbsp	110 cal
celery	4 medium stalk	26 cal

MEAL TOTAL: **Calories** 335 cal / **Carbs** 39 g (45%) / **Protein** 19 g (22%) / **Fat** 13 g (33%) / **Fluid** 15

NOTES:

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Dinner

6:00 PM

orange roughy fish, cooked	6 oz	179 cal
drinking water	2 Cup(s)	0 cal
mixed vegetables, frozen no salt, boiled	1 1/2 Cup(s)	89 cal
wild rice, cooked	1 Cup(s)	166 cal
extra virgin olive oil	1 1/2 Tbsp	180 cal

MEAL TOTAL: **Calories** 613 cal / **Carbs** 53 g (34%) / **Protein** 49 g (32%) / **Fat** 23 g (34%) / **Fluid** 28

NOTES:

DAY 1 TOTAL: **Calories** 2,601 cal / **Carbs** 278 g (42%) / **Protein** 230 g (35%) / **Fat** 66 g (23%) / **Fluid** 118



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
egg whites, cooked	6 large	103 cal
old fashioned rolled oats	3/4 cups	87 cal
blueberries	1 Cup(s)	83 cal
almonds, raw	20 Whole nuts	148 cal

MEAL TOTAL: **Calories** 512 cal / **Carbs** 43 g (34%) / **Protein** 38 g (29%) / **Fat** 21 g (37%) / **Fluid** 12

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
honey peanut yogurt balance bar	1 bar	200 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 51 g (61%) / **Protein** 16 g (19%) / **Fat** 7 g (20%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal
salsa, ready to serve	1 Tbsp	5 cal
whole wheat tortillas	1 tortilla	127 cal
black beans, no salt, boiled	2/3 Cup(s)	151 cal
ground turkey, cooked	6 oz	345 cal

MEAL TOTAL: **Calories** 789 cal / **Carbs** 56 g (28%) / **Protein** 63 g (31%) / **Fat** 37 g (41%) / **Fluid** 26

NOTES:

Snack

3:00 PM

fruit yogurt, non-fat	1 cup	233 cal
drinking water	2 Cup(s)	0 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 368 cal / **Carbs** 81 g (85%) / **Protein** 12 g (13%) / **Fat** 1 g (2%) / **Fluid** 26

NOTES:



Eating right, simplified.

Dinner

6:00 PM

chicken, boneless, roasted	8 oz	379 cal
peas & carrots, no salt, boiled	1 1/2 Cup(s)	58 cal
barley, cooked	3/4 Cup(s)	145 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	1 Cup(s)	8 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal

MEAL TOTAL: **Calories** 624 cal / **Carbs** 49 g (31%) / **Protein** 64 g (41%) / **Fat** 19 g (28%) / **Fluid** 29

NOTES:

DAY 2 TOTAL: **Calories** 2,603 cal / **Carbs** 280 g (42%) / **Protein** 192 g (29%) / **Fat** 86 g (29%) / **Fluid** 114



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
whole wheat english muffin	2 muffin	268 cal
smooth peanut butter, no salt	2 Tbsp	188 cal
blueberries	1/2 Cup(s)	41 cal
trulean whey isolate protein frosted vanilla cake	2 Scoop	200 cal

MEAL TOTAL: **Calories** 697 cal / **Carbs** 72 g (40%) / **Protein** 68 g (37%) / **Fat** 19 g (23%) / **Fluid** 20

NOTES:

Snack

10:00 AM

honey peanut yogurt balance bar	1 bar	200 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 335 cal / **Carbs** 57 g (63%) / **Protein** 17 g (18%) / **Fat** 8 g (19%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

dijon mustard	1 tsp	5 cal
romaine lettuce	2 leaf	2 cal
whole wheat tortillas	2 tortilla	254 cal
chicken, boneless, roasted	8 oz	379 cal
iced tea, green	16 fl. oz.	0 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal

MEAL TOTAL: **Calories** 689 cal / **Carbs** 39 g (23%) / **Protein** 65 g (39%) / **Fat** 28 g (38%) / **Fluid** 22

NOTES:

Snack

3:00 PM

triscuit crackers, light salt	5 crackers	100 cal
drinking water	2 Cup(s)	0 cal
baby carrots	10 large	53 cal
hummus, lower sodium	3 Tbsp	78 cal
string cheese, low-fat	1 piece	80 cal

MEAL TOTAL: **Calories** 311 cal / **Carbs** 37 g (44%) / **Protein** 15 g (18%) / **Fat** 14 g (38%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

beef & broccoli with brown rice	1 1/2 serving	464 cal
teriyaki tofu, baked	3 oz	136 cal

MEAL TOTAL: **Calories** 601 cal / **Carbs** 61 g (40%) / **Protein** 46 g (31%) / **Fat** 19 g (29%) / **Fluid** 9

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DAY 3 TOTAL: **Calories** 2,633 cal / **Carbs** 266 g (40%) / **Protein** 211 g (31%) / **Fat** 88 g (29%) / **Fluid** 93

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DAY 4

Breakfast

7:00 AM

almonds, slivered	1/3 oz	51 cal
blueberries	3/4 Cup(s)	62 cal
oatmeal, steel cut	2/3 Cup(s)	400 cal
trulean whey isolate protein frosted vanilla cake	1 Scoop	100 cal
almond milk (unsweetened)	2 cup(s)	70 cal

MEAL TOTAL: **Calories** 683 cal / **Carbs** 94 g (55%) / **Protein** 42 g (24%) / **Fat** 16 g (21%) / **Fluid** 3

NOTES:

Snack

10:00 AM

low-fat cottage cheese, 1%	1 1/2 Cup(s)	244 cal
blackberries	1 1/2 Cup(s)	93 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 383 cal / **Carbs** 39 g (40%) / **Protein** 47 g (48%) / **Fat** 5 g (12%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

beef & broccoli with brown rice	1 serving	310 cal
balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
teriyaki tofu, baked	5 oz	227 cal

MEAL TOTAL: **Calories** 622 cal / **Carbs** 60 g (38%) / **Protein** 46 g (29%) / **Fat** 23 g (33%) / **Fluid** 25

NOTES:

Snack

3:00 PM

honey peanut yogurt balance bar	1 bar	200 cal
cucumber	1 1/2 cucumber	68 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	1 serving	50 cal
hummus	2 Tbsp	55 cal

MEAL TOTAL: **Calories** 373 cal / **Carbs** 46 g (45%) / **Protein** 25 g (26%) / **Fat** 13 g (29%) / **Fluid** 31

NOTES:

Dinner

6:00 PM

mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal
pork tenderloin, lean, cooked	8 oz	324 cal
drinking water	2 Cup(s)	0 cal
whole wheat dinner rolls	2 roll	149 cal

MEAL TOTAL: **Calories** 532 cal / **Carbs** 41 g (31%) / **Protein** 67 g (51%) / **Fat** 11 g (18%) / **Fluid** 25

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Eating right, simplified.

DAY 4 TOTAL: Calories 2,593 cal / **Carbs** 280 g (43%) / **Protein** 227 g (34%) / **Fat** 68 g (23%) / **Fluid** 108

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Eating right, simplified.

DAY 5

Breakfast

7:00 AM

egg whites, cooked	6 large	103 cal
whole eggs, scrambled	1 large	91 cal
ezekiel 4:9 sprouted 100% whole grain bread by foo...	1 slice	80 cal
bananas	1 large	121 cal
natural peanut butter	1 1/2 tablespoons	143 cal

MEAL TOTAL: **Calories** 537 cal / **Carbs** 54 g (39%) / **Protein** 38 g (28%) / **Fat** 20 g (33%) / **Fluid** 11

NOTES:

Snack

10:00 AM

blueberries	1 Cup(s)	83 cal
almonds, slivered	1 oz	153 cal
low-fat cottage cheese, 1%	1 1/2 Cup(s)	244 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 480 cal / **Carbs** 41 g (34%) / **Protein** 49 g (42%) / **Fat** 13 g (24%) / **Fluid** 30

NOTES:

Lunch

12:00 PM

dijon mustard	1 tsp	5 cal
whole wheat dinner rolls	3 roll	223 cal
sliced ham, extra lean, low-sodium	4 slices	110 cal
balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	1 Cup(s)	8 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
ground turkey, cooked	4 oz	230 cal

MEAL TOTAL: **Calories** 775 cal / **Carbs** 51 g (27%) / **Protein** 54 g (28%) / **Fat** 39 g (45%) / **Fluid** 24

NOTES:

Snack

3:00 PM

triscuit crackers, light salt	4 crackers	80 cal
hummus, lower sodium	4 Tbsp	105 cal
drinking water	2 Cup(s)	0 cal
turkey jerky	1 oz	71 cal

MEAL TOTAL: **Calories** 255 cal / **Carbs** 30 g (44%) / **Protein** 16 g (24%) / **Fat** 10 g (32%) / **Fluid** 17

NOTES:



Eating right, simplified.

Dinner

6:00 PM

chicken, boneless, roasted

5 oz

237 cal

drinking water

2 Cup(s)

0 cal

adzuki bean salad

1 1/2 serving

329 cal

MEAL TOTAL: **Calories** 566 cal / **Carbs** 46 g (33%) / **Protein** 49 g (35%) / **Fat** 20 g (32%) / **Fluid** 24

NOTES:

DAY 5 TOTAL: **Calories** 2,613 cal / **Carbs** 223 g (34%) / **Protein** 207 g (31%) / **Fat** 102 g (35%) / **Fluid** 106



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
whole wheat tortillas	2 tortilla	254 cal
salsa, ready to serve	2 Tbsp	10 cal
whole eggs, scrambled	2 large	182 cal
egg whites, cooked	6 large	103 cal
ground turkey, cooked	2 oz	115 cal

MEAL TOTAL: **Calories** 664 cal / **Carbs** 43 g (26%) / **Protein** 58 g (35%) / **Fat** 28 g (39%) / **Fluid** 28

NOTES:

Snack

10:00 AM

bananas	1 extra large	135 cal
low-fat cottage cheese, 1%	1 1/3 Cup(s)	217 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 43 g (48%) / **Protein** 39 g (43%) / **Fat** 4 g (9%) / **Fluid** 28

NOTES:

Lunch

12:00 PM

turkey breast, roasted	7 oz	270 cal
drinking water	2 Cup(s)	0 cal
adzuki bean salad	1 1/2 serving	329 cal

MEAL TOTAL: **Calories** 599 cal / **Carbs** 46 g (30%) / **Protein** 72 g (48%) / **Fat** 15 g (22%) / **Fluid** 25

NOTES:

Snack

3:00 PM

smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
trulean whey isolate protein frosted vanilla cake	1 Scoop	100 cal

MEAL TOTAL: **Calories** 351 cal / **Carbs** 35 g (37%) / **Protein** 31 g (33%) / **Fat** 12 g (30%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

spinach, no salt, boiled	2 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal
salmon, cooked	8 oz	347 cal
parmesan cheese, shredded	1/2 Tbsp	10 cal
macaroni, cooked	1 1/4 Cup(s)	217 cal

MEAL TOTAL: **Calories** 657 cal / **Carbs** 60 g (35%) / **Protein** 77 g (46%) / **Fat** 15 g (19%) / **Fluid** 37

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Eating right, simplified.

DAY 6 TOTAL: Calories 2,623 cal / **Carbs** 227 g (34%) / **Protein** 276 g (41%) / **Fat** 73 g (25%) / **Fluid** 140

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Eating right, simplified.

DAY 7

Breakfast

7:00 AM

egg, hard boiled	2 large	155 cal
whole wheat english muffin	1 muffin	134 cal
natural peanut butter	1 1/2 tablespoons	143 cal
trulean whey isolate protein frosted vanilla cake	1 Scoop	100 cal
almond milk (unsweetened)	1 cup(s)	35 cal

MEAL TOTAL: **Calories** 566 cal / **Carbs** 36 g (25%) / **Protein** 49 g (34%) / **Fat** 27 g (41%) / **Fluid** 4

NOTES:

Snack

10:00 AM

drinking water	1 Cup(s)	0 cal
fruit yogurt, non-fat	1 1/3 cup	310 cal
coconut water	1 Cup(s)	46 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 491 cal / **Carbs** 106 g (83%) / **Protein** 18 g (14%) / **Fat** 2 g (3%) / **Fluid** 28

NOTES:

Lunch

12:00 PM

iced tea, green	16 fl. oz.	0 cal
dijon mustard	2 tsp	10 cal
romaine lettuce	3 leaf	3 cal
turkey breast, roasted	8 oz	308 cal
whole wheat tortillas	2 1/2 tortilla	318 cal

MEAL TOTAL: **Calories** 639 cal / **Carbs** 48 g (30%) / **Protein** 77 g (49%) / **Fat** 15 g (21%) / **Fluid** 23

NOTES:

Snack

3:00 PM

baby carrots	10 large	53 cal
drinking water	2 Cup(s)	0 cal
hummus, lower sodium	4 Tbsp	105 cal
triscuit crackers, light salt	5 crackers	100 cal

MEAL TOTAL: **Calories** 257 cal / **Carbs** 38 g (56%) / **Protein** 8 g (12%) / **Fat** 10 g (32%) / **Fluid** 22

NOTES:



Eating right, simplified.

Dinner

6:00 PM

barley, cooked	1/3 Cup(s)	64 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	8 oz	379 cal
peas & carrots, no salt, boiled	1 Cup(s)	38 cal
romaine lettuce	1 Cup(s)	8 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 645 cal / **Carbs** 26 g (16%) / **Protein** 61 g (38%) / **Fat** 33 g (46%) / **Fluid** 26

NOTES:

DAY 7 TOTAL: **Calories** 2,599 cal / **Carbs** 254 g (39%) / **Protein** 213 g (32%) / **Fat** 85 g (29%) / **Fluid** 102



Eating right, simplified.



1 Servings

beef & broccoli with brown rice

Ingredients

onions
1/4 cup

beef top sirloin, lean
3 oz

brown rice, long-grain, cooked
1/4 Cup(s)

broccoli
1 cup

onions
1/4 Cup(s)

garlic powder
1/4 tsp

cornstarch
1 tsp

brown sugar
1 tsp

beef broth, low sodium
1 Cup(s)

Nutrition Totals

Calories 310 / **Carbs** 32 g / **Protein** 22 g / **Fat** 10 g / **Fluid** 6 fl oz

Instructions

1. Coat skillet with cooking spray and heat over medium heat for one minute.
2. Add beef, onion and minced garlic; stir fry until brown. Remove the beef to a plate and keep warm.
3. Add half the broth and broccoli to pan. Cover and simmer until broccoli is tender crisp.
4. Mix cornstarch, brown sugar, and garlic powder with remaining broth until smooth; add to the pan. Cook until mixture begins thicken, stirring constantly. Return beef to mixture, stir and serve over rice.



Eating right, simplified.

Nutrition Label

Beef & Broccoli With Brown Rice		
Amount Per Serving		
Calories		310
		% Daily Value*
Total Fat	10.1g	16%
Saturated Fat	3.4g	17%
Trans Fat	0.5g	
Cholesterol	57.8mg	19%
Sodium	497.8mg	21%
Total Carbohydrates	32.1g	11%
Dietary Fiber	4.4g	18%
Total Sugar	10g	
Protein	21.8g	
Vitamin D	4.2IU	1%
Calcium	73.8mg	7%
Iron	3.4mg	19%
Potassium	711.7mg	
* 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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Eating right, simplified.



2 Servings

adzuki bean salad

Ingredients

olive oil

1 Tbsp

lemon juice

1 Tbsp

cumin ground

1 tsp

adzuki beans, no salt, boiled

1 Cup(s)

parsley

2 tsp

green snap beans

3 Tbsp

coriander seed

1 tsp

Nutrition Totals

Calories 438 / **Carbs** 61 g / **Protein** 18 g / **Fat** 15 g / **Fluid** 6 fl oz

Instructions

Boil beans appropriately. Continue cooking beans until they are very soft. Drain beans, and add seasoning and ingredients to taste. Additional tamari and sunflower seeds as ingredients are optional.



Eating right, simplified.

Nutrition Label

Adzuki Bean Salad		
Amount Per Serving		
Calories		219
		% Daily Value*
Total Fat	7.2g	11%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrates	30.7g	10%
Dietary Fiber	9g	36%
Total Sugar	0.5g	
Protein	9.2g	
Vitamin D	0IU	0%
Calcium	44.2mg	4%
Iron	2.6mg	15%
Potassium	659.4mg	
* 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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Eating right, simplified.

Shopping List

Accompaniments

balsamic vinaigrette salad dressing, lower sodium

6 Tbsp

brown sugar

2.5 tsp

cornstarch

2.5 tsp

dijon mustard

6 tsp

olive oil, mayonnaise, light

1 Tbsp

salsa, ready to serve

3 Tbsp

Beef

beef top sirloin, lean

7.5 oz

Beverages

almond milk (unsweetened)

3 cup(s)

coconut water

2 Cup(s)

drinking water

49 Cup(s)

iced tea, green

48 fl. oz.

Bread

whole wheat dinner rolls

7 roll

whole wheat english muffin

3 muffin

whole wheat tortillas

7.5 tortilla

Cereal & Grain Products

barley, cooked

1.08 Cup(s)

brown rice, long-grain, cooked

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Eating right, simplified.

0.63 Cup(s)

macaroni, cooked

1.25 Cup(s)

oatmeal, steel cut

1.42 Cup(s)

wild rice, cooked

1 Cup(s)

Cookies & Crackers

triscuit crackers, light salt

19 crackers

Dairy & Egg

egg, hard boiled

2 large

egg whites, cooked

22 large

fruit yogurt, non-fat

2.33 cup

low-fat cottage cheese, 1%

6.08 Cup(s)

parmesan cheese, shredded

0.5 Tbsp

string cheese, light

1 serving

string cheese, low-fat

1 piece

whole eggs, scrambled

5 large

Fats & Oils

extra virgin olive oil

3.5 Tbsp

olive oil

1.5 Tbsp

Finfish & Shellfish

orange roughy fish, cooked

6 oz

salmon, cooked

8 oz



Eating right, simplified.

Fruits & Juices

apples
2 large
avocados
0.5 avocado
bananas
4 extra large
1 large
blackberries
1.5 Cup(s)
blueberries
3.75 Cup(s)
lemon juice
1.5 Tbsp
tangerines/ mandarin oranges
2 medium

Legumes & Beans

adzuki beans, no salt, boiled
1.5 Cup(s)
black beans, no salt, boiled
0.67 Cup(s)
green snap beans
4.5 Tbsp
hummus
6 Tbsp
hummus, lower sodium
11 Tbsp

Nuts & Seeds

almonds, slivered
1.33 oz
natural peanut butter
3 tablespoons
smooth peanut butter, no salt
3.5 Tbsp

Pork

pork tenderloin, lean, cooked
8 oz

Poultry

chicken, boneless, roasted

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Eating right, simplified.

29 oz

ground turkey, cooked

12 oz

turkey breast, roasted

23 oz

Sausages & Meats

sliced ham, extra lean, low-sodium

4 slices

Snacks

turkey jerky

1 oz

Soup

beef broth, low sodium

2.5 Cup(s)

Spices & Herbs

coriander seed

1.5 tsp

cumin ground

1.5 tsp

garlic powder

0.63 tsp

parsley

3 tsp

Sports & Diet Nutritionals

honey peanut yogurt balance bar

4 bar

trulean whey isolate protein frosted vanilla cake

5 Scoop

Uncategorized

almonds, raw

20 Whole nuts

ezeziel 4:9 sprouted 100% whole grain bread by food for life

1 slice

old fashioned rolled oats

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Eating right, simplified.

0.75 cups

Vegetables

baby carrots

30 large

broccoli

2.5 cup

celery

4 medium stalk

cucumber

1.5 cucumber

mixed vegetables, frozen no salt, boiled

2.5 Cup(s)

onions

0.63 cup

0.63 Cup(s)

peas & carrots, no salt, boiled

2.5 Cup(s)

romaine lettuce

5 Cup(s)

5 leaf

spinach, no salt, boiled

2 Cup(s)

tomatoes

0.5 Cup(s)

Vegetarian Products

teriyaki tofu, baked

8 oz