



Eating right, simplified.

## 2,900 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	1 Cup(s)	600 cal
drinking water	1 Cup(s)	0 cal
egg whites, cooked	5 large	86 cal
almond milk (unsweetened)	1 cup(s)	35 cal

MEAL TOTAL: **Calories** 853 cal / **Carbs** 122 g (58%) / **Protein** 46 g (21%) / **Fat** 20 g (21%) / **Fluid** 17

NOTES:

#### Snack

10:00 AM

tangerines/ mandarin oranges	2 medium	89 cal
low-fat cottage cheese, 1%	2 Cup(s)	325 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 414 cal / **Carbs** 35 g (33%) / **Protein** 57 g (56%) / **Fat** 5 g (11%) / **Fluid** 33

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

fbbc blueberry muffin smoothie	1 serving	394 cal
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MEAL TOTAL: **Calories** 394 cal / **Carbs** 34 g (33%) / **Protein** 34 g (33%) / **Fat** 16 g (34%) / **Fluid** 1

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** 2,903 cal / **Carbs** 302 g (41%) / **Protein** 261 g (36%) / **Fat** 75 g (23%) / **Fluid** 107



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## DAY 2

### Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
egg whites, cooked	6 large	103 cal
ezekiel 4:9 sprouted 100% whole grain bread by foo...	2 slice	160 cal

MEAL TOTAL: **Calories** 354 cal / **Carbs** 32 g (38%) / **Protein** 36 g (41%) / **Fat** 8 g (21%) / **Fluid** 7

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
rx bar	1 bar	225 cal

MEAL TOTAL: **Calories** 535 cal / **Carbs** 75 g (54%) / **Protein** 28 g (20%) / **Fat** 16 g (26%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal
salsa, ready to serve	2 Tbsp	10 cal
whole wheat tortillas	1 tortilla	127 cal
black beans, no salt, boiled	2/3 Cup(s)	151 cal
ground turkey, cooked	7 oz	403 cal

MEAL TOTAL: **Calories** 852 cal / **Carbs** 57 g (26%) / **Protein** 71 g (33%) / **Fat** 40 g (41%) / **Fluid** 27

NOTES:

### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
bananas	1 extra large	135 cal
plain greek yogurt, nonfat	8 oz	134 cal
walnuts (raw)	1/4 cup(s)	196 cal

MEAL TOTAL: **Calories** 465 cal / **Carbs** 47 g (38%) / **Protein** 29 g (24%) / **Fat** 21 g (38%) / **Fluid** 26

NOTES:



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## Dinner

6:00 PM

chicken, boneless, roasted	8 oz	379 cal
peas & carrots, no salt, boiled	2 Cup(s)	77 cal
barley, cooked	1 Cup(s)	193 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** 692 cal / **Carbs** 64 g (37%) / **Protein** 66 g (38%) / **Fat** 20 g (25%) / **Fluid** 31

### NOTES:

**DAY 2 TOTAL:** **Calories** 2,898 cal / **Carbs** 276 g (37%) / **Protein** 229 g (31%) / **Fat** 105 g (32%) / **Fluid** 114



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### DAY 3

#### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal
smooth peanut butter, no salt	1 Tbsp	94 cal
fbbc cherry almond butter shake	1 serving	403 cal

MEAL TOTAL: **Calories** 631 cal / **Carbs** 61 g (37%) / **Protein** 41 g (25%) / **Fat** 29 g (38%) / **Fluid** 18

NOTES:

#### Snack

10:00 AM

bananas	1 1/2 extra large	203 cal
drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 1/2 Cup(s)	244 cal
almonds, raw	20 Whole nuts	148 cal

MEAL TOTAL: **Calories** 595 cal / **Carbs** 65 g (43%) / **Protein** 50 g (33%) / **Fat** 16 g (24%) / **Fluid** 31

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 1/2 Tbsp	74 cal

MEAL TOTAL: **Calories** 714 cal / **Carbs** 39 g (23%) / **Protein** 65 g (38%) / **Fat** 30 g (39%) / **Fluid** 22

NOTES:

#### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
baby carrots	5 large	26 cal
hummus, lower sodium	3 Tbsp	78 cal
wheat thin crackers	15 crackers	120 cal
egg, hard boiled	2 large	155 cal

MEAL TOTAL: **Calories** 380 cal / **Carbs** 35 g (36%) / **Protein** 18 g (19%) / **Fat** 19 g (45%) / **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

NOTES:

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**DAY 3 TOTAL: Calories** 2,920 cal / **Carbs** 262 g (35%) / **Protein** 221 g (30%) / **Fat** 114 g (35%) / **Fluid** 103

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## DAY 4

### Breakfast

7:00 AM

almonds, slivered	1/2 oz	77 cal
blueberries	1/2 Cup(s)	41 cal
oatmeal, steel cut	3/4 Cup(s)	450 cal
almond milk (unsweetened)	1 cup(s)	35 cal
trulean whey isolate protein frosted vanilla cake	1 Scoop	100 cal

MEAL TOTAL: **Calories** 703 cal / **Carbs** 99 g (56%) / **Protein** 44 g (25%) / **Fat** 15 g (19%) / **Fluid** 2

NOTES:

### Snack

10:00 AM

low-fat cottage cheese, 1%	1 1/2 Cup(s)	244 cal
blackberries	1 Cup(s)	62 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 32 g (36%) / **Protein** 46 g (52%) / **Fat** 5 g (12%) / **Fluid** 21

NOTES:

### Lunch

12:00 PM

beef & broccoli with brown rice	1 1/2 serving	464 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	4 oz	181 cal

MEAL TOTAL: **Calories** 732 cal / **Carbs** 72 g (39%) / **Protein** 52 g (28%) / **Fat** 27 g (33%) / **Fluid** 28

NOTES:

### Snack

3:00 PM

cucumber	1 1/2 cucumber	68 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	2 serving	100 cal
rx bar	1 bar	225 cal
egg, hard boiled	2 large	155 cal

MEAL TOTAL: **Calories** 548 cal / **Carbs** 44 g (31%) / **Protein** 40 g (28%) / **Fat** 25 g (41%) / **Fluid** 33

NOTES:

### Dinner

6:00 PM

mixed vegetables, frozen no salt, boiled	1 1/2 Cup(s)	89 cal
drinking water	2 Cup(s)	0 cal
fbbc chicken fajita with brown rice casserole	1/5 serving	479 cal

MEAL TOTAL: **Calories** 568 cal / **Carbs** 69 g (49%) / **Protein** 47 g (32%) / **Fat** 12 g (19%) / **Fluid** 27

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**DAY 4 TOTAL: Calories** 2,902 cal / **Carbs** 316 g (43%) / **Protein** 227 g (31%) / **Fat** 84 g (26%) / **Fluid** 111

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## DAY 5

### Breakfast

7:00 AM

egg whites, cooked	8 large	137 cal
whole eggs, scrambled	1 large	91 cal
ezeziel 4:9 sprouted 100% whole grain bread by foo...	2 slice	160 cal
avocados	1/2 avocado	161 cal
salsa, ready to serve	4 Tbsp	19 cal
strawberries	1 cup	49 cal

MEAL TOTAL: **Calories** 617 cal / **Carbs** 58 g (36%) / **Protein** 47 g (30%) / **Fat** 23 g (34%) / **Fluid** 19

NOTES:

### Snack

10:00 AM

blueberries	1 Cup(s)	83 cal
almonds, slivered	1 1/2 oz	230 cal
low-fat cottage cheese, 1%	1 1/2 Cup(s)	244 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 556 cal / **Carbs** 46 g (34%) / **Protein** 52 g (37%) / **Fat** 18 g (29%) / **Fluid** 30

NOTES:

### Lunch

12:00 PM

dijon mustard	1 tsp	5 cal
whole wheat dinner rolls	2 roll	149 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	5 oz	288 cal

MEAL TOTAL: **Calories** 758 cal / **Carbs** 37 g (20%) / **Protein** 59 g (32%) / **Fat** 41 g (48%) / **Fluid** 25

NOTES:

### Snack

3:00 PM

hummus, lower sodium	4 Tbsp	105 cal
drinking water	2 Cup(s)	0 cal
turkey jerky	1 1/2 oz	106 cal
wheat thin crackers	15 crackers	120 cal
carrots	1 large	30 cal

MEAL TOTAL: **Calories** 360 cal / **Carbs** 49 g (51%) / **Protein** 21 g (22%) / **Fat** 11 g (27%) / **Fluid** 20

NOTES:



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## Dinner

6:00 PM

chicken, boneless, roasted	6 oz	284 cal
drinking water	2 Cup(s)	0 cal
adzuki bean salad	1 1/2 serving	329 cal

**MEAL TOTAL:** **Calories** 613 cal / **Carbs** 46 g (30%) / **Protein** 56 g (37%) / **Fat** 22 g (33%) / **Fluid** 25

**NOTES:**

**DAY 5 TOTAL:** **Calories** 2,904 cal / **Carbs** 236 g (32%) / **Protein** 235 g (32%) / **Fat** 115 g (36%) / **Fluid** 117



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## 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	4 oz	230 cal

MEAL TOTAL: **Calories** 779 cal / **Carbs** 43 g (23%) / **Protein** 73 g (38%) / **Fat** 34 g (39%) / **Fluid** 29

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	8 oz	308 cal
drinking water	2 Cup(s)	0 cal
adzuki bean salad	1 1/2 serving	329 cal

MEAL TOTAL: **Calories** 637 cal / **Carbs** 46 g (29%) / **Protein** 81 g (50%) / **Fat** 15 g (21%) / **Fluid** 26

NOTES:

### Snack

3:00 PM

smooth peanut butter, no salt	2 Tbsp	188 cal
apples	1 large	110 cal
wheat thin crackers	12 crackers	96 cal
hummus	2 Tbsp	55 cal

MEAL TOTAL: **Calories** 449 cal / **Carbs** 59 g (49%) / **Protein** 11 g (9%) / **Fat** 22 g (42%) / **Fluid** 7

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	2 Tbsp	42 cal
brown rice, cooked	1 Cup(s)	218 cal

MEAL TOTAL: **Calories** 690 cal / **Carbs** 60 g (34%) / **Protein** 75 g (44%) / **Fat** 17 g (22%) / **Fluid** 37

NOTES:



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**DAY 6 TOTAL: Calories** 2,907 cal / **Carbs** 250 g (34%) / **Protein** 279 g (38%) / **Fat** 92 g (28%) / **Fluid** 128

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## DAY 7

### Breakfast

7:00 AM

whole wheat english muffin	1 muffin	134 cal
fbbc blueberry muffin smoothie	1 serving	394 cal
almond butter (unsweetened)	1 tablespoon(s)	98 cal

MEAL TOTAL: **Calories** 626 cal / **Carbs** 63 g (39%) / **Protein** 43 g (26%) / **Fat** 26 g (35%) / **Fluid** 2

NOTES:

### Snack

10:00 AM

drinking water	1 Cup(s)	0 cal
bananas	1 1/2 extra large	203 cal
plain greek yogurt, nonfat	8 oz	134 cal
walnuts (raw)	1/4 cup(s)	196 cal

MEAL TOTAL: **Calories** 533 cal / **Carbs** 64 g (45%) / **Protein** 30 g (21%) / **Fat** 21 g (34%) / **Fluid** 20

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	3 tortilla	381 cal

MEAL TOTAL: **Calories** 703 cal / **Carbs** 57 g (33%) / **Protein** 79 g (46%) / **Fat** 17 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
wheat thin crackers	15 crackers	120 cal

MEAL TOTAL: **Calories** 377 cal / **Carbs** 59 g (60%) / **Protein** 10 g (10%) / **Fat** 13 g (30%) / **Fluid** 22

NOTES:



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## 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 1/3 Tbsp	160 cal

**MEAL TOTAL:** **Calories** 685 cal / **Carbs** 26 g (15%) / **Protein** 61 g (36%) / **Fat** 37 g (49%) / **Fluid** 26

### NOTES:

**DAY 7 TOTAL:** **Calories** 2,923 cal / **Carbs** 270 g (36%) / **Protein** 223 g (30%) / **Fat** 114 g (34%) / **Fluid** 93



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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	
* 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 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.



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## 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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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.



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## 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	
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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.



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## Nutrition Label

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

3 tsp

cornstarch

3 tsp

dijon mustard

6 tsp

olive oil, mayonnaise, light

1.5 Tbsp

salsa, ready to serve

8 Tbsp

## Beef

beef top sirloin, lean

9 oz

## Beverages

almond milk (unsweetened)

5 cup(s)

coconut water

1 Cup(s)

drinking water

46 Cup(s)

iced tea, green

48 fl oz

## Bread

whole wheat dinner rolls

4 roll

whole wheat english muffin

2 muffin

whole wheat tortillas

8 tortilla

## Cereal & Grain Products

barley, cooked

1.33 Cup(s)

brown rice, cooked

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Eating right, simplified.

1 Cup(s)  
brown rice, long-grain, cooked  
0.76 Cup(s)  
oatmeal, steel cut  
1.75 Cup(s)  
wild rice, cooked  
1 Cup(s)

## Cookies & Crackers

triscuit crackers, light salt  
10 crackers  
wheat thin crackers  
57 crackers

## Dairy & Egg

egg, hard boiled  
4 large  
egg whites, cooked  
25 large  
low-fat cottage cheese, 1%  
7.83 Cup(s)  
parmesan cheese, shredded  
2 Tbsp  
pepper jack cheese  
0.8 oz  
plain greek yogurt, nonfat  
16 oz  
string cheese, light  
2 serving  
whole eggs, scrambled  
5 large

## Fats & Oils

extra virgin olive oil  
3.83 Tbsp  
olive oil  
1.5 Tbsp

## Finfish & Shellfish

orange roughy fish, cooked  
6 oz  
salmon, cooked  
8 oz

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## Fruits & Juices

apples  
2 large  
avocado  
0.25 avocado  
avocados  
1 avocado  
bananas  
5 extra large  
blackberries  
1 Cup(s)  
blueberries  
2 Cup(s)  
blueberries (frozen)  
1 cup(s)  
lemon juice  
1.5 Tbsp  
lime juice  
0.2 1 fruit  
strawberries  
1 cup  
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  
2 Tbsp  
hummus, lower sodium  
11 Tbsp  
organic canned black beans  
3 oz

## Nuts & Seeds

almond butter (unsweetened)  
4 tablespoon(s)  
almonds, slivered  
2 oz  
smooth peanut butter, no salt  
3 Tbsp  
walnuts (raw)



Eating right, simplified.

0.5 cup(s)

## Poultry

chicken, boneless, roasted

30 oz

chicken breast, boneless skinless

4.8 oz

ground turkey, cooked

16 oz

turkey breast, roasted

24 oz

## Sausages & Meats

sliced ham, extra lean, low-sodium

4 slices

## Snacks

turkey jerky

1.5 oz

## Soup

beef broth, low sodium

3 Cup(s)

chicken broth, reduced sodium

0.3 Cup(s)

## Spices & Herbs

cayenne pepper

0.03 tsp

chili powder

0.6 tsp

cinnamon, ground

0.26 tsp

coriander seed

1.5 tsp

cumin ground

1.7 tsp

garlic powder

0.86 tsp

nutmeg, ground

0.26 tsp

onion powder

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Eating right, simplified.

0.1 tsp

parsley

3 tsp

salt

0.05 tsp

## Sports & Diet Nutritionals

honey peanut yogurt balance bar

1 bar

trulean whey isolate protein frosted vanilla cake

4 Scoop

## Uncategorized

almonds, raw

20 Whole nuts

brown rice (dry measure)

0.2 cups

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

4 slice

frozen fruit dark sweet cherries by dole

1 Cup(s)

ground flaxseed

0.66 tablespoons

ice cubes

4 cubes

old fashioned oats by quaker

0.66 Cup(s)

rx bar

2 bar

## Vegetables

baby carrots

25 large

broccoli

3 cup

carrots

1 large

cucumber

1.5 cucumber

green, red or yellow bell peppers

0.6 medium

green chilies, diced

0.8 oz

mixed vegetables, frozen no salt, boiled

3 Cup(s)



Eating right, simplified.

onions  
0.76 cup  
0.76 Cup(s)  
peas & carrots, no salt, boiled  
3 Cup(s)  
romaine lettuce  
5 Cup(s)  
5 leaf  
spinach  
2 Cup(s)  
spinach, no salt, boiled  
2 Cup(s)  
tomatoes  
0.5 Cup(s)  
white onion  
0.2 whole

## Vegetarian Products

teriyaki tofu, baked  
7 oz