



Eating right, simplified.

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

DAY 1

Breakfast

7:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	12 oz	201 cal
natural peanut butter	2 tablespoons	190 cal

MEAL TOTAL: **Calories** 501 cal / **Carbs** 50 g (38%) / **Protein** 42 g (32%) / **Fat** 18 g (30%) / **Fluid** 32

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cashews	2 oz	314 cal
bananas	1 large	121 cal

MEAL TOTAL: **Calories** 435 cal / **Carbs** 48 g (41%) / **Protein** 12 g (10%) / **Fat** 25 g (49%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

halibut fish, cooked	6 oz	189 cal
swiss chard, no salt, boiled	1 cup	35 cal
olive oil	2 Tbsp	239 cal
drinking water	2 Cup(s)	0 cal
butternut squash, no salt, boiled	2 cup	164 cal

MEAL TOTAL: **Calories** 626 cal / **Carbs** 50 g (31%) / **Protein** 45 g (28%) / **Fat** 30 g (41%) / **Fluid** 38

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
hummus, lower sodium	3 Tbsp	78 cal
jicama	1 Cup(s)	46 cal
brazilnuts	1 1/2 oz	279 cal
carrots	1 large	30 cal

MEAL TOTAL: **Calories** 433 cal / **Carbs** 29 g (26%) / **Protein** 11 g (10%) / **Fat** 33 g (64%) / **Fluid** 23

NOTES:



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Dinner

6:00 PM

baby bok choy	1 cup	10 cal
drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	6 oz	284 cal
amaranth, cooked	1 1/4 Cup(s)	314 cal

MEAL TOTAL: Calories 608 cal / Carbs 59 g (39%) / Protein 55 g (37%) / Fat 16 g (24%) / Fluid 28

NOTES:

DAY 1 TOTAL: Calories 2,602 cal / Carbs 237 g (35%) / Protein 166 g (24%) / Fat 122 g (41%) / Fluid 140



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

peaches	2 medium	76 cal
fbbc avocado super shake	1 serving	429 cal

MEAL TOTAL: **Calories** 506 cal / **Carbs** 63 g (47%) / **Protein** 32 g (25%) / **Fat** 16 g (28%) / **Fluid** 8

NOTES:

Snack

10:00 AM

brazilnuts	2 oz	372 cal
drinking water	2 Cup(s)	0 cal
oranges	2 fruit	137 cal

MEAL TOTAL: **Calories** 509 cal / **Carbs** 42 g (30%) / **Protein** 11 g (8%) / **Fat** 38 g (62%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

olive oil	2 Tbsp	239 cal
drinking water	2 Cup(s)	0 cal
barley, cooked	1 Cup(s)	193 cal
leeks, no salt, boiled	1 leek	38 cal
turkey breast meat, low-sodium	6 oz	177 cal

MEAL TOTAL: **Calories** 647 cal / **Carbs** 61 g (37%) / **Protein** 34 g (21%) / **Fat** 31 g (42%) / **Fluid** 28

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
egg, hard boiled	2 large	155 cal
crackers multigrain	1 1/4 oz	171 cal

MEAL TOTAL: **Calories** 326 cal / **Carbs** 25 g (31%) / **Protein** 15 g (19%) / **Fat** 18 g (50%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

adzuki bean salad	1 serving	219 cal
black tea brewed	16 fl oz	28 cal
pork tenderloin, lean, cooked	8 oz	324 cal
swiss chard, no salt, boiled	1 1/2 cup	53 cal

MEAL TOTAL: **Calories** 624 cal / **Carbs** 43 g (28%) / **Protein** 73 g (49%) / **Fat** 15 g (23%) / **Fluid** 33

NOTES:

DAY 2 TOTAL: Calories 2,612 cal / **Carbs** 234 g (35%) / **Protein** 165 g (25%) / **Fat** 118 g (40%) / **Fluid** 111

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DAY 3

Breakfast

7:00 AM

whole eggs, scrambled	2 large	182 cal
drinking water	2 Cup(s)	0 cal
whole wheat tortillas	2 tortilla	254 cal
egg whites, cooked	3 large	51 cal
salsa, ready to serve	3 Tbsp	14 cal
cheddar cheese	1 oz	114 cal
green, red or yellow bell peppers	3 oz	14 cal

MEAL TOTAL: **Calories** 630 cal / **Carbs** 47 g (30%) / **Protein** 39 g (25%) / **Fat** 31 g (45%) / **Fluid** 25

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cashews	2 oz	314 cal
peaches	2 medium	76 cal

MEAL TOTAL: **Calories** 390 cal / **Carbs** 36 g (34%) / **Protein** 12 g (12%) / **Fat** 25 g (54%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
watercress	2 cup	7 cal
turkey breast meat, low-sodium	6 oz	177 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
ezeikel 4:9 sprouted 100% whole grain bread by foo...	2 slice	160 cal
spinach	1 Cup(s)	7 cal
plain greek yogurt, nonfat	8 oz	134 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 617 cal / **Carbs** 69 g (44%) / **Protein** 64 g (41%) / **Fat** 10 g (15%) / **Fluid** 34

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
jicama	1 Cup(s)	46 cal
hummus, lower sodium	4 Tbsp	105 cal
green snap beans	1 Cup(s)	34 cal
crackers multigrain	1 1/2 oz	205 cal

MEAL TOTAL: **Calories** 389 cal / **Carbs** 56 g (55%) / **Protein** 11 g (11%) / **Fat** 15 g (34%) / **Fluid** 24

NOTES:



Eating right, simplified.

Dinner

6:00 PM

okra, no salt, boiled	1 cup	12 cal
barley, cooked	1 Cup(s)	193 cal
black tea brewed	16 fl oz	28 cal
fbbc beef skillet supper	1/3 serving	347 cal

MEAL TOTAL: **Calories** 581 cal / **Carbs** 70 g (51%) / **Protein** 48 g (35%) / **Fat** 9 g (14%) / **Fluid** 29

NOTES:

DAY 3 TOTAL: **Calories** 2,607 cal / **Carbs** 279 g (42%) / **Protein** 174 g (27%) / **Fat** 91 g (31%) / **Fluid** 134



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

whole eggs, poached	1 large	72 cal
whole wheat tortillas	2 tortilla	254 cal
drinking water	2 Cup(s)	0 cal
swiss chard, no salt, boiled	1 cup	35 cal
avocados	3/4 avocado	241 cal

MEAL TOTAL: **Calories** 602 cal / **Carbs** 58 g (37%) / **Protein** 21 g (13%) / **Fat** 35 g (50%) / **Fluid** 27

NOTES:

Snack

10:00 AM

oranges	2 fruit	137 cal
drinking water	2 Cup(s)	0 cal
cashews	1 1/2 oz	235 cal

MEAL TOTAL: **Calories** 372 cal / **Carbs** 48 g (48%) / **Protein** 10 g (10%) / **Fat** 19 g (42%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

amaranth, cooked	3/4 Cup(s)	188 cal
carrots	1 large	30 cal
olive oil	1 1/2 Tbsp	179 cal
iced tea, brewed	16 fl oz	0 cal
pork tenderloin, lean, cooked	6 oz	243 cal

MEAL TOTAL: **Calories** 640 cal / **Carbs** 41 g (26%) / **Protein** 52 g (33%) / **Fat** 29 g (41%) / **Fluid** 27

NOTES:

Snack

3:00 PM

brazilnuts	1 oz	186 cal
drinking water	2 Cup(s)	0 cal
peaches	2 medium	76 cal
trulean whey isolate protein rich dutch chocolate	1 Scoop	100 cal

MEAL TOTAL: **Calories** 362 cal / **Carbs** 23 g (24%) / **Protein** 30 g (31%) / **Fat** 19 g (45%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

citrus broiled salmon	1 1/2 serving	501 cal
butternut squash, no salt, boiled	1 cup	82 cal
drinking water	2 Cup(s)	0 cal
swiss chard, no salt, boiled	1 cup	35 cal

MEAL TOTAL: **Calories** 618 cal / **Carbs** 66 g (41%) / **Protein** 68 g (42%) / **Fat** 12 g (17%) / **Fluid** 42

NOTES:

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DAY 4 TOTAL: Calories 2,594 cal / **Carbs** 236 g (35%) / **Protein** 181 g (27%) / **Fat** 114 g (38%) / **Fluid** 142

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DAY 5

Breakfast

7:00 AM

peaches	1 medium	38 cal
drinking water	2 Cup(s)	0 cal
fbbc avocado super shake	1 serving	429 cal

MEAL TOTAL: **Calories** 467 cal / **Carbs** 53 g (44%) / **Protein** 31 g (26%) / **Fat** 16 g (30%) / **Fluid** 21

NOTES:

Snack

10:00 AM

egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal
dried apricots	1 oz	68 cal
crackers multigrain	1 oz	137 cal

MEAL TOTAL: **Calories** 360 cal / **Carbs** 38 g (42%) / **Protein** 16 g (17%) / **Fat** 17 g (41%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

hummus, lower sodium	4 Tbsp	105 cal
whole wheat tortillas	2 tortilla	254 cal
tomatoes	4 medium slice	14 cal
black tea brewed	16 fl oz	28 cal
turkey breast meat, low-sodium	7 oz	206 cal

MEAL TOTAL: **Calories** 608 cal / **Carbs** 60 g (41%) / **Protein** 48 g (32%) / **Fat** 18 g (27%) / **Fluid** 26

NOTES:

Snack

3:00 PM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
cashews	1 3/4 oz	274 cal
string cheese, light	2 serving	100 cal

MEAL TOTAL: **Calories** 485 cal / **Carbs** 46 g (36%) / **Protein** 22 g (17%) / **Fat** 27 g (47%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

barley, cooked	1 Cup(s)	193 cal
lemon & dill chicken	2 serving	471 cal
drinking water	2 Cup(s)	0 cal
okra, no salt, boiled	1 1/2 cup	18 cal

MEAL TOTAL: **Calories** 682 cal / **Carbs** 60 g (35%) / **Protein** 62 g (35%) / **Fat** 23 g (30%) / **Fluid** 36

NOTES:

DAY 5 TOTAL: Calories 2,602 cal / **Carbs** 258 g (39%) / **Protein** 178 g (27%) / **Fat** 100 g (34%) / **Fluid** 123

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DAY 6

Breakfast

7:00 AM

oranges	1 fruit	69 cal
drinking water	1 Cup(s)	0 cal
ezeziel 4:9 sprouted 100% whole grain bread by foo...	2 slice	160 cal
trulean whey isolate protein rich dutch chocolate	1 1/2 Scoop	150 cal
almond milk (unsweetened)	2 cup(s)	70 cal
natural peanut butter	1 tablespoons	95 cal

MEAL TOTAL: **Calories** 544 cal / **Carbs** 55 g (40%) / **Protein** 51 g (36%) / **Fat** 15 g (24%) / **Fluid** 12

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
peaches	2 medium	76 cal
plain greek yogurt, nonfat	10 oz	167 cal
almonds, slivered	1 oz	153 cal

MEAL TOTAL: **Calories** 397 cal / **Carbs** 40 g (39%) / **Protein** 37 g (37%) / **Fat** 11 g (24%) / **Fluid** 30

NOTES:

Lunch

12:00 PM

cucumber	1 cup	5 cal
black tea brewed	16 fl oz	28 cal
chicken, boneless, roasted	6 oz	284 cal
amaranth, cooked	1 1/4 Cup(s)	314 cal

MEAL TOTAL: **Calories** 631 cal / **Carbs** 60 g (40%) / **Protein** 54 g (36%) / **Fat** 16 g (24%) / **Fluid** 29

NOTES:

Snack

3:00 PM

dried apricots	2 oz	137 cal
drinking water	1 Cup(s)	0 cal
hard boiled eggs	2 serving	142 cal
hummus	2 Tbsp	55 cal
carrots	1 medium	25 cal

MEAL TOTAL: **Calories** 359 cal / **Carbs** 49 g (52%) / **Protein** 16 g (17%) / **Fat** 13 g (31%) / **Fluid** 11

NOTES:



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Dinner

6:00 PM

shrimp, asparagus & spaghetti squash medley	1 1/2 serving	547 cal
drinking water	2 Cup(s)	0 cal
watercress	2 cup	7 cal
olive oil	1 Tbsp	119 cal

MEAL TOTAL: Calories 674 cal / Carbs 30 g (17%) / Protein 57 g (33%) / Fat 38 g (50%) / Fluid 38

NOTES:

DAY 6 TOTAL: Calories 2,604 cal / Carbs 233 g (35%) / Protein 215 g (33%) / Fat 94 g (32%) / Fluid 120



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
peaches	2 medium	76 cal
old fashioned oats by quaker	1/2 Cup(s)	150 cal
egg, hard boiled	2 large	155 cal
natural peanut butter	2 tablespoons	190 cal
trulean whey isolate protein rich dutch chocolate	1/2 Scoop	50 cal

MEAL TOTAL: **Calories** 621 cal / **Carbs** 55 g (34%) / **Protein** 38 g (24%) / **Fat** 30 g (42%) / **Fluid** 24

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cashews	1 oz	157 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 267 cal / **Carbs** 38 g (52%) / **Protein** 6 g (8%) / **Fat** 13 g (40%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

pork tenderloin, lean, cooked	8 oz	324 cal
drinking water	2 Cup(s)	0 cal
butternut squash, no salt, boiled	1 1/2 cup	123 cal
leeks, no salt, boiled	1 leek	38 cal
olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 605 cal / **Carbs** 42 g (27%) / **Protein** 63 g (41%) / **Fat** 22 g (32%) / **Fluid** 34

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
fbbc avocado super shake	1 serving	429 cal

MEAL TOTAL: **Calories** 429 cal / **Carbs** 44 g (40%) / **Protein** 31 g (28%) / **Fat** 16 g (32%) / **Fluid** 18

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
mediterranean sprouted lentil salad	1 1/2 serving	381 cal
shrimp, cooked	8 oz	270 cal
fennel bulb raw	1 cup	27 cal

MEAL TOTAL: **Calories** 678 cal / **Carbs** 54 g (31%) / **Protein** 65 g (36%) / **Fat** 26 g (33%) / **Fluid** 34

NOTES:

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DAY 7 TOTAL: Calories 2,600 cal / **Carbs** 233 g (35%) / **Protein** 203 g (30%) / **Fat** 106 g (35%) / **Fluid** 133

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1 Servings

fbbc avocado super shake

Ingredients

spinach

2 Cup(s)

banana

1 whole

pure vanilla almond milk unsweetened by silk

12 fl. oz.

cinnamon, ground

1/4 tsp

trulean rich dutch chocolate whey isolate protein powder

1 Scoop

avocado, medium

1/2 whole avocado

cacao powder raw chocolate powder certified organic by navitas

1 Tbsp

Nutrition Totals

Calories 429 / **Carbs** 44 g / **Protein** 31 g / **Fat** 16 g / **Fluid** 2 fl oz

Instructions

Instructions:

Blend all ingredients in high-powered blender and blend until smooth.

Garnish with optional cinnamon and raw cacao powder and serve.

*Optional toppings: additional cinnamon and raw cacao powder



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Nutrition Label

Fbbc Avocado Super Shake	
Amount Per Serving	
Calories	429
% Daily Value*	
Total Fat 15.8g	24%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 291.7mg	12%
Total Carbohydrates 44g	15%
Dietary Fiber 8.8g	35%
Total Sugar 14.6g	
Protein 30.5g	
Vitamin D 147.8IU	25%
Calcium 743.8mg	74%
Iron 3.1mg	18%
Potassium 551mg	
* 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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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.



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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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1 Servings

fbbc beef skillet supper

Ingredients

ground beef, lean
16 oz

sea salt
1 teaspoon(s)

sweet hungarian style paprika sweet by kalocsa
1 tsp

sweet potato
2 cup

kale, raw
2 cups

100% liquid egg whites
1 Cup(s)

Nutrition Totals

Calories 1042 / **Carbs** 67 g / **Protein** 131 g / **Fat** 24 g / **Fluid** 22 fl oz

Instructions

Place a large skillet over medium high heat. Add the ground beef and cook, breaking it up until all of the pink is gone. Remove from heat.

Mix the sea salt, paprika and garlic powder into the beef. Return the heat to medium and add the sweet potato to the skillet. Cover and cook for 5 minutes.

Add the chopped kale to the skillet, cover and cook for another 5 minutes.

In another skillet over medium heat, scramble the egg whites until the curds are barely wet and starting to break apart.

Mix the egg whites into the skillet and top with optional mozzarella and cilantro.



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Nutrition Label

Fbbc Beef Skillet Supper	
Amount Per Serving	
Calories	
	1042
% Daily Value*	
Total Fat 24.2g	37%
Saturated Fat 13.2g	66%
Trans Fat 1.4g	
Cholesterol 355.2mg	118%
Sodium 3659.9mg	152%
Total Carbohydrates 66.9g	22%
Dietary Fiber 10.6g	43%
Total Sugar 11.1g	
Protein 130.7g	
Vitamin D 13.4IU	2%
Calcium 301.5mg	30%
Iron 14.7mg	82%
Potassium 4255.3mg	
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1 Servings

citrus broiled salmon

Ingredients

coho salmon fish, cooked
6 oz

oranges
1 1/4 fruit

onions
1/4 cup

Nutrition Totals

Calories 334 / **Carbs** 25 g / **Protein** 42 g / **Fat** 8 g / **Fluid** 9 fl oz

Instructions

1. Preheat the oven's broiler.
2. Slice, peel, and pith oranges; slice crosswise into 1/4 inch rounds. Season fillets with salt. Place salmon fillets on broiling pan.
3. Place the pan of fillets 4 to 6 inches from heat. Cook for 15 minutes under the preheated broiler, or 10 minutes per inch of thickness. Remove from broiler just before they are cooked through. Sprinkle with wine vinegar if desired. Arrange orange rounds on top. Sprinkle with onions and cracked black pepper. Broil 1 minute longer.



Eating right, simplified.

Nutrition Label

Citrus Broiled Salmon		
Amount Per Serving		
Calories		334
		% Daily Value*
Total Fat	7.6g	12%
Saturated Fat	1.8g	9%
Trans Fat	0g	
Cholesterol	93.5mg	31%
Sodium	101.5mg	4%
Total Carbohydrates	24.6g	8%
Dietary Fiber	4.3g	17%
Total Sugar	16g	
Protein	41.7g	
Vitamin D	767.1IU	128%
Calcium	158.4mg	16%
Iron	1.3mg	7%
Potassium	1070.6mg	
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2 Servings

lemon & dill chicken

Ingredients

chicken broth soup, low-sodium
8 oz

lemon juice
1 Tbsp

chicken breast skinless
8 oz

extra virgin olive oil
1 Tbsp

onions
1/4 cup

garlic
1 clove

dill seed
2 tsp

black pepper
2 tsp

Nutrition Totals

Calories 471 / **Carbs** 12 g / **Protein** 57 g / **Fat** 22 g / **Fluid** 14 fl oz

Instructions

1. Season chicken breasts on both sides with salt and pepper. Heat 1 1/2 teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.

2. Reduce heat to medium. Add the remaining 1 1/2 teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.

3. Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.



Eating right, simplified.

Nutrition Label

Lemon & Dill Chicken		
Amount Per Serving		
Calories		236
		% Daily Value*
Total Fat	11g	17%
Saturated Fat	1.8g	9%
Trans Fat	0g	
Cholesterol	82.7mg	28%
Sodium	86.7mg	4%
Total Carbohydrates	6.2g	2%
Dietary Fiber	1.2g	5%
Total Sugar	0.9g	
Protein	28.6g	
Vitamin D	1.1IU	0%
Calcium	57.8mg	6%
Iron	1.2mg	7%
Potassium	564mg	
* 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

shrimp, asparagus & spaghetti squash medley

Ingredients

winter squash spaghetti, no salt, boiled
1 Cup(s)

shrimp, cooked
5 oz

lemon juice
1/4 fl. oz.

garlic
1 clove

asparagus
1 Cup(s)

olive oil
1 Tbsp

mushrooms
1/8 cup

Nutrition Totals

Calories 365 / **Carbs** 19 g / **Protein** 37 g / **Fat** 17 g / **Fluid** 13 fl oz

Instructions

1. In a small skillet, boil or steam asparagus in enough water to cover until tender; chop and set aside.
2. Bring a large pot of water to full boil, place the pasta in the pot and return to a rolling boil; cook until al dente. Drain well.
3. In a large saucepan, saute garlic in the olive oil over medium-low heat until the garlic is golden brown.
4. Spread olive oil in the saucepan and place the mushrooms and asparagus into the saucepan, cook until mushrooms are tender. Add in cooked shrimp and lemon juice
5. Toss the shrimp and vegetable mixture with the squash noodles. Salt and pepper to taste. Serve immediately.



Eating right, simplified.

Nutrition Label

Shrimp, Asparagus & Spaghetti Squash Medley	
Amount Per Serving	
Calories	365
% Daily Value*	
Total Fat 16.5g	25%
Saturated Fat 2.7g	14%
Trans Fat 0g	
Cholesterol 299mg	100%
Sodium 712.6mg	30%
Total Carbohydrates 19.1g	6%
Dietary Fiber 5.1g	21%
Total Sugar 6.8g	
Protein 36.7g	
Vitamin D 6.2IU	1%
Calcium 199.9mg	20%
Iron 4mg	22%
Potassium 740.8mg	
* 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.	



Eating right, simplified.



1 Servings

mediterranean sprouted lentil salad

Ingredients

sprouted lentils
1 Cup(s)

garlic
1 clove

olive oil
1 Tbsp

lemon juice
1 1/2 fl. oz.

celery
1/2 cup

carrots
1/2 cup

thyme, dried
1/3 tbsp

Nutrition Totals

Calories 254 / **Carbs** 30 g / **Protein** 8 g / **Fat** 14 g / **Fluid** 7 fl oz

Instructions

1. In a saucepan combine lentils, carrots, onion, garlic, and thyme. Add enough water to cover by 1 inch. Bring to boil, reduce heat and simmer uncovered for 15 to 20 minutes or until lentils are tender but not mushy.
2. Drain lentils and vegetables. Add olive oil, lemon juice, and celery. Add optional parsley, salt and pepper to taste. Toss to mix and serve at room temperature.



Eating right, simplified.

Nutrition Label

Mediterranean Sprouted Lentil Salad		
Amount Per Serving		
Calories		254
		% Daily Value*
Total Fat	14.3g	22%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	95mg	4%
Total Carbohydrates	29.7g	10%
Dietary Fiber	3.3g	13%
Total Sugar	5.1g	
Protein	8.3g	
Vitamin D	0IU	0%
Calcium	95.9mg	10%
Iron	4.6mg	26%
Potassium	654.9mg	
* 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

1 Tbsp

salsa, ready to serve

3 Tbsp

sea salt

0.33 teaspoon(s)

Beef

ground beef, lean

5.33 oz

Beverages

almond milk (unsweetened)

2 cup(s)

black tea brewed

64 fl oz

drinking water

56 Cup(s)

iced tea, brewed

16 fl oz

Bread

whole wheat tortillas

6 tortilla

Cereal & Grain Products

amaranth, cooked

3.25 Cup(s)

barley, cooked

3 Cup(s)

Dairy & Egg

100% liquid egg whites

0.33 Cup(s)

cheddar cheese

1 oz

egg, hard boiled

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Eating right, simplified.

6 large
egg whites, cooked
3 large
plain greek yogurt, nonfat
30 oz
string cheese, light
2 serving
whole eggs, poached
1 large
whole eggs, scrambled
2 large

Fats & Oils

extra virgin olive oil
1 Tbsp
olive oil
11 Tbsp

Finfish & Shellfish

coho salmon fish, cooked
9 oz
halibut fish, cooked
6 oz
shrimp, cooked
15.5 oz

Fruits & Juices

apples
3 large
avocados
0.75 avocado
banana
3 whole
bananas
1 large
blueberries
1 Cup(s)
dried apricots
3 oz
lemon juice
1.5 Tbsp
2.63 fl. oz.
oranges
6.88 fruit
peaches

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Eating right, simplified.

11 medium

Legumes & Beans

adzuki beans, no salt, boiled

0.5 Cup(s)

green snap beans

1.5 Tbsp

1 Cup(s)

hummus

2 Tbsp

hummus, lower sodium

11 Tbsp

sprouted lentils

1.5 Cup(s)

Nuts & Seeds

almonds, slivered

1 oz

brazilnuts

4.5 oz

cashews

8.25 oz

natural peanut butter

5 tablespoons

Pork

pork tenderloin, lean, cooked

22 oz

Poultry

chicken, boneless, roasted

12 oz

chicken breast skinless

8 oz

turkey breast meat, low-sodium

19 oz

Soup

chicken broth soup, low-sodium

8 oz

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Eating right, simplified.

Spices & Herbs

black pepper
2 tsp
cinnamon, ground
0.75 tsp
coriander seed
0.5 tsp
cumin ground
0.5 tsp
dill seed
2 tsp
parsley
1 tsp
thyme, dried
0.5 tbsp

Sports & Diet Nutritionals

trulean rich dutch chocolate whey isolate protein powder
3 Scoop
trulean whey isolate protein rich dutch chocolate
3 Scoop

Uncategorized

avocado, medium
1.5 whole avocado
cacao powder raw chocolate powder certified organic by navitas
3 Tbsp
crackers multigrain
3.75 oz
ezekiel 4:9 sprouted 100% whole grain bread by food for life
4 slice
hard boiled eggs
2 serving
old fashioned oats by quaker
0.5 Cup(s)
pure vanilla almond milk unsweetened by silk
36 fl. oz.
sweet hungarian style paprika sweet by kalocsa
0.33 tsp

Vegetables

asparagus
1.5 Cup(s)
baby bok choy

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1 cup
butternut squash, no salt, boiled
4.5 cup
carrots
2 large
1 medium
0.75 cup
celery
0.75 cup
cucumber
1 cup
fennel bulb raw
1 cup
garlic
4 clove
green, red or yellow bell peppers
3 oz
jicama
2 Cup(s)
kale, raw
0.67 cups
leeks, no salt, boiled
2 leek
mushrooms
0.19 cup
okra, no salt, boiled
2.5 cup
onions
0.63 cup
spinach
7 Cup(s)
sweet potato
0.67 cup
swiss chard, no salt, boiled
4.5 cup
tomatoes
4 medium slice
watercress
4 cup
winter squash spaghetti, no salt, boiled
1.5 Cup(s)