



Eating right, simplified.

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

DAY 1

Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal
blueberries	1 Cup(s)	83 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 562 cal / **Carbs** 78 g (58%) / **Protein** 29 g (21%) / **Fat** 13 g (21%) / **Fluid** 27

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
almond butter	1 1/2 Tbsp	150 cal
drinking water	2 Cup(s)	0 cal
trulean whey isolate protein frosted vanilla cake	1 Scoop	100 cal

MEAL TOTAL: **Calories** 360 cal / **Carbs** 35 g (38%) / **Protein** 29 g (32%) / **Fat** 12 g (30%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

turkey breast, roasted	8 oz	308 cal
baby carrots	15 large	79 cal
romaine lettuce	3 leaf	3 cal
tomatoes	1/4 Cup(s)	8 cal
whole-wheat pita bread	1 large	170 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 569 cal / **Carbs** 56 g (38%) / **Protein** 75 g (52%) / **Fat** 7 g (10%) / **Fluid** 31

NOTES:

Snack

3:00 PM

bananas	1 extra large	135 cal
cottage cheese, 2% milkfat	1 1/2 Cup(s)	292 cal

MEAL TOTAL: **Calories** 427 cal / **Carbs** 47 g (44%) / **Protein** 42 g (38%) / **Fat** 9 g (18%) / **Fluid** 13

NOTES:



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Dinner

6:00 PM

broccoli, no salt, boiled	1 Cup(s)	55 cal
black beans, no salt, boiled	1 Cup(s)	227 cal
wild rice, cooked	1/2 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 tsp	40 cal
fbbc shrimp and veggie skillet	1/5 serving	280 cal

MEAL TOTAL: **Calories** 685 cal / **Carbs** 84 g (47%) / **Protein** 58 g (33%) / **Fat** 15 g (20%) / **Fluid** 30

NOTES:

DAY 1 TOTAL: **Calories** 2,603 cal / **Carbs** 300 g (46%) / **Protein** 233 g (35%) / **Fat** 56 g (19%) / **Fluid** 123



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

egg, hard boiled	2 large	155 cal
turkey sausage breakfast links	1 oz	67 cal
almond milk (unsweetened)	2 cup(s)	70 cal
old fashioned oats by quaker	1/2 Cup(s)	150 cal
trulean whey isolate protein frosted vanilla cake	1 Scoop	100 cal

MEAL TOTAL: **Calories** 542 cal / **Carbs** 32 g (23%) / **Protein** 48 g (35%) / **Fat** 25 g (42%) / **Fluid** 3

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	1 1/2 oz	24 cal
almonds	1 1/2 oz	243 cal
plain greek yogurt, nonfat	8 oz	134 cal

MEAL TOTAL: **Calories** 401 cal / **Carbs** 23 g (22%) / **Protein** 32 g (31%) / **Fat** 22 g (47%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

balsamic vinegar	2 Tbsp	28 cal
cranberries, dried sweetened	1/4 Cup(s)	92 cal
extra virgin olive oil	1/2 Tbsp	60 cal
romaine lettuce	2 Cup(s)	16 cal
chicken, boneless, roasted	6 oz	284 cal
drinking water	2 Cup(s)	0 cal
sweet potato	5 oz	122 cal

MEAL TOTAL: **Calories** 603 cal / **Carbs** 62 g (41%) / **Protein** 46 g (31%) / **Fat** 19 g (28%) / **Fluid** 28

NOTES:

Snack

3:00 PM

apples	1 large	110 cal
egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal
natural peanut butter	2 tablespoons	190 cal

MEAL TOTAL: **Calories** 455 cal / **Carbs** 38 g (32%) / **Protein** 20 g (17%) / **Fat** 27 g (51%) / **Fluid** 25

NOTES:



Eating right, simplified.

Dinner

6:00 PM

spinach, no salt, boiled	2 Cup(s)	83 cal
beef flank, lean, broiled	5 oz	272 cal
drinking water	2 Cup(s)	0 cal
red potatoes	1 large	258 cal

MEAL TOTAL: Calories 613 cal / Carbs 72 g (45%) / Protein 57 g (36%) / Fat 13 g (19%) / Fluid 40

NOTES:

DAY 2 TOTAL: Calories 2,614 cal / Carbs 227 g (34%) / Protein 203 g (30%) / Fat 106 g (36%) / Fluid 119



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

whole wheat english muffin	1 muffin	134 cal
almond butter	2 Tbsp	200 cal
egg whites, cooked	6 large	103 cal
almond milk (unsweetened)	2 cup(s)	70 cal
trulean whey isolate protein frosted vanilla cake	1 Scoop	100 cal
blueberries	1/2 Cup(s)	41 cal

MEAL TOTAL: **Calories** 648 cal / **Carbs** 48 g (29%) / **Protein** 60 g (38%) / **Fat** 24 g (33%) / **Fluid** 9

NOTES:

Snack

10:00 AM

egg, hard boiled	2 large	155 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
hummus	4 Tbsp	110 cal
green, red or yellow bell peppers	6 oz	29 cal

MEAL TOTAL: **Calories** 429 cal / **Carbs** 55 g (50%) / **Protein** 18 g (17%) / **Fat** 16 g (33%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	8 oz	224 cal
romaine lettuce	3 leaf	3 cal
olive oil, mayonnaise, light	1/2 Tbsp	25 cal
apples	1 large	110 cal
tomatoes	1/4 Cup(s)	8 cal
ezeziel 4:9 sprouted 100% whole grain bread by foo...	2 slice	160 cal

MEAL TOTAL: **Calories** 530 cal / **Carbs** 62 g (44%) / **Protein** 60 g (44%) / **Fat** 7 g (12%) / **Fluid** 24

NOTES:

Snack

3:00 PM

baby carrots	10 large	53 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	2 serving	100 cal
rx bar	1 bar	225 cal

MEAL TOTAL: **Calories** 378 cal / **Carbs** 38 g (40%) / **Protein** 25 g (26%) / **Fat** 14 g (34%) / **Fluid** 21

NOTES:



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Dinner

6:00 PM

kale, no salt, boiled	2 Cup(s)	73 cal
drinking water	2 Cup(s)	0 cal
olive oil	1/2 Tbsp	60 cal
fbbc chicken fajita with brown rice casserole	1/5 serving	479 cal

MEAL TOTAL: **Calories** 612 cal / **Carbs** 66 g (42%) / **Protein** 48 g (30%) / **Fat** 20 g (28%) / **Fluid** 31

NOTES:

DAY 3 TOTAL: **Calories** 2,596 cal / **Carbs** 269 g (40%) / **Protein** 211 g (32%) / **Fat** 82 g (28%) / **Fluid** 108



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DAY 4

Breakfast

7:00 AM

blueberries	1/2 Cup(s)	41 cal
whole grain rolled oats, dry	1/2 Cup(s)	150 cal
egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 449 cal / **Carbs** 41 g (38%) / **Protein** 35 g (32%) / **Fat** 14 g (30%) / **Fluid** 26

NOTES:

Snack

10:00 AM

pears	1 large	119 cal
trulean whey isolate protein frosted vanilla cake	1 Scoop	100 cal
almond milk (unsweetened)	2 cup(s)	70 cal
cashews (raw)	1/4 cup(s)	160 cal

MEAL TOTAL: **Calories** 449 cal / **Carbs** 43 g (37%) / **Protein** 32 g (27%) / **Fat** 18 g (36%) / **Fluid** 6

NOTES:

Lunch

12:00 PM

balsamic vinegar	2 Tbsp	28 cal
romaine lettuce	1 Cup(s)	8 cal
iced tea, green	16 fl oz	0 cal
fbbc chicken fajita with brown rice casserole	1/4 serving	599 cal

MEAL TOTAL: **Calories** 635 cal / **Carbs** 71 g (44%) / **Protein** 54 g (34%) / **Fat** 15 g (22%) / **Fluid** 27

NOTES:

Snack

3:00 PM

baby carrots	10 large	53 cal
drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
natural peanut butter	2 tablespoons	190 cal

MEAL TOTAL: **Calories** 353 cal / **Carbs** 50 g (52%) / **Protein** 9 g (9%) / **Fat** 17 g (39%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

beef flank, lean, broiled	8 oz	435 cal
wild rice, cooked	1 1/4 Cup(s)	207 cal
summer squash, no salt, boiled	2 cup	72 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 714 cal / **Carbs** 59 g (33%) / **Protein** 74 g (41%) / **Fat** 20 g (26%) / **Fluid** 37

NOTES:

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DAY 4 TOTAL: Calories 2,600 cal / **Carbs** 264 g (40%) / **Protein** 203 g (31%) / **Fat** 85 g (29%) / **Fluid** 123



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DAY 5

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
fbbc blueberry muffin smoothie	1 serving	394 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 454 cal / **Carbs** 48 g (41%) / **Protein** 35 g (29%) / **Fat** 16 g (30%) / **Fluid** 13

NOTES:

Snack

10:00 AM

almond butter	2 Tbsp	200 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
cottage cheese, 2% milkfat	1 Cup(s)	194 cal

MEAL TOTAL: **Calories** 505 cal / **Carbs** 44 g (35%) / **Protein** 33 g (26%) / **Fat** 22 g (39%) / **Fluid** 28

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
turkey breast, roasted	8 oz	308 cal
whole-wheat pita bread	1 1/2 large	255 cal
tomatoes	1/4 Cup(s)	8 cal
baby carrots	10 large	53 cal
romaine lettuce	3 leaf	3 cal

MEAL TOTAL: **Calories** 627 cal / **Carbs** 68 g (42%) / **Protein** 78 g (48%) / **Fat** 7 g (10%) / **Fluid** 29

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
peanuts, no salt, dry-roasted	1 oz	166 cal
trulean whey isolate protein frosted vanilla cake	1 1/2 Scoop	150 cal
plain greek yogurt, nonfat	8 oz	134 cal

MEAL TOTAL: **Calories** 450 cal / **Carbs** 16 g (14%) / **Protein** 66 g (57%) / **Fat** 15 g (29%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

chicken vegetable soup	1 1/2 serving	502 cal
drinking water	2 Cup(s)	0 cal
sweet potato (medium)	1/2 whole	83 cal

MEAL TOTAL: **Calories** 585 cal / **Carbs** 48 g (33%) / **Protein** 48 g (33%) / **Fat** 23 g (34%) / **Fluid** 29

NOTES:

DAY 5 TOTAL: Calories 2,621 cal / **Carbs** 223 g (33%) / **Protein** 260 g (39%) / **Fat** 83 g (28%) / **Fluid** 122

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DAY 6

Breakfast

7:00 AM

whole wheat english muffin	1 muffin	134 cal
almond butter	2 Tbsp	200 cal
trulean whey isolate protein frosted vanilla cake	1 1/2 Scoop	150 cal
bananas	1 large	121 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 605 cal / **Carbs** 65 g (42%) / **Protein** 49 g (32%) / **Fat** 18 g (26%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cottage cheese, 2% milkfat	1 1/2 Cup(s)	292 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 374 cal / **Carbs** 33 g (35%) / **Protein** 41 g (44%) / **Fat** 9 g (21%) / **Fluid** 29

NOTES:

Lunch

12:00 PM

chicken vegetable soup	1 1/2 serving	502 cal
drinking water	2 Cup(s)	0 cal
sweet potato (medium)	3/4 whole	125 cal

MEAL TOTAL: **Calories** 626 cal / **Carbs** 57 g (37%) / **Protein** 49 g (31%) / **Fat** 23 g (32%) / **Fluid** 29

NOTES:

Snack

3:00 PM

apples	1 large	110 cal
string cheese, light	2 serving	100 cal
drinking water	2 Cup(s)	0 cal
almond butter	2 Tbsp	200 cal

MEAL TOTAL: **Calories** 410 cal / **Carbs** 37 g (36%) / **Protein** 19 g (18%) / **Fat** 21 g (46%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
black beans, no salt, boiled	1 Cup(s)	227 cal
chicken breast, cooked	6 oz	281 cal
spinach, no salt, boiled	2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 591 cal / **Carbs** 54 g (36%) / **Protein** 79 g (52%) / **Fat** 8 g (12%) / **Fluid** 35

NOTES:

DAY 6 TOTAL: Calories 2,606 cal / **Carbs** 247 g (37%) / **Protein** 237 g (36%) / **Fat** 79 g (27%) / **Fluid** 136



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DAY 7

Breakfast

7:00 AM

bananas	1 extra large	135 cal
egg whites, cooked	5 large	86 cal
fruit yogurt, non-fat	1 cup	233 cal
ground turkey, cooked	3 oz	173 cal
spinach	2 Cup(s)	14 cal

MEAL TOTAL: **Calories** 640 cal / **Carbs** 85 g (52%) / **Protein** 55 g (34%) / **Fat** 10 g (14%) / **Fluid** 19

NOTES:

Snack

10:00 AM

string cheese, light	2 serving	100 cal
baby carrots	10 large	53 cal
drinking water	2 Cup(s)	0 cal
egg, hard boiled	2 large	155 cal

MEAL TOTAL: **Calories** 308 cal / **Carbs** 15 g (20%) / **Protein** 26 g (33%) / **Fat** 16 g (47%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
tuna fish, very low-sodium, in water	8 oz	224 cal
bottled water	16 fl oz	0 cal
tomatoes	1/4 Cup(s)	8 cal
olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal

MEAL TOTAL: **Calories** 559 cal / **Carbs** 41 g (29%) / **Protein** 60 g (42%) / **Fat** 19 g (29%) / **Fluid** 18

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
fbbc cherry almond butter shake	1 serving	403 cal

MEAL TOTAL: **Calories** 403 cal / **Carbs** 31 g (30%) / **Protein** 31 g (30%) / **Fat** 19 g (40%) / **Fluid** 17

NOTES:

Dinner

6:00 PM

sweet potato, no salt, baked	1 large	162 cal
chicken, boneless, roasted	10 oz	473 cal
kale, no salt, boiled	2 Cup(s)	73 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 708 cal / **Carbs** 52 g (29%) / **Protein** 79 g (45%) / **Fat** 20 g (26%) / **Fluid** 35

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DAY 7 TOTAL: Calories 2,619 cal / **Carbs** 224 g (34%) / **Protein** 251 g (38%) / **Fat** 84 g (28%) / **Fluid** 112

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1 Servings

fbbc shrimp and veggie skillet

Ingredients

avocado oil
2 Tbsp

onions sweet raw
1 serving

garlic
2 clove

red peppers
1 medium

broccoli
1 stalk

corn sweet yellow raw
1/2 Cup(s)

organic canned black beans
1 Cup(s)

gourmet collection smoked paprika by mccormick
1/4 tsp

chili powder
1/4 tsp

ancho chili powder
1/8 teaspoons

black pepper (ground)
1/4 teaspoon(s)

salt
1/4 tsp

lime juice
2 Tbsp

wild caught tail off medium raw shrimp by kroger
35 shrimp

Nutrition Totals

Calories 1400 / Carbs 74 g / Protein 178 g / Fat 44 g / Fluid 16 fl oz

Instructions

In a large skillet caramelize onion and garlic in 1 Tbsp avocado oil for 2-3 minutes.

Add red pepper and broccoli florets into the skillet and cook over medium heat for 2-3 mins.

Add in corn and black beans and mix gently to combine, then remove from heat.

Transfer cooked veggies and bean mixture to a large serving bowl.

Wipe out skillet, return to low heat, and add 1 Tbsp avocado oil.



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In small bowl, mix together smoked paprika, chili powder, ancho chili powder, black pepper, and salt and set aside.

Place thawed shrimp in hot skillet and add seasoning mixture and lime juice. Cook shrimp thoroughly.

Spoon shrimp over warm veggie mixture and serve immediately with optional cilantro and fresh lime juice squeezed over top.



Eating right, simplified.

Nutrition Label

Fbbc Shrimp And Veggie Skillet	
Amount Per Serving	
Calories	1400
% Daily Value*	
Total Fat 44.2g	68%
Saturated Fat 4.3g	22%
Trans Fat 0g	
Cholesterol 1190mg	397%
Sodium 2001.9mg	83%
Total Carbohydrates 73.6g	25%
Dietary Fiber 13.7g	55%
Total Sugar 20.4g	
Protein 177.7g	
Vitamin D 0IU	0%
Calcium 628mg	63%
Iron 23.3mg	130%
Potassium 1684.8mg	
* 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.	



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.



Eating right, simplified.

Nutrition Label

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

fbbc blueberry muffin smoothie

Ingredients

almond milk (unsweetened)

1 cup(s)

trulean whey isolate protein frosted vanilla cake

1 Scoop

blueberries (frozen)

1/2 cup(s)

spinach

1 Cup(s)

almond butter (unsweetened)

1 tablespoon(s)

old fashioned oats by quaker

1/3 Cup(s)

ground flaxseed

1/3 tablespoons

cinnamon, ground

1/8 tsp

nutmeg, ground

1/8 tsp

Nutrition Totals

Calories 394 / Carbs 34 g / Protein 34 g / Fat 16 g / Fluid 1 fl oz

Instructions

Blend all of the ingredients in a high-speed blender until smooth and serve.



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Nutrition Label

Fbbc Blueberry Muffin Smoothie	
Amount Per Serving	
Calories	394
% Daily Value*	
Total Fat 15.5g	24%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 4mg	1%
Sodium 267.8mg	11%
Total Carbohydrates 33.6g	11%
Dietary Fiber 8.1g	33%
Total Sugar 7.5g	
Protein 33.5g	
Vitamin D 0IU	0%
Calcium 138mg	14%
Iron 2mg	11%
Potassium 282.6mg	
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2 Servings

chicken vegetable soup

Ingredients

coconut vegetable oil

1 Tbsp

onions

1 medium

zucchini/summer squash

2 cup

chicken, boneless, roasted

8 oz

vegetable stock, no salt added

3 Cup(s)

carrots

1 medium

black pepper

1/2 tsp

oregano, dried

1/2 tsp

parsley (fresh)

1 tablespoon(s)

Nutrition Totals

Calories 669 / **Carbs** 39 g / **Protein** 62 g / **Fat** 30 g / **Fluid** 18 fl oz

Instructions

1. In a large saucepan, cook diced onion, zucchini and carrots in coconut oil until tender.
2. Season with pepper, oregano and parsley.
3. Add cooked chicken and vegetable stock.
4. Simmer over low heat for 15 minutes, stirring occasionally.



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Nutrition Label

Chicken Vegetable Soup	
Amount Per Serving	
Calories	335
% Daily Value*	
Total Fat 14.9g	23%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 162.5mg	7%
Total Carbohydrates 19.4g	6%
Dietary Fiber 3.2g	13%
Total Sugar 13.3g	
Protein 30.8g	
Vitamin D 0IU	0%
Calcium 63.9mg	6%
Iron 2.2mg	12%
Potassium 18947.6mg	
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1 Servings

fbbc cherry almond butter shake

Ingredients

frozen fruit dark sweet cherries by dole

1 Cup(s)

avocado

1/4 avocado

almond milk (unsweetened)

1 cup(s)

trulean whey isolate protein frosted vanilla cake

1 Scoop

almond butter (unsweetened)

1 tablespoon(s)

ice cubes

4 cubes

Nutrition Totals

Calories 403 / **Carbs** 31 g / **Protein** 31 g / **Fat** 19 g / **Fluid** 1 fl oz

Instructions

Blend all ingredients in a high-powered blender until smooth.

Top with optional chopped cherry pieces and serve.



Eating right, simplified.

Nutrition Label

Fbbc Cherry Almond Butter Shake		
Amount Per Serving		
Calories		403
		% Daily Value*
Total Fat	19.1g	29%
Saturated Fat	1.6g	8%
Trans Fat	0g	
Cholesterol	4mg	1%
Sodium	247.6mg	10%
Total Carbohydrates	31.2g	10%
Dietary Fiber	8.9g	36%
Total Sugar	19g	
Protein	31.3g	
Vitamin D	0IU	0%
Calcium	111mg	11%
Iron	0.6mg	4%
Potassium	356.7mg	
* 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.

Shopping List

Accompaniments

black pepper (ground)
0.05 teaspoon(s)
olive oil, mayonnaise, light
2 Tbsp

Beef

beef flank, lean, broiled
13 oz

Beverages

almond milk (unsweetened)
8 cup(s)
bottled water
16 fl oz
drinking water
55 Cup(s)
iced tea, green
16 fl oz

Bread

whole-wheat pita bread
2.5 large
whole wheat english muffin
2 muffin
whole wheat tortillas
2 tortilla

Cereal & Grain Products

corn sweet yellow raw
0.1 Cup(s)
whole grain rolled oats, dry
1.5 Cup(s)
wild rice, cooked
1.75 Cup(s)

Dairy & Egg

cottage cheese, 2% milkfat

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Eating right, simplified.

4 Cup(s)
egg, hard boiled
11 large
egg whites, cooked
23 large
fruit yogurt, non-fat
1 cup
pepper jack cheese
1.8 oz
plain greek yogurt, nonfat
16 oz
string cheese, light
6 serving

Fats & Oils

avocado oil
0.4 Tbsp
coconut vegetable oil
1.5 Tbsp
extra virgin olive oil
1 tsp
0.5 Tbsp
olive oil
0.5 Tbsp

Finfish & Shellfish

tuna fish, very low-sodium, in water
16 oz

Fruits & Juices

apples
6 large
avocado
0.25 avocado
bananas
3 extra large
1 large
blueberries
3 Cup(s)
blueberries (frozen)
0.5 cup(s)
cranberries, dried sweetened
0.25 Cup(s)
grapes
1.5 oz

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Eating right, simplified.

lime juice

0.4 Tbsp

0.45 1 fruit

nectarines

1 fruit

pears

1 large

Ingredients

balsamic vinegar

4 Tbsp

Legumes & Beans

black beans, no salt, boiled

2 Cup(s)

hummus

4 Tbsp

organic canned black beans

0.2 Cup(s)

6.75 oz

Nuts & Seeds

almond butter

9.5 Tbsp

almond butter (unsweetened)

2 tablespoon(s)

almonds

1.5 oz

cashews (raw)

0.25 cup(s)

natural peanut butter

4 tablespoons

peanuts, no salt, dry-roasted

1 oz

Poultry

chicken, boneless, roasted

28 oz

chicken breast, boneless skinless

10.8 oz

chicken breast, cooked

6 oz

ground turkey, cooked

3 oz

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Eating right, simplified.

turkey breast, roasted
16 oz

Sausages & Meats

turkey sausage breakfast links
1 oz

Soup

chicken broth, reduced sodium
0.68 Cup(s)
vegetable stock, no salt added
4.5 Cup(s)

Spices & Herbs

black pepper
0.76 tsp
cayenne pepper
0.06 tsp
chili powder
1.4 tsp
cinnamon, ground
0.13 tsp
cumin ground
0.45 tsp
garlic powder
0.23 tsp
nutmeg, ground
0.13 tsp
onion powder
0.23 tsp
oregano, dried
0.76 tsp
parsley (fresh)
1.5 tablespoon(s)
salt
0.16 tsp

Sports & Diet Nutritionals

trulean whey isolate protein frosted vanilla cake
9 Scoop

Uncategorized

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ancho chili powder
0.03 teaspoons
brown rice (dry measure)
0.45 cups
ezekiel 4:9 sprouted 100% whole grain bread by food for life
2 slice
frozen fruit dark sweet cherries by dole
1 Cup(s)
gourmet collection smoked paprika by mccormick
0.05 tsp
ground flaxseed
0.33 tablespoons
ice cubes
4 cubes
old fashioned oats by quaker
0.83 Cup(s)
onions sweet raw
0.2 serving
rx bar
1 bar
wild caught tail off medium raw shrimp by kroger
7 shrimp

Vegetables

baby carrots
55 large
broccoli
0.2 stalk
broccoli, no salt, boiled
1 Cup(s)
carrots
1.5 medium
garlic
0.4 clove
green, red or yellow bell peppers
6 oz
1.35 medium
green chilies, diced
1.8 oz
kale, no salt, boiled
4 Cup(s)
onions
1.5 medium
red peppers
0.2 medium
red potatoes
1 large
romaine lettuce
9 leaf



Eating right, simplified.

3 Cup(s)

spinach

3 Cup(s)

spinach, no salt, boiled

4 Cup(s)

summer squash, no salt, boiled

2 cup

sweet potato

5 oz

sweet potato (medium)

1.25 whole

sweet potato, no salt, baked

1 large

tomatoes

1 Cup(s)

white onion

0.45 whole

zucchini/summer squash

3 cup