



Eating right, simplified.

2,900 Calorie Plan (Protein) 6meals/day

DAY 1

Breakfast

7:00 AM

whole eggs, poached	2 large	143 cal
whole grain rolled oats, dry	4/5 Cup(s)	239 cal
skim milk with calcium	2 Cup(s)	173 cal
trulean rich dutch chocolate whey isolate protein...	1 Scoop	100 cal

MEAL TOTAL: **Calories** 655 cal / **Carbs** 70 g (44%) / **Protein** 53 g (34%) / **Fat** 15 g (22%) / **Fluid** 18

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
string cheese, light	2 serving	100 cal
whey protein powder	1 1/2 Scoop	169 cal

MEAL TOTAL: **Calories** 379 cal / **Carbs** 33 g (33%) / **Protein** 52 g (53%) / **Fat** 6 g (14%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

romaine lettuce	2 leaf	2 cal
whole wheat bread	1 slice	100 cal
tomatoes	1/4 Cup(s)	8 cal
chicken, boneless, roasted	6 oz	284 cal
dijon mustard	2 tsp	10 cal
drinking water	2 Cup(s)	0 cal
sharp cheddar, sliced	2 slice	220 cal
pretzel sticks, no salt	1 1/2 oz	162 cal

MEAL TOTAL: **Calories** 786 cal / **Carbs** 56 g (29%) / **Protein** 66 g (34%) / **Fat** 32 g (37%) / **Fluid** 22

NOTES:

Snack

3:00 PM

nut and raisin granola bars	2 bar	254 cal
skim milk with calcium	2 Cup(s)	173 cal
almonds	1/2 oz	81 cal

MEAL TOTAL: **Calories** 508 cal / **Carbs** 63 g (48%) / **Protein** 24 g (19%) / **Fat** 19 g (33%) / **Fluid** 15

NOTES:



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Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
drinking water	2 Cup(s)	0 cal
quinoa, cooked	2/3 Cup(s)	148 cal
halibut fish, cooked	8 oz	252 cal
brussels sprouts, no salt, boiled	1 1/2 Cup(s)	42 cal

MEAL TOTAL: **Calories** 502 cal / **Carbs** 35 g (28%) / **Protein** 60 g (47%) / **Fat** 14 g (25%) / **Fluid** 28

NOTES:

Snack

8:00 PM

whipped cream, light	1 Tbsp	15 cal
drinking water	2 Cup(s)	0 cal
strawberries	1/2 cup	27 cal
whey protein powder	1 Scoop	113 cal

MEAL TOTAL: **Calories** 154 cal / **Carbs** 8 g (22%) / **Protein** 27 g (68%) / **Fat** 2 g (10%) / **Fluid** 19

NOTES:

DAY 1 TOTAL: **Calories** 2,985 cal / **Carbs** 264 g (36%) / **Protein** 282 g (37%) / **Fat** 88 g (27%) / **Fluid** 124



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

egg whites, cooked	6 large	103 cal
wheat chex cereal	1 1/2 Cup(s)	240 cal
italian turkey sausage, lower sodium	3 oz	134 cal

MEAL TOTAL: **Calories** 477 cal / **Carbs** 64 g (50%) / **Protein** 44 g (34%) / **Fat** 9 g (16%) / **Fluid** 8

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
almond butter	2 1/2 Tbsp	250 cal
chocolate brownie protein bar, low-carb	3/4 bar	166 cal

MEAL TOTAL: **Calories** 526 cal / **Carbs** 39 g (32%) / **Protein** 22 g (18%) / **Fat** 27 g (50%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	2 tsp	33 cal
baby carrots	17 large	89 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 1/2 large	255 cal
romaine lettuce	2 leaf	2 cal
tuna fish, very low-sodium, in water	8 oz	224 cal

MEAL TOTAL: **Calories** 603 cal / **Carbs** 75 g (48%) / **Protein** 62 g (39%) / **Fat** 9 g (13%) / **Fluid** 25

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
nut and raisin granola bars	1 bar	127 cal
nectarines	2 fruit	120 cal
almonds	2/3 oz	108 cal

MEAL TOTAL: **Calories** 355 cal / **Carbs** 51 g (52%) / **Protein** 9 g (10%) / **Fat** 16 g (38%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

beef t-bone, broiled	6 oz	321 cal
drinking water	2 Cup(s)	0 cal
baked potato, no salt	1 small	128 cal
mustard greens, no salt, boiled	2 cup	73 cal
butter, no salt	1/3 Tbsp	34 cal

MEAL TOTAL: **Calories** 557 cal / **Carbs** 42 g (29%) / **Protein** 55 g (39%) / **Fat** 20 g (32%) / **Fluid** 32

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Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
bananas	1/2 extra large	68 cal
vanilla yogurt, low-fat	6 oz	145 cal
whey protein powder	1 1/2 Scoop	169 cal

MEAL TOTAL: **Calories** 381 cal / **Carbs** 42 g (43%) / **Protein** 48 g (50%) / **Fat** 3 g (7%) / **Fluid** 23

NOTES:

DAY 2 TOTAL: **Calories** 2,899 cal / **Carbs** 313 g (42%) / **Protein** 241 g (32%) / **Fat** 85 g (26%) / **Fluid** 134



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

almond butter	2 Tbsp	200 cal
egg whites, cooked	6 large	103 cal
trulean rich dutch chocolate whey isolate protein...	1 Scoop	100 cal
drinking water	1 1/2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 403 cal / **Carbs** 8 g (9%) / **Protein** 52 g (53%) / **Fat** 16 g (38%) / **Fluid** 18

NOTES:

Snack

10:00 AM

nut and raisin granola bars	1 bar	127 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
almonds	1 1/4 oz	203 cal

MEAL TOTAL: **Calories** 440 cal / **Carbs** 55 g (46%) / **Protein** 10 g (9%) / **Fat** 24 g (45%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

beef t-bone, broiled	8 oz	429 cal
tomatoes	1 1/4 Cup(s)	41 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	2 Tbsp	28 cal
whole wheat dinner rolls	2 roll	149 cal
iced tea, green	16 fl. oz.	0 cal
brown rice, long-grain, cooked	1/4 Cup(s)	54 cal

MEAL TOTAL: **Calories** 716 cal / **Carbs** 57 g (32%) / **Protein** 68 g (38%) / **Fat** 24 g (30%) / **Fluid** 34

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
pretzel sticks, no salt	1 1/2 oz	162 cal

MEAL TOTAL: **Calories** 319 cal / **Carbs** 55 g (68%) / **Protein** 10 g (12%) / **Fat** 7 g (20%) / **Fluid** 22

NOTES:



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Dinner

6:00 PM

summer squash, no salt, boiled	2 cup	72 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 large	170 cal
chicken & quinoa with vegetables	2 serving	434 cal

MEAL TOTAL: **Calories** 676 cal / **Carbs** 96 g (55%) / **Protein** 53 g (31%) / **Fat** 10 g (14%) / **Fluid** 38

NOTES:

Snack

8:00 PM

vanilla yogurt, low-fat	8 oz	193 cal
blackberries	1 1/2 Cup(s)	93 cal
drinking water	2 Cup(s)	0 cal
whey protein powder	1/2 Scoop	56 cal

MEAL TOTAL: **Calories** 342 cal / **Carbs** 53 g (59%) / **Protein** 27 g (31%) / **Fat** 4 g (10%) / **Fluid** 29

NOTES:

DAY 3 TOTAL: **Calories** 2,896 cal / **Carbs** 324 g (44%) / **Protein** 221 g (30%) / **Fat** 85 g (26%) / **Fluid** 162



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat tortillas	1 1/4 tortilla	159 cal
whole eggs, scrambled	2 large	182 cal
salsa, ready to serve	2 Tbsp	10 cal
egg whites, cooked	6 large	103 cal
trulean rich dutch chocolate whey isolate protein...	1 Scoop	100 cal

MEAL TOTAL: **Calories** 553 cal / **Carbs** 30 g (22%) / **Protein** 63 g (47%) / **Fat** 19 g (31%) / **Fluid** 19

NOTES:

Snack

10:00 AM

nectarines	2 fruit	120 cal
drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 3/4 Cup(s)	285 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 39 g (39%) / **Protein** 52 g (50%) / **Fat** 5 g (11%) / **Fluid** 35

NOTES:

Lunch

12:00 PM

mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1/2 large	85 cal
chicken & quinoa with vegetables	2 serving	434 cal

MEAL TOTAL: **Calories** 578 cal / **Carbs** 75 g (53%) / **Protein** 49 g (34%) / **Fat** 9 g (13%) / **Fluid** 29

NOTES:

Snack

3:00 PM

nut and raisin granola bars	1 bar	127 cal
skim milk with calcium	2 Cup(s)	173 cal

MEAL TOTAL: **Calories** 300 cal / **Carbs** 42 g (55%) / **Protein** 19 g (25%) / **Fat** 7 g (20%) / **Fluid** 15

NOTES:

Dinner

6:00 PM

mustard greens, no salt, boiled	2 cup	73 cal
navy beans, no salt, boiled	1 1/3 Cup(s)	340 cal
pork tenderloin, lean, cooked	8 oz	324 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 737 cal / **Carbs** 76 g (41%) / **Protein** 86 g (46%) / **Fat** 11 g (13%) / **Fluid** 35

NOTES:



Eating right, simplified.

Snack

8:00 PM

vanilla yogurt, low-fat	8 oz	193 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 328 cal / **Carbs** 66 g (76%) / **Protein** 13 g (15%) / **Fat** 3 g (9%) / **Fluid** 26

NOTES:

DAY 4 TOTAL: **Calories** 2,900 cal / **Carbs** 328 g (45%) / **Protein** 283 g (39%) / **Fat** 53 g (16%) / **Fluid** 159



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

wheat chex cereal	2 Cup(s)	320 cal
italian turkey sausage, lower sodium	3 oz	134 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 523 cal / **Carbs** 83 g (57%) / **Protein** 41 g (28%) / **Fat** 10 g (15%) / **Fluid** 6

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
almond butter	3 1/4 Tbsp	325 cal
vanilla yogurt, low-fat	4 oz	96 cal

MEAL TOTAL: **Calories** 532 cal / **Carbs** 55 g (41%) / **Protein** 16 g (12%) / **Fat** 28 g (47%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

extra virgin olive oil	1 Tbsp	120 cal
balsamic vinegar	1/2 Tbsp	7 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
pork tenderloin, lean, cooked	10 oz	405 cal
baked potato, no salt	1 1/2 small	193 cal

MEAL TOTAL: **Calories** 741 cal / **Carbs** 48 g (26%) / **Protein** 81 g (44%) / **Fat** 25 g (30%) / **Fluid** 31

NOTES:

Snack

3:00 PM

hummus, lower sodium	4 Tbsp	105 cal
drinking water	2 Cup(s)	0 cal
pretzel sticks, no salt	1 oz	108 cal
baby carrots	5 large	26 cal

MEAL TOTAL: **Calories** 239 cal / **Carbs** 38 g (61%) / **Protein** 8 g (14%) / **Fat** 7 g (25%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

chopped kale salad with chicken	1 1/2 serving	393 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 large	170 cal

MEAL TOTAL: **Calories** 563 cal / **Carbs** 50 g (34%) / **Protein** 55 g (38%) / **Fat** 18 g (28%) / **Fluid** 25

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Snack

8:00 PM

nut and raisin granola bars	1/2 bar	64 cal
bananas	1/2 extra large	68 cal
drinking water	2 Cup(s)	0 cal
whey protein powder	1 1/2 Scoop	169 cal

MEAL TOTAL: Calories 300 cal / Carbs 28 g (36%) / Protein 41 g (53%) / Fat 4 g (11%) / Fluid 18

NOTES:

DAY 5 TOTAL: Calories 2,898 cal / Carbs 301 g (41%) / Protein 242 g (32%) / Fat 90 g (27%) / Fluid 125



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

almond butter	2 Tbsp	200 cal
whole wheat bread	1 1/4 slice	125 cal
bananas	1 extra large	135 cal
whole eggs, poached	2 large	143 cal

MEAL TOTAL: **Calories** 603 cal / **Carbs** 66 g (43%) / **Protein** 26 g (17%) / **Fat** 28 g (40%) / **Fluid** 6

NOTES:

Snack

10:00 AM

vanilla yogurt, low-fat	8 oz	193 cal
drinking water	2 Cup(s)	0 cal
egg whites, cooked	8 large	137 cal
chocolate brownie protein bar, low-carb	1/2 bar	111 cal

MEAL TOTAL: **Calories** 441 cal / **Carbs** 35 g (34%) / **Protein** 49 g (48%) / **Fat** 8 g (18%) / **Fluid** 30

NOTES:

Lunch

12:00 PM

chopped kale salad with chicken	1 1/2 serving	393 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat dinner rolls	2 roll	149 cal

MEAL TOTAL: **Calories** 542 cal / **Carbs** 43 g (31%) / **Protein** 54 g (39%) / **Fat** 19 g (30%) / **Fluid** 25

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
nut and raisin granola bars	2 bar	254 cal

MEAL TOTAL: **Calories** 364 cal / **Carbs** 65 g (68%) / **Protein** 5 g (5%) / **Fat** 12 g (27%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

salmon, cooked	10 oz	434 cal
drinking water	2 Cup(s)	0 cal
butter, no salt	1/2 Tbsp	51 cal
summer squash, no salt, boiled	2 cup	72 cal
quinoa, cooked	1/2 Cup(s)	111 cal

MEAL TOTAL: **Calories** 668 cal / **Carbs** 35 g (21%) / **Protein** 77 g (47%) / **Fat** 24 g (32%) / **Fluid** 36

NOTES:



Eating right, simplified.

Snack

8:00 PM

whipped cream, light	1 Tbsp	15 cal
drinking water	2 Cup(s)	0 cal
strawberries	2 cup	106 cal
whey protein powder	1 1/2 Scoop	169 cal

MEAL TOTAL: Calories 290 cal / Carbs 28 g (37%) / Protein 41 g (55%) / Fat 3 g (8%) / Fluid 26

NOTES:

DAY 6 TOTAL: Calories 2,909 cal / Carbs 273 g (38%) / Protein 253 g (34%) / Fat 93 g (28%) / Fluid 146



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

whole grain bread	2 slice	240 cal
whole eggs, scrambled	1 large	91 cal
drinking water	1 Cup(s)	0 cal
coconut water	1 1/2 Cup(s)	68 cal
egg whites, cooked	8 large	137 cal
italian turkey sausage, lower sodium	3 oz	134 cal

MEAL TOTAL: **Calories** 671 cal / **Carbs** 60 g (37%) / **Protein** 60 g (36%) / **Fat** 20 g (27%) / **Fluid** 31

NOTES:

Snack

10:00 AM

hummus, lower sodium	4 Tbsp	105 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
pretzel sticks, no salt	2 oz	215 cal

MEAL TOTAL: **Calories** 399 cal / **Carbs** 73 g (71%) / **Protein** 12 g (12%) / **Fat** 7 g (17%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

dijon mustard	2 tsp	10 cal
drinking water	2 Cup(s)	0 cal
whole wheat tortillas	1 1/4 tortilla	159 cal
turkey breast, roasted	10 oz	386 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 leaf	2 cal

MEAL TOTAL: **Calories** 565 cal / **Carbs** 26 g (18%) / **Protein** 89 g (65%) / **Fat** 11 g (17%) / **Fluid** 25

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
strawberries	2 cup	106 cal
vanilla yogurt, low-fat	8 oz	193 cal
whey protein powder	1 1/2 Scoop	169 cal

MEAL TOTAL: **Calories** 468 cal / **Carbs** 58 g (48%) / **Protein** 52 g (43%) / **Fat** 5 g (9%) / **Fluid** 32

NOTES:



Eating right, simplified.

Dinner

6:00 PM

chicken, boneless, roasted	7 oz	331 cal
drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal
quinoa, cooked	1/2 Cup(s)	111 cal

MEAL TOTAL: **Calories** 603 cal / **Carbs** 28 g (19%) / **Protein** 56 g (37%) / **Fat** 30 g (44%) / **Fluid** 25

NOTES:

Snack

8:00 PM

nut and raisin granola bars	1/2 bar	64 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 199 cal / **Carbs** 44 g (81%) / **Protein** 3 g (5%) / **Fat** 3 g (14%) / **Fluid** 20

NOTES:

DAY 7 TOTAL: **Calories** 2,904 cal / **Carbs** 289 g (40%) / **Protein** 272 g (37%) / **Fat** 76 g (23%) / **Fluid** 158



1 Servings

chicken & quinoa with vegetables

Ingredients

quinoa, cooked
1/2 Cup(s)

chicken broth soup, low-sodium
1 1/2 Cup(s)

mixed vegetables, frozen no salt, boiled
1/4 Cup(s)

chicken breast skinless
2 2/3 oz

Nutrition Totals

Calories 217 / **Carbs** 23 g / **Protein** 22 g / **Fat** 4 g / **Fluid** 5 fl oz

Instructions

Bring the quinoa and chicken broth to a boil in a saucepan; reduce heat to a simmer and cover the pan. Simmer until the broth is absorbed, the quinoa is fluffy, and the white line is visible in the grain, about 12 minutes. Stir in the chicken breast strips and cook until the chicken is still slightly pink in the middle, about 5 more minutes. Remove the chicken meat and set aside. Cook the mixed vegetables in the sauce pan until tender, 5 to 8 minutes. Return chicken to saucepan and sprinkle with basil leaves, and lime juice (optional). Cook until the chicken is fully cooked and hot, about 10 more minutes. Serve over hot quinoa.

Optional Addition (not included in ingredients)

Heat 2 tablespoons of olive oil in a skillet; cook and stir the garlic scapes and onion until onion is translucent, about 5 minutes. Use this base in the skillet to cook the chicken



Eating right, simplified.

Nutrition Label

Chicken & Quinoa With Vegetables		
Amount Per Serving		
Calories		217
		% Daily Value*
Total Fat	3.7g	6%
Saturated Fat	0.6g	3%
Trans Fat	0g	
Cholesterol	55.1mg	18%
Sodium	48.5mg	2%
Total Carbohydrates	22.7g	8%
Dietary Fiber	3.6g	14%
Total Sugar	1.5g	
Protein	21.7g	
Vitamin D	0.7IU	0%
Calcium	27.5mg	3%
Iron	1.8mg	10%
Potassium	453.9mg	
* 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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4 Servings

chopped kale salad with chicken

Ingredients

kale
6 cup

chicken, boneless, roasted
16 oz

olive oil
2/3 Tbsp

lemon juice
2 Tbsp

black pepper
1 tsp

lemon peel
2 tsp

Nutrition Totals

Calories 1048 / **Carbs** 39 g / **Protein** 131 g / **Fat** 43 g / **Fluid** 23 fl oz

Instructions

1. Combine olive oil, lemon juice, lemon zest, and pepper in small bowl.
2. Pour over chopped kale and toss.
3. Divide kale into 4 bowls.
4. Top each bowl of kale with 4 oz of roasted chicken breast.



Eating right, simplified.

Nutrition Label

Chopped Kale Salad With Chicken		
Amount Per Serving		
Calories		262
		% Daily Value*
Total Fat	10.7g	17%
Saturated Fat	2.4g	12%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	123.5mg	5%
Total Carbohydrates	9.8g	3%
Dietary Fiber	3.8g	16%
Total Sugar	2.5g	
Protein	32.7g	
Vitamin D	0IU	0%
Calcium	168.5mg	17%
Iron	2.9mg	16%
Potassium	769.6mg	
* 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

dijon mustard
4 tsp
olive oil, mayonnaise, light
2 tsp
salsa, ready to serve
2 Tbsp

Beef

beef t-bone, broiled
14 oz
italian turkey sausage, lower sodium
9 oz

Beverages

coconut water
1.5 Cup(s)
drinking water
65.5 Cup(s)
iced tea, green
32 fl. oz.

Bread

whole-wheat pita bread
4 large
whole grain bread
2 slice
whole wheat bread
2.25 slice
whole wheat dinner rolls
4 roll
whole wheat tortillas
2.5 tortilla

Cereal & Grain Products

brown rice, long-grain, cooked
0.25 Cup(s)
quinoa, cooked
3.67 Cup(s)
wheat chex cereal

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Eating right, simplified.

3.5 Cup(s)

whole grain rolled oats, dry

0.8 Cup(s)

Dairy & Egg

butter, no salt

0.83 Tbsp

egg whites, cooked

38 large

low-fat cottage cheese, 1%

1.75 Cup(s)

sharp cheddar, sliced

2 slice

skim milk with calcium

6 Cup(s)

string cheese, light

2 serving

vanilla yogurt, low-fat

42 oz

whipped cream, light

2 Tbsp

whole eggs, poached

4 large

whole eggs, scrambled

3 large

Fats & Oils

extra virgin olive oil

1.5 Tbsp

olive oil

0.5 Tbsp

Finfish & Shellfish

halibut fish, cooked

8 oz

salmon, cooked

10 oz

tuna fish, very low-sodium, in water

8 oz

Fruits & Juices

apples

5 large

avocados

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Eating right, simplified.

0.5 avocado

bananas

4 extra large

blackberries

1.5 Cup(s)

lemon juice

1.5 Tbsp

lemon peel

1.5 tsp

nectarines

4 fruit

strawberries

4.5 cup

Ingredients

balsamic vinegar

2.5 Tbsp

Legumes & Beans

hummus, lower sodium

12 Tbsp

navy beans, no salt, boiled

1.33 Cup(s)

Nuts & Seeds

almond butter

9.75 Tbsp

almonds

2.42 oz

Pork

pork tenderloin, lean, cooked

18 oz

Poultry

chicken, boneless, roasted

25 oz

chicken breast skinless

10.66 oz

turkey breast, roasted

10 oz

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Eating right, simplified.

Snacks

nut and raisin granola bars

8 bar

pretzel sticks, no salt

6 oz

Soup

chicken broth soup, low-sodium

6 Cup(s)

Spices & Herbs

black pepper

0.76 tsp

Sports & Diet Nutritionals

chocolate brownie protein bar, low-carb

1.25 bar

trulean rich dutch chocolate whey isolate protein powder

3 Scoop

whey protein powder

9 Scoop

Vegetables

baby carrots

47 large

baked potato, no salt

2.5 small

brussels sprouts, no salt, boiled

1.5 Cup(s)

kale

4.5 cup

mixed vegetables, frozen no salt, boiled

2 Cup(s)

mustard greens, no salt, boiled

4 cup

romaine lettuce

6 leaf

4 Cup(s)

summer squash, no salt, boiled

4 cup

tomatoes

1.75 Cup(s)



Eating right, simplified.

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