



Eating right, simplified.

# 1,400 Calorie Plan (Basic) 4meals/day

## DAY 1

### Breakfast

7:00 AM

egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal
whole grain rolled oats, dry	3/4 Cup(s)	224 cal
blueberries	1/2 Cup(s)	41 cal

MEAL TOTAL: **Calories** 421 cal / **Carbs** 53 g (52%) / **Protein** 13 g (13%) / **Fat** 16 g (35%) / **Fluid** 21

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

MEAL TOTAL: **Calories** 260 cal / **Carbs** 34 g (50%) / **Protein** 5 g (8%) / **Fat** 12 g (42%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

turkey breast, roasted	3 oz	116 cal
baby carrots	15 large	79 cal
romaine lettuce	3 leaf	3 cal
tomatoes	1/2 Cup(s)	16 cal
whole-wheat pita bread	1 large	170 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 58 g (57%) / **Protein** 34 g (34%) / **Fat** 4 g (9%) / **Fluid** 29

NOTES:

### Dinner

6:00 PM

broccoli, no salt, boiled	2 Cup(s)	109 cal
cod fish	2 oz	46 cal
black beans, no salt, boiled	1/3 Cup(s)	76 cal
wild rice, cooked	1/2 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 374 cal / **Carbs** 53 g (53%) / **Protein** 26 g (26%) / **Fat** 9 g (21%) / **Fluid** 30

NOTES:

**DAY 1 TOTAL: Calories** 1,439 cal / **Carbs** 198 g (54%) / **Protein** 78 g (21%) / **Fat** 41 g (25%) / **Fluid** 102

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## DAY 2

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
oat bran flakes cereal	1 1/2 Cup(s)	268 cal
skim milk with calcium	1 Cup(s)	86 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 437 cal / **Carbs** 88 g (79%) / **Protein** 17 g (15%) / **Fat** 3 g (6%) / **Fluid** 20

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	8 oz	129 cal
string cheese, light	1 serving	50 cal

MEAL TOTAL: **Calories** 179 cal / **Carbs** 33 g (67%) / **Protein** 8 g (16%) / **Fat** 4 g (17%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

balsamic vinegar	1/2 Tbsp	7 cal
whole wheat dinner rolls	1 roll	74 cal
extra virgin olive oil	1/2 Tbsp	60 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
baby carrots	15 large	79 cal
chicken breast, boneless skinless	3 oz	92 cal

MEAL TOTAL: **Calories** 328 cal / **Carbs** 37 g (44%) / **Protein** 22 g (26%) / **Fat** 11 g (30%) / **Fluid** 29

NOTES:

### Dinner

6:00 PM

spinach, no salt, boiled	1/2 Cup(s)	21 cal
sweet potato, no salt, baked	1/4 Cup(s)	45 cal
drinking water	2 Cup(s)	0 cal
quinoa and black bean patties	1 serving	266 cal
whole wheat hamburger buns	1 bun	190 cal

MEAL TOTAL: **Calories** 521 cal / **Carbs** 79 g (59%) / **Protein** 24 g (18%) / **Fat** 14 g (23%) / **Fluid** 23

NOTES:

**DAY 2 TOTAL: Calories** 1,466 cal / **Carbs** 237 g (62%) / **Protein** 70 g (19%) / **Fat** 32 g (19%) / **Fluid** 94



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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
skim milk with calcium	1 Cup(s)	86 cal
almond butter	1/2 Tbsp	50 cal
blueberries	1/2 Cup(s)	41 cal

MEAL TOTAL: **Calories** 312 cal / **Carbs** 51 g (63%) / **Protein** 16 g (20%) / **Fat** 6 g (17%) / **Fluid** 27

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

MEAL TOTAL: **Calories** 290 cal / **Carbs** 36 g (48%) / **Protein** 14 g (19%) / **Fat** 11 g (33%) / **Fluid** 22

NOTES:

#### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	3 oz	84 cal
romaine lettuce	3 leaf	3 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
apples	1 large	110 cal
tomatoes	3/4 Cup(s)	24 cal
whole wheat hamburger buns	1/2 bun	95 cal

MEAL TOTAL: **Calories** 365 cal / **Carbs** 52 g (53%) / **Protein** 26 g (27%) / **Fat** 9 g (20%) / **Fluid** 27

NOTES:

#### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
quinoa and black bean patties	1 serving	266 cal
whole wheat hamburger buns	1 bun	190 cal
sweet potato, no salt, baked	1/4 Cup(s)	45 cal

MEAL TOTAL: **Calories** 501 cal / **Carbs** 76 g (60%) / **Protein** 21 g (16%) / **Fat** 14 g (24%) / **Fluid** 20

NOTES:

**DAY 3 TOTAL: Calories** 1,468 cal / **Carbs** 215 g (57%) / **Protein** 77 g (20%) / **Fat** 39 g (23%) / **Fluid** 96



Eating right, simplified.

## DAY 4

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
blueberry lemon breakfast quinoa	1 serving	266 cal
egg, hard boiled	2 large	155 cal

MEAL TOTAL: **Calories** 421 cal / **Carbs** 48 g (45%) / **Protein** 24 g (23%) / **Fat** 15 g (32%) / **Fluid** 24

NOTES:

### Snack

10:00 AM

drinking water	1 Cup(s)	0 cal
pears	1 large	119 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 206 cal / **Carbs** 44 g (80%) / **Protein** 9 g (17%) / **Fat** 1 g (3%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

balsamic vinegar	1 Tbsp	14 cal
whole-wheat pita bread	1 large	170 cal
romaine lettuce	1 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
black beans, no salt, boiled	1/4 Cup(s)	57 cal
wild rice, cooked	1/2 Cup(s)	83 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 392 cal / **Carbs** 67 g (65%) / **Protein** 14 g (14%) / **Fat** 9 g (21%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

beef flank, lean, broiled	3 oz	163 cal
wild rice, cooked	3/4 Cup(s)	124 cal
summer squash, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal

MEAL TOTAL: **Calories** 378 cal / **Carbs** 45 g (46%) / **Protein** 34 g (34%) / **Fat** 9 g (20%) / **Fluid** 31

NOTES:

**DAY 4 TOTAL: Calories** 1,396 cal / **Carbs** 204 g (57%) / **Protein** 81 g (22%) / **Fat** 34 g (21%) / **Fluid** 98



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## DAY 5

### Breakfast

7:00 AM

skim milk with calcium	2 Cup(s)	173 cal
drinking water	1 Cup(s)	0 cal
blueberry lemon breakfast quinoa	1 serving	266 cal

MEAL TOTAL: **Calories** 439 cal / **Carbs** 71 g (64%) / **Protein** 28 g (25%) / **Fat** 5 g (11%) / **Fluid** 28

NOTES:

### Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	1 serving	50 cal

MEAL TOTAL: **Calories** 160 cal / **Carbs** 30 g (70%) / **Protein** 7 g (15%) / **Fat** 3 g (15%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
turkey breast, roasted	3 oz	116 cal
whole-wheat pita bread	1 large	170 cal
tomatoes	1/2 Cup(s)	16 cal
baby carrots	15 large	79 cal
romaine lettuce	3 leaf	3 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 58 g (57%) / **Protein** 34 g (34%) / **Fat** 4 g (9%) / **Fluid** 29

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
whole wheat penne with chicken and asparagus	1 serving	358 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 473 cal / **Carbs** 55 g (44%) / **Protein** 27 g (21%) / **Fat** 20 g (35%) / **Fluid** 26

NOTES:

**DAY 5 TOTAL: Calories** 1,455 cal / **Carbs** 213 g (56%) / **Protein** 95 g (25%) / **Fat** 32 g (19%) / **Fluid** 106



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## DAY 6

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat english muffin	1 1/2 muffin	201 cal
almond butter	1/2 Tbsp	50 cal
skim milk with calcium	1 Cup(s)	86 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 420 cal / **Carbs** 74 g (68%) / **Protein** 20 g (18%) / **Fat** 7 g (14%) / **Fluid** 21

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
peaches	1 large	61 cal

MEAL TOTAL: **Calories** 183 cal / **Carbs** 20 g (42%) / **Protein** 22 g (48%) / **Fat** 2 g (10%) / **Fluid** 25

NOTES:

### Lunch

12:00 PM

whole wheat dinner rolls	2 roll	149 cal
drinking water	2 Cup(s)	0 cal
vegetable soup, low-sodium	16 oz	150 cal
romaine lettuce	1 Cup(s)	8 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 367 cal / **Carbs** 58 g (61%) / **Protein** 10 g (11%) / **Fat** 12 g (28%) / **Fluid** 32

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	1/4 Cup(s)	10 cal
whole wheat penne with chicken and asparagus	1 serving	358 cal
broccoli, no salt, boiled	1/2 Cup(s)	27 cal

MEAL TOTAL: **Calories** 396 cal / **Carbs** 51 g (48%) / **Protein** 26 g (25%) / **Fat** 12 g (27%) / **Fluid** 25

NOTES:

**DAY 6 TOTAL: Calories** 1,366 cal / **Carbs** 202 g (57%) / **Protein** 79 g (22%) / **Fat** 33 g (21%) / **Fluid** 104



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## DAY 7

### Breakfast

7:00 AM

bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
oat bran flakes cereal	1 Cup(s)	179 cal

MEAL TOTAL: **Calories** 400 cal / **Carbs** 83 g (81%) / **Protein** 15 g (14%) / **Fat** 2 g (5%) / **Fluid** 27

NOTES:

### Snack

10:00 AM

string cheese, light	1 serving	50 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 129 cal / **Carbs** 20 g (59%) / **Protein** 7 g (22%) / **Fat** 3 g (19%) / **Fluid** 23

NOTES:

### Lunch

12:00 PM

tuna fish, very low-sodium, in water	2 oz	56 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1 Cup(s)	32 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
whole-wheat pita bread	1 large	170 cal
romaine lettuce	3 leaf	3 cal
vegetable soup, low-sodium	8 oz	75 cal

MEAL TOTAL: **Calories** 385 cal / **Carbs** 58 g (57%) / **Protein** 23 g (23%) / **Fat** 9 g (20%) / **Fluid** 30

NOTES:

### Dinner

6:00 PM

sweet potato, no salt, baked	3/4 Cup(s)	135 cal
drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	4 1/2 oz	138 cal
wild rice, cooked	3/4 Cup(s)	124 cal
extra virgin olive oil	1/2 Tbsp	60 cal
spinach, no salt, boiled	1/2 Cup(s)	21 cal

MEAL TOTAL: **Calories** 478 cal / **Carbs** 61 g (49%) / **Protein** 37 g (30%) / **Fat** 12 g (21%) / **Fluid** 29

NOTES:

**DAY 7 TOTAL: Calories** 1,392 cal / **Carbs** 221 g (61%) / **Protein** 82 g (23%) / **Fat** 26 g (16%) / **Fluid** 109



4 Servings

# quinoa and black bean patties

## Ingredients

black beans, no salt, boiled  
1 1/2 Cup(s)

quinoa  
1/4 Cup(s)

drinking water  
1/2 Cup(s)

bread crumbs  
4 fl. oz.

red peppers  
1/4 cup

onions  
2 tbsp

garlic  
1 clove

cumin ground  
1 1/2 tsp

sriracha, hot chili sauce  
1 tsp

egg  
1 egg

extra virgin olive oil  
2 Tbsp

## Nutrition Totals

**Calories** 1062 / **Carbs** 135 g / **Protein** 43 g / **Fat** 41 g / **Fluid** 12 fl oz

## Instructions

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to low, cover, and simmer until quinoa is cooked.
2. In a medium bowl, roughly mash the black beans with a fork. Leave some beans whole.
3. Add cooked quinoa, bread crumbs, bell pepper, onion, garlic, cumin, hot sauce, and egg into the black beans.
4. Form the black bean mixture into 4 patties.
5. Heat the olive oil in a large skillet. Brown patties in hot oil for 2-3 minutes per side.





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## Nutrition Label

Quinoa And Black Bean Patties		
Amount Per Serving		
Calories		266
		% Daily Value*
Total Fat	10.1g	16%
Saturated Fat	1.3g	7%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	125.6mg	5%
Total Carbohydrates	33.6g	11%
Dietary Fiber	7.2g	29%
Total Sugar	1.6g	
Protein	10.8g	
Vitamin D	0IU	0%
Calcium	50.2mg	5%
Iron	2.5mg	14%
Potassium	345.2mg	
* 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

# blueberry lemon breakfast quinoa

## Ingredients

quinoa

1 Cup(s)

syrops maple

1 fl. oz.

lemons raw with peel

1/2 oz

blueberries

1 Cup(s)

seeds flaxseed

2 tbsp

skim milk with calcium

2 Cup(s)

## Nutrition Totals

**Calories** 1063 / **Carbs** 187 g / **Protein** 45 g / **Fat** 18 g / **Fluid** 21 fl oz

## Instructions

1. Rinse quinoa in a fine strainer with water until water runs clear.
2. Heat milk in a saucepan until warm. Stir quinoa into the milk and simmer until tender, 20 minutes. Remove from heat.
3. To cooked quinoa, add in maple syrup and lemon zest.
4. Fold blueberries into mixture.
5. Top with ground flax prior to serving.



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## Nutrition Label

Blueberry Lemon Breakfast Quinoa		
Amount Per Serving		
Calories		266
		% Daily Value*
Total Fat	4.4g	7%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	2.4mg	1%
Sodium	8.3mg	0%
Total Carbohydrates	46.6g	16%
Dietary Fiber	4.9g	20%
Total Sugar	16.4g	
Protein	11.1g	
Vitamin D	58IU	10%
Calcium	295.4mg	30%
Iron	2.3mg	13%
Potassium	527.1mg	
* 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



# whole wheat penne with chicken and asparagus

## Ingredients

whole wheat penne pasta  
8 oz

extra virgin olive oil  
2 Tbsp

chicken breast, boneless skinless  
8 oz

black pepper  
1/4 tsp

garlic powder  
1/4 tsp

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

asparagus  
15 spear, medium

garlic  
1 clove

parmesan cheese, grated  
4 Tbsp

## Nutrition Totals

**Calories** 1432 / **Carbs** 173 g / **Protein** 92 g / **Fat** 48 g / **Fluid** 21 fl oz

## Instructions

1. Bring a large pot of unsalted water to boil. Add pasta and cook, stirring frequently, until al dente. Drain, and set aside.
2. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Add in diced chicken breast. Season with pepper and garlic powder. Cook until chicken is cooked through and browned. Place chicken in a bowl.
3. To the skillet, add the chicken broth, asparagus, garlic, and a pinch more pepper.
4. Cover, and steam until the asparagus is tender. Add chicken and cooked penne in and warm.
5. Drizzle with remaining tablespoon of olive oil. Garnish with Parmesan cheese.



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## Nutrition Label

<b>Whole Wheat Penne With Chicken And Asparagus</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>358</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 2.4g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40.6mg	<b>14%</b>
<b>Sodium</b> 193.9mg	<b>8%</b>
<b>Total Carbohydrates</b> 43.3g	<b>14%</b>
Dietary Fiber 5.4g	<b>22%</b>
Total Sugar 2.4g	
<b>Protein</b> 22.9g	
<b>Vitamin D</b> 2.1IU	<b>0%</b>
<b>Calcium</b> 77.1mg	<b>8%</b>
<b>Iron</b> 1.6mg	<b>9%</b>
<b>Potassium</b> 374.1mg	
* 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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# Shopping List

## Accompaniments

olive oil, mayonnaise, light  
2 Tbsp  
sriracha, hot chili sauce  
0.5 tsp

## Beef

beef flank, lean, broiled  
3 oz

## Beverages

drinking water  
50.26 Cup(s)  
iced tea, green  
16 fl. oz.

## Bread

bread crumbs  
2 fl. oz.  
whole-wheat pita bread  
4 large  
whole wheat dinner rolls  
3 roll  
whole wheat english muffin  
2.5 muffin  
whole wheat hamburger buns  
2.5 bun

## Cereal & Grain Products

oat bran flakes cereal  
2.5 Cup(s)  
quinoa  
0.62 Cup(s)  
whole grain rolled oats, dry  
0.75 Cup(s)  
whole wheat penne pasta  
4 oz  
wild rice, cooked  
2.5 Cup(s)

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## Dairy & Egg

egg  
0.5 egg  
egg, hard boiled  
6 large  
low-fat cottage cheese, 1%  
0.75 Cup(s)  
parmesan cheese, grated  
2 Tbsp  
skim milk with calcium  
8 Cup(s)  
string cheese, light  
3 serving

## Fats & Oils

extra virgin olive oil  
5 Tbsp

## Finfish & Shellfish

cod fish  
2 oz  
tuna fish, very low-sodium, in water  
5 oz

## Fruits & Juices

apples  
3 large  
bananas  
2 extra large  
blueberries  
3.5 Cup(s)  
grapes  
8 oz  
peaches  
1 large  
pears  
1 large

## Ingredients

balsamic vinegar  
1.5 Tbsp

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## Legumes & Beans

black beans, no salt, boiled  
1.34 Cup(s)

## Nuts & Seeds

almond butter  
2.5 Tbsp

## Poultry

chicken breast, boneless skinless  
11.5 oz  
turkey breast, roasted  
6 oz

## Soup

chicken broth soup, low-sodium  
0.5 Cup(s)  
vegetable soup, low-sodium  
24 oz

## Spices & Herbs

black pepper  
0.12 tsp  
cumin ground  
0.76 tsp  
garlic powder  
0.12 tsp

## Uncategorized

lemons raw with peel  
0.26 oz  
seeds flaxseed  
1 tbsp  
syrops maple  
0.5 fl. oz.

## Vegetables

asparagus  
7.5 spear, medium

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**baby carrots**

**60 large**

**broccoli, no salt, boiled**

**4.5 Cup(s)**

**garlic**

**1 clove**

**onions**

**1 tbsp**

**red peppers**

**0.12 cup**

**romaine lettuce**

**12 leaf**

**4 Cup(s)**

**spinach, no salt, boiled**

**1.25 Cup(s)**

**summer squash, no salt, boiled**

**1 cup**

**sweet potato, no salt, baked**

**1.25 Cup(s)**

**tomatoes**

**2.75 Cup(s)**