



Eating right, simplified.

## 2,600 Calorie Plan (Basic) 5meals/day

### DAY 1

<b>Breakfast</b> 7:00 AM	egg, hard boiled	1 large	78 cal
	drinking water	2 Cup(s)	0 cal
	whole grain rolled oats, dry	2 Cup(s)	598 cal
	blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 759 cal / **Carbs** 132 g (73%) / **Protein** 7 g (4%) / **Fat** 19 g (23%) / **Fluid** 21

NOTES:

<b>Snack</b> 10:00 AM	apples	1 large	110 cal
	almond butter	2 Tbsp	200 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 35 g (45%) / **Protein** 7 g (8%) / **Fat** 16 g (47%) / **Fluid** 22

NOTES:

<b>Lunch</b> 12:00 PM	turkey breast, roasted	4 oz	154 cal
	baby carrots	20 large	105 cal
	romaine lettuce	4 leaf	4 cal
	tomatoes	3/4 Cup(s)	24 cal
	whole-wheat pita bread	2 large	340 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 628 cal / **Carbs** 101 g (61%) / **Protein** 49 g (30%) / **Fat** 6 g (9%) / **Fluid** 34

NOTES:

<b>Snack</b> 3:00 PM	string cheese, light	1 serving	50 cal
	bananas	1 extra large	135 cal
	drinking water	1 Cup(s)	0 cal
	skim milk with calcium	1 Cup(s)	86 cal
	whole wheat crackers, low-sodium	4 cracker, square	71 cal

MEAL TOTAL: **Calories** 343 cal / **Carbs** 59 g (66%) / **Protein** 17 g (19%) / **Fat** 6 g (15%) / **Fluid** 19

NOTES:



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## Dinner

6:00 PM

broccoli, no salt, boiled	2 Cup(s)	109 cal
cod fish	3 oz	70 cal
black beans, no salt, boiled	3/4 Cup(s)	170 cal
wild rice, cooked	1 Cup(s)	166 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal

**MEAL TOTAL:** **Calories** 635 cal / **Carbs** 88 g (53%) / **Protein** 41 g (24%) / **Fat** 17 g (23%) / **Fluid** 35

**NOTES:**

**DAY 1 TOTAL:** **Calories** 2,674 cal / **Carbs** 415 g (61%) / **Protein** 121 g (18%) / **Fat** 65 g (21%) / **Fluid** 132



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## DAY 2

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
oat bran flakes cereal	2 Cup(s)	357 cal
skim milk with calcium	2 Cup(s)	173 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 613 cal / **Carbs** 118 g (76%) / **Protein** 27 g (18%) / **Fat** 4 g (6%) / **Fluid** 27

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	8 oz	129 cal
goat cheese, soft	1 1/3 oz	101 cal
whole wheat crackers, low-sodium	6 cracker, square	106 cal

MEAL TOTAL: **Calories** 337 cal / **Carbs** 48 g (55%) / **Protein** 11 g (12%) / **Fat** 13 g (33%) / **Fluid** 23

NOTES:

### Lunch

12:00 PM

balsamic vinegar	2 Tbsp	28 cal
whole wheat dinner rolls	3 roll	223 cal
extra virgin olive oil	1 1/2 Tbsp	180 cal
butterhead lettuce	2 1/4 cup	16 cal
drinking water	2 Cup(s)	0 cal
baby carrots	15 large	79 cal
chicken breast, boneless skinless	5 oz	153 cal

MEAL TOTAL: **Calories** 680 cal / **Carbs** 70 g (40%) / **Protein** 39 g (22%) / **Fat** 30 g (38%) / **Fluid** 32

NOTES:

### Snack

3:00 PM

pears	1 large	119 cal
whole eggs, poached	1 1/8 large	80 cal
drinking water	2 Cup(s)	0 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 335 cal / **Carbs** 67 g (75%) / **Protein** 9 g (10%) / **Fat** 6 g (15%) / **Fluid** 27

NOTES:



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## Dinner

6:00 PM

spinach, no salt, boiled	1 Cup(s)	41 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal
drinking water	2 Cup(s)	0 cal
quinoa and black bean patties	1 serving	266 cal
whole wheat hamburger buns	1 bun	190 cal

**MEAL TOTAL:** **Calories** 677 cal / **Carbs** 114 g (64%) / **Protein** 29 g (17%) / **Fat** 14 g (19%) / **Fluid** 30

**NOTES:**

**DAY 2 TOTAL:** **Calories** 2,641 cal / **Carbs** 417 g (61%) / **Protein** 116 g (17%) / **Fat** 68 g (22%) / **Fluid** 140

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### DAY 3

#### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat english muffin	2 muffin	268 cal
strawberry greek yogurt, nonfat	1/2 Cup(s)	95 cal
almond butter	2 Tbsp	200 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 646 cal / **Carbs** 95 g (58%) / **Protein** 27 g (16%) / **Fat** 19 g (26%) / **Fluid** 14

NOTES:

#### Snack

10:00 AM

egg, hard boiled	1 large	78 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
whole wheat crackers, low-sodium	6 cracker, square	106 cal

MEAL TOTAL: **Calories** 319 cal / **Carbs** 52 g (61%) / **Protein** 10 g (12%) / **Fat** 10 g (27%) / **Fluid** 21

NOTES:

#### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	4 oz	112 cal
romaine lettuce	2 leaf	2 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
apples	1 large	110 cal
tomatoes	1/4 Cup(s)	8 cal
whole wheat hamburger buns	2 bun	380 cal

MEAL TOTAL: **Calories** 661 cal / **Carbs** 96 g (56%) / **Protein** 45 g (26%) / **Fat** 14 g (18%) / **Fluid** 24

NOTES:

#### Snack

3:00 PM

baby carrots	20 large	105 cal
drinking water	2 Cup(s)	0 cal
goat cheese, soft	1 1/3 oz	101 cal
whole wheat crackers, low-sodium	10 cracker, square	177 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 52 g (52%) / **Protein** 12 g (13%) / **Fat** 15 g (35%) / **Fluid** 26

NOTES:



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## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
quinoa and black bean patties	1 serving	266 cal
whole wheat hamburger buns	1 bun	190 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal

**MEAL TOTAL:** **Calories** 636 cal / **Carbs** 107 g (66%) / **Protein** 24 g (15%) / **Fat** 14 g (19%) / **Fluid** 24

### NOTES:

**DAY 3 TOTAL:** **Calories** 2,645 cal / **Carbs** 402 g (59%) / **Protein** 118 g (17%) / **Fat** 72 g (24%) / **Fluid** 109

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## DAY 4

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
blueberry lemon breakfast quinoa	2 serving	532 cal
egg, hard boiled	1 large	78 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 744 cal / **Carbs** 129 g (67%) / **Protein** 30 g (16%) / **Fat** 15 g (17%) / **Fluid** 32

NOTES:

### Snack

10:00 AM

drinking water	1 Cup(s)	0 cal
pears	1 large	119 cal
skim milk with calcium	1 Cup(s)	86 cal
whole wheat crackers, low-sodium	8 cracker, square	142 cal

MEAL TOTAL: **Calories** 347 cal / **Carbs** 66 g (72%) / **Protein** 12 g (13%) / **Fat** 6 g (15%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

balsamic vinegar	1 Tbsp	14 cal
whole-wheat pita bread	1 large	170 cal
romaine lettuce	1 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
black beans, no salt, boiled	3/4 Cup(s)	170 cal
wild rice, cooked	1 Cup(s)	166 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 648 cal / **Carbs** 105 g (62%) / **Protein** 25 g (15%) / **Fat** 17 g (23%) / **Fluid** 26

NOTES:

### Snack

3:00 PM

baby carrots	20 large	105 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	2 serving	100 cal
whole wheat crackers, low-sodium	8 cracker, square	142 cal

MEAL TOTAL: **Calories** 347 cal / **Carbs** 49 g (54%) / **Protein** 17 g (19%) / **Fat** 11 g (27%) / **Fluid** 25

NOTES:



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## Dinner

6:00 PM

beef flank, lean, broiled	4 oz	218 cal
wild rice, cooked	1 1/2 Cup(s)	248 cal
summer squash, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal
broccoli, no salt, boiled	1 1/2 Cup(s)	82 cal

**MEAL TOTAL:** **Calories** 584 cal / **Carbs** 77 g (51%) / **Protein** 48 g (32%) / **Fat** 12 g (17%) / **Fluid** 37

**NOTES:**

**DAY 4 TOTAL:** **Calories** 2,671 cal / **Carbs** 425 g (61%) / **Protein** 132 g (19%) / **Fat** 61 g (20%) / **Fluid** 141

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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
blueberry lemon breakfast quinoa	2 serving	532 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 753 cal / **Carbs** 140 g (72%) / **Protein** 32 g (17%) / **Fat** 10 g (11%) / **Fluid** 30

NOTES:

### Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	2 serving	100 cal
whole wheat crackers, low-sodium	6 cracker, square	106 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 48 g (57%) / **Protein** 15 g (18%) / **Fat** 9 g (25%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
turkey breast, roasted	4 oz	154 cal
whole-wheat pita bread	2 large	340 cal
tomatoes	1/2 Cup(s)	16 cal
baby carrots	20 large	105 cal
romaine lettuce	4 leaf	4 cal

MEAL TOTAL: **Calories** 620 cal / **Carbs** 99 g (61%) / **Protein** 49 g (30%) / **Fat** 6 g (9%) / **Fluid** 33

NOTES:

### Snack

3:00 PM

fruit yogurt, non-fat	1 cup	233 cal
drinking water	2 Cup(s)	0 cal
peaches	1 large	61 cal

MEAL TOTAL: **Calories** 294 cal / **Carbs** 62 g (81%) / **Protein** 12 g (16%) / **Fat** 1 g (3%) / **Fluid** 27

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
whole wheat penne with chicken and asparagus	1 1/2 serving	537 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 652 cal / **Carbs** 76 g (44%) / **Protein** 38 g (22%) / **Fat** 26 g (34%) / **Fluid** 29

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**DAY 5 TOTAL: Calories** 2,635 cal / **Carbs** 425 g (62%) / **Protein** 146 g (21%) / **Fat** 52 g (17%) / **Fluid** 140

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## DAY 6

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat english muffin	2 muffin	268 cal
almond butter	2 Tbsp	200 cal
skim milk with calcium	1 Cup(s)	86 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 637 cal / **Carbs** 92 g (56%) / **Protein** 27 g (17%) / **Fat** 20 g (27%) / **Fluid** 22

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 1/2 Cup(s)	244 cal
peaches	2 large	122 cal

MEAL TOTAL: **Calories** 367 cal / **Carbs** 39 g (42%) / **Protein** 45 g (48%) / **Fat** 4 g (10%) / **Fluid** 35

NOTES:

### Lunch

12:00 PM

whole wheat dinner rolls	3 roll	223 cal
drinking water	2 Cup(s)	0 cal
vegetable soup, low-sodium	16 oz	150 cal
romaine lettuce	1 Cup(s)	8 cal
extra virgin olive oil	2 Tbsp	240 cal

MEAL TOTAL: **Calories** 621 cal / **Carbs** 72 g (45%) / **Protein** 13 g (8%) / **Fat** 34 g (47%) / **Fluid** 32

NOTES:

### Snack

3:00 PM

apples	1 large	110 cal
string cheese, light	2 serving	100 cal
drinking water	2 Cup(s)	0 cal
whole wheat crackers, low-sodium	8 cracker, square	142 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 53 g (57%) / **Protein** 15 g (17%) / **Fat** 11 g (26%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
whole wheat penne with chicken and asparagus	1 1/2 serving	537 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal

MEAL TOTAL: **Calories** 633 cal / **Carbs** 83 g (49%) / **Protein** 43 g (26%) / **Fat** 19 g (25%) / **Fluid** 34

NOTES:

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**DAY 6 TOTAL: Calories** 2,610 cal / **Carbs** 340 g (50%) / **Protein** 144 g (21%) / **Fat** 88 g (29%) / **Fluid** 146

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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	2 Cup(s)	173 cal
oat bran flakes cereal	2 Cup(s)	357 cal

MEAL TOTAL: **Calories** 665 cal / **Carbs** 132 g (78%) / **Protein** 28 g (16%) / **Fat** 4 g (6%) / **Fluid** 35

NOTES:

### Snack

10:00 AM

string cheese, light	2 serving	100 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal

MEAL TOTAL: **Calories** 313 cal / **Carbs** 47 g (58%) / **Protein** 19 g (24%) / **Fat** 7 g (18%) / **Fluid** 24

NOTES:

### Lunch

12:00 PM

tuna fish, very low-sodium, in water	6 oz	168 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1/2 Cup(s)	16 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
whole-wheat pita bread	2 large	340 cal
romaine lettuce	4 leaf	4 cal
vegetable soup, low-sodium	8 oz	75 cal

MEAL TOTAL: **Calories** 652 cal / **Carbs** 89 g (52%) / **Protein** 55 g (32%) / **Fat** 12 g (16%) / **Fluid** 28

NOTES:

### Snack

3:00 PM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	2 serving	100 cal
whole wheat crackers, low-sodium	6 cracker, square	106 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 48 g (57%) / **Protein** 15 g (18%) / **Fat** 9 g (25%) / **Fluid** 22

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

sweet potato, no salt, baked	1 Cup(s)	180 cal
drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	4 oz	122 cal
wild rice, cooked	1 Cup(s)	166 cal
extra virgin olive oil	1 Tbsp	120 cal
spinach, no salt, boiled	1 Cup(s)	41 cal

**MEAL TOTAL:** **Calories** 630 cal / **Carbs** 83 g (50%) / **Protein** 39 g (24%) / **Fat** 19 g (26%) / **Fluid** 34

**NOTES:**

**DAY 7 TOTAL:** **Calories** 2,577 cal / **Carbs** 400 g (60%) / **Protein** 155 g (23%) / **Fat** 51 g (17%) / **Fluid** 143

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4 Servings

## quinoa and black bean patties

### Ingredients

black beans, no salt, boiled  
1 1/2 Cup(s)

quinoa  
1/4 Cup(s)

drinking water  
1/2 Cup(s)

bread crumbs  
4 fl. oz.

red peppers  
1/4 cup

onions  
2 tbsp

garlic  
1 clove

cumin ground  
1 1/2 tsp

sriracha, hot chili sauce  
1 tsp

egg  
1 egg

extra virgin olive oil  
2 Tbsp

### Nutrition Totals

**Calories** 1062 / **Carbs** 135 g / **Protein** 43 g / **Fat** 41 g / **Fluid** 11.87 fl oz

### Instructions

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to low, cover, and simmer until quinoa is cooked.
2. In a medium bowl, roughly mash the black beans with a fork. Leave some beans whole.
3. Add cooked quinoa, bread crumbs, bell pepper, onion, garlic, cumin, hot sauce, and egg into the black beans.
4. Form the black bean mixture into 4 patties.
5. Heat the olive oil in a large skillet. Brown patties in hot oil for 2-3 minutes per side.



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## Nutrition Label

Quinoa And Black Bean Patties		
Amount Per Serving		
Calories		266
% Daily Value*		
Total Fat	10.1g	16%
Saturated Fat	1.3g	7%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	125.6mg	5%
Total Carbohydrates	33.6g	11%
Dietary Fiber	7.2g	29%
Total Sugar	1.6g	
Protein	10.8g	
Vitamin D	0IU	0%
Calcium	50.2mg	5%
Iron	2.5mg	14%
Potassium	345.2mg	
* 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

## blueberry lemon breakfast quinoa

### Ingredients

quinoa  
1 Cup(s)  
syrops maple  
1 fl. oz.  
lemons raw with peel  
1/2 oz  
blueberries  
1 Cup(s)  
seeds flaxseed  
2 tbsp  
skim milk with calcium  
2 Cup(s)

### Nutrition Totals

**Calories** 1063 / **Carbs** 187 g / **Protein** 45 g / **Fat** 18 g / **Fluid** 20.97 fl oz

### Instructions

1. Rinse quinoa in a fine strainer with water until water runs clear.
2. Heat milk in a saucepan until warm. Stir quinoa into the milk and simmer until tender, 20 minutes. Remove from heat.
3. To cooked quinoa, add in maple syrup and lemon zest.
4. Fold blueberries into mixture.
5. Top with ground flax prior to serving.

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## Nutrition Label

Blueberry Lemon Breakfast Quinoa	
Amount Per Serving	
Calories	266
% Daily Value*	
Total Fat 4.4g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 2.4mg	1%
Sodium 8.3mg	0%
Total Carbohydrates 46.6g	16%
Dietary Fiber 4.9g	20%
Total Sugar 16.4g	
Protein 11.1g	
Vitamin D 58IU	10%
Calcium 295.4mg	30%
Iron 2.3mg	13%
Potassium 527.1mg	
* 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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4 Servings



## whole wheat penne with chicken and asparagus

### Ingredients

whole wheat penne pasta  
8 oz

extra virgin olive oil  
2 Tbsp

chicken breast, boneless skinless  
8 oz

black pepper  
1/4 tsp

garlic powder  
1/4 tsp

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

asparagus  
15 spear, medium

garlic  
1 clove

parmesan cheese, grated  
4 Tbsp

### Nutrition Totals

**Calories** 1432 / **Carbs** 173 g / **Protein** 92 g / **Fat** 48 g / **Fluid** 21.37 fl oz

### Instructions

1. Bring a large pot of unsalted water to boil. Add pasta and cook, stirring frequently, until al dente. Drain, and set aside.
2. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Add in diced chicken breast. Season with pepper and garlic powder. Cook until chicken is cooked through and browned. Place chicken in a bowl.
3. To the skillet, add the chicken broth, asparagus, garlic, and a pinch more pepper.
4. Cover, and steam until the asparagus is tender. Add chicken and cooked penne in and warm.
5. Drizzle with remaining tablespoon of olive oil. Garnish with Parmesan cheese.



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## Nutrition Label

Whole Wheat Penne With Chicken And Asparagus		
Amount Per Serving		
Calories		358
% Daily Value*		
Total Fat	12g	18%
Saturated Fat	2.4g	12%
Trans Fat	0g	
Cholesterol	40.6mg	14%
Sodium	193.9mg	8%
Total Carbohydrates	43.3g	14%
Dietary Fiber	5.4g	22%
Total Sugar	2.4g	
Protein	22.9g	
Vitamin D	2.1IU	0%
Calcium	77.1mg	8%
Iron	1.6mg	9%
Potassium	374.1mg	
* 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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Eating right, simplified.

## Shopping List

### Accompaniments

olive oil, mayonnaise, light  
2 Tbsp  
sriracha, hot chili sauce  
0.5 tsp

### Beef

beef flank, lean, broiled  
4 oz

### Beverages

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

### Bread

bread crumbs  
2 fl. oz.  
whole-wheat pita bread  
7 large  
whole wheat dinner rolls  
6 roll  
whole wheat english muffin  
5 muffin  
whole wheat hamburger buns  
4 bun

### Cereal & Grain Products

oat bran flakes cereal  
4 Cup(s)  
quinoa  
1.12 Cup(s)  
whole grain rolled oats, dry  
2 Cup(s)  
whole wheat penne pasta  
6 oz  
wild rice, cooked  
4.5 Cup(s)

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Eating right, simplified.

## Cookies & Crackers

whole wheat crackers, low-sodium  
62 cracker, square

## Dairy & Egg

egg  
0.5 egg  
egg, hard boiled  
3 large  
fruit yogurt, non-fat  
1 cup  
goat cheese, soft  
2.66 oz  
low-fat cottage cheese, 1%  
1.5 Cup(s)  
parmesan cheese, grated  
3 Tbsp  
skim milk with calcium  
10 Cup(s)  
strawberry greek yogurt, nonfat  
0.5 Cup(s)  
string cheese, light  
11 serving  
whole eggs, poached  
1.13 large

## Fats & Oils

extra virgin olive oil  
9.5 Tbsp

## Finfish & Shellfish

cod fish  
3 oz  
tuna fish, very low-sodium, in water  
10 oz

## Fruits & Juices

apples  
5 large  
bananas  
6 extra large  
blueberries  
5 Cup(s)

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Eating right, simplified.

grapes

8 oz

peaches

3 large

pears

2 large

## Ingredients

balsamic vinegar

3 Tbsp

## Legumes & Beans

black beans, no salt, boiled

2.26 Cup(s)

## Nuts & Seeds

almond butter

6 Tbsp

## Poultry

chicken breast, boneless skinless

15 oz

turkey breast, roasted

8 oz

## Soup

chicken broth soup, low-sodium

0.76 Cup(s)

vegetable soup, low-sodium

24 oz

## Spices & Herbs

black pepper

0.18 tsp

cumin ground

0.76 tsp

garlic powder

0.18 tsp

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Eating right, simplified.

## Uncategorized

lemons raw with peel

0.5 oz

seeds flaxseed

2 tbsp

syrops maple

1 fl. oz.

## Vegetables

asparagus

11.26 spear, medium

baby carrots

110 large

broccoli, no salt, boiled

5.5 Cup(s)

butterhead lettuce

2.25 cup

garlic

1.26 clove

onions

1 tbsp

red peppers

0.12 cup

romaine lettuce

14 leaf

2 Cup(s)

spinach, no salt, boiled

3 Cup(s)

summer squash, no salt, boiled

1 cup

sweet potato, no salt, baked

3 Cup(s)

tomatoes

2 Cup(s)