



Eating right, simplified.

## 2,900 Calorie Plan (Basic 2) 6meals/day

### DAY 1

#### Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
extra virgin olive oil	1 Tbsp	120 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
black tea brewed	2 Cup(s)	5 cal
garlic	1 clove	4 cal
whole grain tortillas	2 tortilla	340 cal

MEAL TOTAL: **Calories** 601 cal / **Carbs** 64 g (41%) / **Protein** 24 g (15%) / **Fat** 31 g (44%) / **Fluid** 23

NOTES:

#### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
fbbc mexicali dip	1 serving	275 cal
wheat thin crackers	10 crackers	80 cal

MEAL TOTAL: **Calories** 355 cal / **Carbs** 35 g (39%) / **Protein** 34 g (38%) / **Fat** 9 g (23%) / **Fluid** 24

NOTES:

#### Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
tomatoes	3/4 cup	20 cal
drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal
tempeh	3 oz	162 cal
extra virgin olive oil	1 Tbsp	120 cal
basmati rice, cooked	1 Cup(s)	200 cal

MEAL TOTAL: **Calories** 671 cal / **Carbs** 69 g (39%) / **Protein** 23 g (13%) / **Fat** 38 g (48%) / **Fluid** 25

NOTES:

#### Snack

3:00 PM

edamame soybeans, shelled	1 Cup(s)	120 cal
iced tea, green	2 Cup(s)	0 cal
cheese swiss	1 1/4 oz	135 cal
brown rice crackers, no salt	6 crackers	90 cal

MEAL TOTAL: **Calories** 345 cal / **Carbs** 26 g (31%) / **Protein** 22 g (26%) / **Fat** 16 g (43%) / **Fluid** 16

NOTES:



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## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
cod fish, cooked	3 oz	89 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
buckwheat groats, cooked	3/4 Cup(s)	116 cal
black eyed peas	3/4 Cup(s)	68 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal

**MEAL TOTAL:** **Calories** 601 cal / **Carbs** 85 g (55%) / **Protein** 34 g (22%) / **Fat** 16 g (23%) / **Fluid** 29

### NOTES:

## Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	9 oz	151 cal
nectarines	1 fruit	60 cal
seeds chia dried	3/4 oz	103 cal

**MEAL TOTAL:** **Calories** 314 cal / **Carbs** 32 g (40%) / **Protein** 31 g (38%) / **Fat** 8 g (22%) / **Fluid** 27

### NOTES:

**DAY 1 TOTAL:** **Calories** 2,887 cal / **Carbs** 312 g (42%) / **Protein** 168 g (22%) / **Fat** 119 g (36%) / **Fluid** 146



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## DAY 2

### Breakfast

7:00 AM

black tea brewed	2 Cup(s)	5 cal
plain greek yogurt, nonfat	6 oz	100 cal
blueberries	1 Cup(s)	83 cal
sunflower flax bread	2 slice	270 cal
chunky peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 552 cal / **Carbs** 75 g (53%) / **Protein** 32 g (22%) / **Fat** 16 g (25%) / **Fluid** 25

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	6 oz	97 cal
almonds	3/4 oz	122 cal
pears	1 large	119 cal

MEAL TOTAL: **Calories** 338 cal / **Carbs** 60 g (65%) / **Protein** 7 g (7%) / **Fat** 12 g (28%) / **Fluid** 27

NOTES:

### Lunch

12:00 PM

extra virgin olive oil	2 Tbsp	240 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal
atlantic herring, cooked	3 oz	173 cal

MEAL TOTAL: **Calories** 635 cal / **Carbs** 50 g (31%) / **Protein** 26 g (16%) / **Fat** 39 g (53%) / **Fluid** 31

NOTES:

### Snack

3:00 PM

egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal
pears	2 large	238 cal

MEAL TOTAL: **Calories** 393 cal / **Carbs** 65 g (62%) / **Protein** 14 g (14%) / **Fat** 11 g (24%) / **Fluid** 30

NOTES:

### Dinner

6:00 PM

iced tea, green	2 Cup(s)	0 cal
indian eggplant curry	1 1/2 serving	455 cal
basmati rice, cooked	1 Cup(s)	200 cal

MEAL TOTAL: **Calories** 655 cal / **Carbs** 100 g (57%) / **Protein** 15 g (9%) / **Fat** 26 g (34%) / **Fluid** 40

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## Snack

8:00 PM

blueberries	1 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal
dark chocolate bar	3/4 bar 1.45 oz	171 cal
almonds	1/2 oz	81 cal

**MEAL TOTAL:** **Calories** 335 cal / **Carbs** 43 g (48%) / **Protein** 6 g (7%) / **Fat** 17 g (45%) / **Fluid** 20

### NOTES:

**DAY 2 TOTAL:** **Calories** 2,909 cal / **Carbs** 393 g (51%) / **Protein** 100 g (13%) / **Fat** 121 g (36%) / **Fluid** 173



Eating right, simplified.

### DAY 3

#### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
blueberries	2 1/4 Cup(s)	186 cal
plain greek yogurt, nonfat	6 oz	100 cal
sunflower flax bread	1 slice	135 cal
chunky peanut butter, no salt	2 Tbsp	188 cal

MEAL TOTAL: **Calories** 610 cal / **Carbs** 82 g (51%) / **Protein** 32 g (20%) / **Fat** 21 g (29%) / **Fluid** 30

NOTES:

#### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	1 oz	183 cal
oranges	2 fruit	137 cal

MEAL TOTAL: **Calories** 320 cal / **Carbs** 39 g (44%) / **Protein** 7 g (8%) / **Fat** 19 g (48%) / **Fluid** 24

NOTES:

#### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
extra virgin olive oil	1 1/2 Tbsp	180 cal
edamame soybeans, shelled	1 Cup(s)	120 cal
tomatoes	1 cup	27 cal
lemon juice	2 Tbsp	7 cal
chicken breast, boneless skinless	4 oz	122 cal
buckwheat groats, cooked	1 Cup(s)	155 cal

MEAL TOTAL: **Calories** 627 cal / **Carbs** 53 g (32%) / **Protein** 41 g (25%) / **Fat** 31 g (43%) / **Fluid** 32

NOTES:

#### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
red peppers	1 medium	37 cal
cheese swiss	1 1/2 oz	162 cal
brown rice crackers, no salt	8 crackers	120 cal

MEAL TOTAL: **Calories** 318 cal / **Carbs** 31 g (40%) / **Protein** 16 g (20%) / **Fat** 14 g (40%) / **Fluid** 20

NOTES:



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## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
indian eggplant curry	1 1/2 serving	455 cal
basmati rice, cooked	1 Cup(s)	200 cal

**MEAL TOTAL:** **Calories** 655 cal / **Carbs** 100 g (57%) / **Protein** 15 g (9%) / **Fat** 26 g (34%) / **Fluid** 40

NOTES:

## Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	6 oz	100 cal
walnuts	3/4 oz	137 cal
nectarines	1 fruit	60 cal
seeds chia dried	1/2 oz	69 cal

**MEAL TOTAL:** **Calories** 366 cal / **Carbs** 29 g (30%) / **Protein** 24 g (25%) / **Fat** 19 g (45%) / **Fluid** 25

NOTES:

**DAY 3 TOTAL:** **Calories** 2,897 cal / **Carbs** 334 g (44%) / **Protein** 136 g (18%) / **Fat** 130 g (38%) / **Fluid** 172



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## DAY 4

### Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal
breakfast stuffed peppers	2 serving	379 cal
sunflower flax bread	2 slice	270 cal

MEAL TOTAL: **Calories** 731 cal / **Carbs** 83 g (43%) / **Protein** 34 g (18%) / **Fat** 33 g (39%) / **Fluid** 28

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
fbbc mexicali dip	1 serving	275 cal

MEAL TOTAL: **Calories** 275 cal / **Carbs** 21 g (31%) / **Protein** 33 g (48%) / **Fat** 7 g (21%) / **Fluid** 24

NOTES:

### Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
iced tea, green	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
whole grain tortillas	2 tortilla	340 cal
tuna fish, very low-sodium, in water	3 oz	84 cal
tomatoes	1 cup	27 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 647 cal / **Carbs** 79 g (46%) / **Protein** 34 g (20%) / **Fat** 26 g (34%) / **Fluid** 26

NOTES:

### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
provolone cheese	1 1/2 oz	149 cal
brown rice crackers, no salt	8 crackers	120 cal
edamame soybeans, shelled	1/2 Cup(s)	60 cal

MEAL TOTAL: **Calories** 329 cal / **Carbs** 27 g (33%) / **Protein** 19 g (23%) / **Fat** 16 g (44%) / **Fluid** 17

NOTES:



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## Dinner

6:00 PM

salmon, cooked	4 oz	174 cal
black tea brewed	2 Cup(s)	5 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
beets	1 Cup(s)	58 cal
black eyed peas	1 Cup(s)	90 cal
basmati rice, cooked	1 Cup(s)	200 cal
extra virgin olive oil	1 Tbsp	120 cal

**MEAL TOTAL:** **Calories** 675 cal / **Carbs** 84 g (49%) / **Protein** 42 g (24%) / **Fat** 21 g (27%) / **Fluid** 25

**NOTES:**

## Snack

8:00 PM

grapes	6 oz	97 cal
drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	6 oz	100 cal
seeds chia dried	1 oz	138 cal

**MEAL TOTAL:** **Calories** 335 cal / **Carbs** 42 g (47%) / **Protein** 23 g (27%) / **Fat** 10 g (26%) / **Fluid** 26

**NOTES:**

**DAY 4 TOTAL:** **Calories** 2,993 cal / **Carbs** 335 g (43%) / **Protein** 187 g (24%) / **Fat** 112 g (33%) / **Fluid** 146

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## DAY 5

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
breakfast stuffed peppers	2 serving	379 cal
sunflower flax bread	2 slice	270 cal

MEAL TOTAL: **Calories** 649 cal / **Carbs** 62 g (37%) / **Protein** 33 g (20%) / **Fat** 32 g (43%) / **Fluid** 23

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
pears	1 large	119 cal
walnuts	1 oz	183 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 36 g (43%) / **Protein** 5 g (6%) / **Fat** 19 g (51%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
romaine lettuce	1 Cup(s)	8 cal
chicken breast, boneless skinless	6 oz	184 cal
whole grain tortillas	2 tortilla	340 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 627 cal / **Carbs** 79 g (48%) / **Protein** 50 g (30%) / **Fat** 16 g (22%) / **Fluid** 31

NOTES:

### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	6 oz	100 cal
walnuts	3/4 oz	137 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 320 cal / **Carbs** 30 g (35%) / **Protein** 22 g (25%) / **Fat** 15 g (40%) / **Fluid** 25

NOTES:

### Dinner

6:00 PM

shrimp, cooked	3 oz	101 cal
edamame soybeans, shelled	1 Cup(s)	120 cal
extra virgin olive oil	2 Tbsp	240 cal
iced tea, green	2 Cup(s)	0 cal
basmati rice, cooked	1 Cup(s)	200 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal

MEAL TOTAL: **Calories** 689 cal / **Carbs** 61 g (35%) / **Protein** 35 g (20%) / **Fat** 35 g (45%) / **Fluid** 20

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## Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
almonds	1 oz	162 cal
dark chocolate bar	1/2 bar 1.45 oz	114 cal
nectarines	1 fruit	60 cal

**MEAL TOTAL:** **Calories** 336 cal / **Carbs** 33 g (37%) / **Protein** 8 g (10%) / **Fat** 21 g (53%) / **Fluid** 20

**NOTES:**

**DAY 5 TOTAL:** **Calories** 2,924 cal / **Carbs** 301 g (39%) / **Protein** 154 g (20%) / **Fat** 138 g (41%) / **Fluid** 142



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## DAY 6

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
blueberries	1 Cup(s)	83 cal
plain greek yogurt, nonfat	6 oz	100 cal
seeds chia dried	1 oz	138 cal
sunflower flax bread	1 slice	135 cal
chunky peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 550 cal / **Carbs** 64 g (45%) / **Protein** 32 g (22%) / **Fat** 21 g (33%) / **Fluid** 25

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	1 oz	183 cal
pears	1 large	119 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 36 g (43%) / **Protein** 5 g (6%) / **Fat** 19 g (51%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1/2 cup	13 cal
romaine lettuce	2 Cup(s)	16 cal
extra virgin olive oil	1 Tbsp	120 cal
chicken breast, boneless skinless	3 oz	92 cal
buckwheat groats, cooked	1 Cup(s)	155 cal
black eyed peas	3/4 Cup(s)	68 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal

MEAL TOTAL: **Calories** 643 cal / **Carbs** 94 g (55%) / **Protein** 33 g (20%) / **Fat** 18 g (25%) / **Fluid** 33

NOTES:

### Snack

3:00 PM

iced tea, green	2 Cup(s)	0 cal
pears	1 large	119 cal
cheese swiss	1 oz	108 cal
brown rice crackers, no salt	6 crackers	90 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 50 g (61%) / **Protein** 11 g (13%) / **Fat** 10 g (26%) / **Fluid** 22

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
cod fish, cooked	6 oz	179 cal
roasted beet and chickpea salad	2 serving	417 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal

**MEAL TOTAL:** **Calories** 744 cal / **Carbs** 157 g (53%) / **Protein** 55 g (18%) / **Fat** 38 g (29%) / **Fluid** 31

### NOTES:

## Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
almonds	1 oz	162 cal
dark chocolate bar	1/2 bar 1.45 oz	114 cal
nectarines	1 fruit	60 cal

**MEAL TOTAL:** **Calories** 336 cal / **Carbs** 33 g (37%) / **Protein** 8 g (10%) / **Fat** 21 g (53%) / **Fluid** 20

### NOTES:

**DAY 6 TOTAL:** **Calories** 2,892 cal / **Carbs** 433 g (50%) / **Protein** 144 g (17%) / **Fat** 127 g (33%) / **Fluid** 154



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## DAY 7

### Breakfast

7:00 AM

egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	9 oz	151 cal
nectarines	1 fruit	60 cal
seeds chia dried	1 oz	138 cal
sunflower flax bread	1 slice	135 cal

MEAL TOTAL: **Calories** 638 cal / **Carbs** 58 g (35%) / **Protein** 50 g (31%) / **Fat** 24 g (34%) / **Fluid** 30

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
fbbc mexicali dip	1 serving	275 cal
green, red or yellow bell peppers	1/4 medium	6 cal

MEAL TOTAL: **Calories** 282 cal / **Carbs** 23 g (32%) / **Protein** 34 g (47%) / **Fat** 7 g (21%) / **Fluid** 24

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	2 Tbsp	240 cal
tempeh	4 oz	216 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal
brussels sprouts, no salt, boiled	1/2 Cup(s)	14 cal

MEAL TOTAL: **Calories** 650 cal / **Carbs** 55 g (32%) / **Protein** 26 g (15%) / **Fat** 41 g (53%) / **Fluid** 25

NOTES:

### Snack

3:00 PM

walnuts	1 oz	183 cal
iced tea, green	2 Cup(s)	0 cal
oranges	2 fruit	137 cal

MEAL TOTAL: **Calories** 320 cal / **Carbs** 39 g (44%) / **Protein** 7 g (8%) / **Fat** 19 g (48%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	3 oz	92 cal
roasted beet and chickpea salad	2 serving	417 cal
buckwheat groats, cooked	1 Cup(s)	155 cal
mushrooms	1 cup	15 cal

MEAL TOTAL: **Calories** 679 cal / **Carbs** 188 g (66%) / **Protein** 39 g (14%) / **Fat** 26 g (20%) / **Fluid** 33

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## Snack

8:00 PM

drinking water

2 Cup(s)

0 cal

pears

1 large

119 cal

walnuts

1 1/4 oz

229 cal

**MEAL TOTAL:** **Calories** 348 cal / **Carbs** 37 g (39%) / **Protein** 6 g (6%) / **Fat** 23 g (55%) / **Fluid** 22

**NOTES:**

**DAY 7 TOTAL:** **Calories** 2,917 cal / **Carbs** 399 g (46%) / **Protein** 161 g (18%) / **Fat** 139 g (36%) / **Fluid** 158



1 Servings

## fbbc mexicali dip

### Ingredients

ground beef, lean  
4 oz

cumin ground  
1/2 tsp

oregano, dried  
1/4 tsp

garlic powder  
1/4 tsp

salt  
1/4 tsp

black pepper  
1/8 tsp

cayenne pepper  
1/8 tsp

black beans, no salt, boiled  
1/4 Cup(s)

salsa, ready to serve  
1/2 Cup(s)

plain greek yogurt, nonfat  
1 oz

### Nutrition Totals

**Calories 275 / Carbs 21 g / Protein 33 g / Fat 7 g / Fluid 8 fl oz**

### Instructions

Instructions:

Brown ground beef in a pan and drain.

Combine cumin, oregano, garlic, salt, pepper, and cayenne in small bowl and add to pan with ground beef. Mix to combine.

Transfer 4 ounces of the meat into a large bowl. Store the remaining meat in an airtight container and refrigerate for later use.

Next add the black beans and salsa to the meat and stir to combine.

Stir in the Greek yogurt and add optional toppings. Serve.

Optional toppings: shredded cheese, chopped jalapenos, minced red or white onion, chopped cilantro, smoked paprika



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## Nutrition Label

Fbbc Mexicali Dip		
Amount Per Serving		
Calories		275
		% Daily Value*
Total Fat	6.6g	10%
Saturated Fat	3.4g	17%
Trans Fat	0.3g	
Cholesterol	90.2mg	30%
Sodium	834.5mg	35%
Total Carbohydrates	21.3g	7%
Dietary Fiber	6.3g	26%
Total Sugar	6g	
Protein	33.3g	
Vitamin D	3.3IU	1%
Calcium	101.1mg	10%
Iron	4.3mg	24%
Potassium	969.3mg	
* 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

# indian eggplant curry

## Ingredients

eggplant

1 eggplant

onions

2 medium

garlic

2 clove

ginger root

2 Tbsp

cumin ground

1 tsp

curry powder

2 tsp

tomatoes

1 medium

plain yogurt, whole milk

1/2 Cup(s)

jalapeno peppers

1 pepper

kosher salt

1/8 tsp

cilantro leaves raw, coriander

1/2 Cup(s)

extra virgin olive oil

2 Tbsp

## Nutrition Totals

**Calories 607 / Carbs 71 g / Protein 15 g / Fat 35 g / Fluid 32 fl oz**

## Instructions

1. Preheat oven to 450 degrees F.
2. Place eggplant on a medium baking sheet covered with foil. Bake whole eggplant for 30 minutes, or until tender. Allow to cool and then peel and dice into medium size chunks.
3. In a medium sized saucepan, add oil and heat over medium heat. Add in onions, garlic, ginger and cumin. Cook and stir until onion is tender.
4. Add curry powder and diced tomato to the saucepan, and cook about 1 minute
5. Stir in yogurt and diced jalapeno pepper, and season with a pinch of kosher salt.
6. Cook 10 minutes over high heat, stirring constantly.
7. Reduce heat to low and simmer for 5 minutes. Garnish with cilantro prior to serving.



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## Nutrition Label

Indian Eggplant Curry		
Amount Per Serving		
Calories		304
		% Daily Value*
Total Fat	17.3g	27%
Saturated Fat	3.4g	17%
Trans Fat	0g	
Cholesterol	7.9mg	3%
Sodium	66.3mg	3%
Total Carbohydrates	35.7g	12%
Dietary Fiber	12.2g	49%
Total Sugar	19.2g	
Protein	7.4g	
Vitamin D	1.2IU	0%
Calcium	148.6mg	15%
Iron	1.5mg	9%
Potassium	1111.6mg	
* 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.		



4 Servings

# breakfast stuffed peppers

## Ingredients

red peppers  
2 medium

egg  
4 egg

mushrooms  
1/2 cup

onions  
1/2 medium

garlic  
2 clove

fresh spinach  
2 Cup(s)

tomatoes  
1 medium

extra virgin olive oil  
1 Tbsp

kosher salt  
1/8 tsp

black pepper  
1/4 tsp

cheese swiss  
2 oz

## Nutrition Totals

**Calories** 757 / **Carbs** 38 g / **Protein** 47 g / **Fat** 51 g / **Fluid** 15 fl oz

## Instructions

1. Preheat your oven to 375 degrees F.
2. Add olive oil to a medium sized skillet placed over a medium-heat.
3. Sauté onions and garlic until tender. Add in mushrooms, tomatoes and spinach. Cook until spinach is wilted.
4. Season to taste with salt and pepper. Turn off heat and set aside.
5. Cut two bell peppers in half and remove core/seeds. Place on baking sheet covered with foil.
6. In a small bowl whisk the 4 eggs until well beaten.
7. Divide the vegetable mixture equally among the bell pepper halves. Top each bell pepper with 1/4 of the beaten eggs.
8. Place the stuffed peppers in the oven and bake for 30 minutes. 9. Remove from oven and top each pepper with 0.5 oz of Swiss cheese. Place back in the oven for 10 minutes, or until cheese is melted and eggs are cooked through.



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## Nutrition Label

Breakfast Stuffed Peppers		
Amount Per Serving		
Calories		189
		% Daily Value*
Total Fat	12.7g	20%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	13mg	4%
Sodium	51.2mg	2%
Total Carbohydrates	9.4g	3%
Dietary Fiber	3.7g	15%
Total Sugar	4.2g	
Protein	11.7g	
Vitamin D	3.4IU	1%
Calcium	141mg	14%
Iron	1.8mg	10%
Potassium	264.9mg	
* 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.		



4 Servings

# roasted beet and chickpea salad

## Ingredients

beets  
3 Beet

garlic  
2 clove

rosemary  
2 tsp

extra virgin olive oil  
2 Tbsp

kosher salt  
1/8 tsp

black pepper  
1/4 tsp

chickpeas, canned, drained  
8 oz

onions  
1 medium

lemon juice  
2 Tbsp

queso cotija  
1/8 Cup(s)

cilantro leaves raw, coriander  
1/2 Cup(s)

## Nutrition Totals

**Calories 834 / Carbs 304 g / Protein 28 g / Fat 44 g / Fluid 17 fl oz**

## Instructions

1. Preheat oven to 350 degrees F.
2. Place whole beets, garlic and rosemary on a large piece of foil. Drizzle with 1 tablespoon of the olive oil and half or salt and pepper.
3. Fold the foil up into a pouch and thoroughly seal all of the edges. Place in preheated oven.
4. Bake beets for ~45 minutes, or until beets are fork tender.
5. Remove beets from oven and allow them to cool.
6. Use a paper towel to remove beet peel. Cut the peeled beets into bite-size pieces. Mince the roasted garlic that was baked with the beets.
7. In a medium bowl, combine the beets, garlic, drained chickpeas, diced red onion, lemon juice and remaining salt, pepper and olive oil. Toss gently.
8. Garnish with cotija cheese and cilantro prior to serving.



Eating right, simplified.

## Nutrition Label

Roasted Beet And Chickpea Salad		
Amount Per Serving		
Calories		209
		% Daily Value*
Total Fat	11g	17%
Saturated Fat	2.4g	12%
Trans Fat	0g	
Cholesterol	7.5mg	3%
Sodium	305.3mg	13%
Total Carbohydrates	75.8g	25%
Dietary Fiber	5.9g	24%
Total Sugar	7.8g	
Protein	6.9g	
Vitamin D	1.5IU	0%
Calcium	106.8mg	11%
Iron	1.2mg	7%
Potassium	341mg	
* 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

kosher salt  
0.42 tsp  
salsa, ready to serve  
1.5 Cup(s)

## Beef

ground beef, lean  
12 oz

## Beverages

black tea brewed  
6 Cup(s)  
drinking water  
66 Cup(s)  
iced tea, green  
12 Cup(s)

## Bread

sunflower flax bread  
9 slice  
whole grain tortillas  
6 tortilla

## Cereal & Grain Products

basmati rice, cooked  
5 Cup(s)  
buckwheat groats, cooked  
3.75 Cup(s)

## Cookies & Crackers

wheat thin crackers  
10 crackers

## Dairy & Egg

egg

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Eating right, simplified.

4 egg  
egg, hard boiled  
4 large  
plain greek yogurt, nonfat  
57 oz  
plain yogurt, whole milk  
0.76 Cup(s)  
provolone cheese  
1.5 oz  
whole eggs, scrambled  
1 large

## Desserts

dark chocolate bar  
1.75 bar 1.45 oz

## Fats & Oils

extra virgin olive oil  
20.5 Tbsp

## Finfish & Shellfish

atlantic herring, cooked  
3 oz  
cod fish, cooked  
9 oz  
salmon, cooked  
4 oz  
shrimp, cooked  
3 oz  
tuna fish, very low-sodium, in water  
3 oz

## Fruits & Juices

avocados  
0.5 avocado  
blueberries  
7.25 Cup(s)  
grapes  
12 oz  
lemon juice  
4 Tbsp  
nectarines  
5 fruit  
oranges

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Eating right, simplified.

6 fruit  
pears  
7 large

### Legumes & Beans

black beans, no salt, boiled  
0.75 Cup(s)  
black eyed peas  
2.5 Cup(s)  
chickpeas, canned, drained  
8 oz  
edamame soybeans, shelled  
3.5 Cup(s)

### Nuts & Seeds

almonds  
3.25 oz  
chunky peanut butter, no salt  
4 Tbsp  
walnuts  
6.75 oz

### Poultry

chicken breast, boneless skinless  
16 oz

### Snacks

brown rice crackers, no salt  
28 crackers

### Spices & Herbs

black pepper  
0.91 tsp  
cayenne pepper  
0.39 tsp  
cumin ground  
3 tsp  
curry powder  
3 tsp  
garlic powder  
0.75 tsp  
oregano, dried

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Eating right, simplified.

0.75 tsp

rosemary

2 tsp

salt

0.75 tsp

## Uncategorized

cheese swiss

5.75 oz

queso cotija

0.12 Cup(s)

seeds chia dried

4.25 oz

## Vegetables

beets

1 Cup(s)

3 Beet

brussels sprouts, no salt, boiled

4.5 Cup(s)

cilantro leaves raw, coriander

1.26 Cup(s)

eggplant

1.5 eggplant

fresh spinach

2 Cup(s)

garlic

8 clove

ginger root

3 Tbsp

green, red or yellow bell peppers

0.25 medium

jalapeno peppers

1.5 pepper

mushrooms

1.5 cup

onions

4.5 medium

red peppers

3 medium

romaine lettuce

9 Cup(s)

spinach, no salt, boiled

1 Cup(s)

sweet potato, no salt, baked

4 Cup(s)

tomatoes

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Eating right, simplified.

5.25 cup  
2.5 medium

## Vegetarian Products

tempeh  
7 oz