



Eating right, simplified.

1,400 Calorie Plan (Protein 2) 4 meals/day

DAY 1

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
whole eggs, scrambled	2 large	182 cal
whole grain rolled oats, dry	1/2 Cup(s)	150 cal
egg whites, cooked	4 large	69 cal
natural turkey bacon by applegate farms	2 slice	70 cal

MEAL TOTAL: **Calories** 470 cal / **Carbs** 31 g (27%) / **Protein** 39 g (34%) / **Fat** 20 g (39%) / **Fluid** 23

NOTES:

Snack

10:00 AM

smooth peanut butter, no salt	1 Tbsp	94 cal
apples	1 small	55 cal
drinking water	2 Cup(s)	0 cal
cottage cheese, non-fat	3/4 Cup(s)	78 cal

MEAL TOTAL: **Calories** 228 cal / **Carbs** 25 g (42%) / **Protein** 16 g (26%) / **Fat** 9 g (32%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
whole wheat tortillas	1 tortilla	127 cal
turkey breast, roasted	6 oz	231 cal
romaine lettuce	2 leaf	2 cal
hummus, lower sodium	1 Tbsp	26 cal

MEAL TOTAL: **Calories** 387 cal / **Carbs** 21 g (22%) / **Protein** 56 g (57%) / **Fat** 9 g (21%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
fbbc chicken fajita with brown rice casserole	1/8 serving	299 cal
plain greek yogurt, nonfat	2 oz	33 cal

MEAL TOTAL: **Calories** 333 cal / **Carbs** 34 g (41%) / **Protein** 32 g (38%) / **Fat** 8 g (21%) / **Fluid** 22

NOTES:

DAY 1 TOTAL: Calories 1,417 cal / **Carbs** 111 g (31%) / **Protein** 142 g (40%) / **Fat** 45 g (29%) / **Fluid** 88

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DAY 2

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
multi-grain cheerios cereal	1 Cup(s)	120 cal
whole eggs, scrambled	1 large	91 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 409 cal / **Carbs** 45 g (46%) / **Protein** 35 g (35%) / **Fat** 9 g (19%) / **Fluid** 25

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cashews	1 oz	157 cal
dried mango slices	3/4 oz	67 cal

MEAL TOTAL: **Calories** 224 cal / **Carbs** 24 g (41%) / **Protein** 6 g (11%) / **Fat** 12 g (48%) / **Fluid** 16

NOTES:

Lunch

12:00 PM

iced tea, green	16 fl oz	0 cal
tomatoes	1/4 Cup(s)	8 cal
avocados	1/4 avocado	80 cal
chicken, boneless, roasted	4 oz	189 cal
ezeziel 4:9 sprouted 100% whole grain bread by foo...	1 slice	80 cal
dijon mustard	1 Tbsp	15 cal

MEAL TOTAL: **Calories** 373 cal / **Carbs** 21 g (23%) / **Protein** 34 g (38%) / **Fat** 15 g (39%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

green snap beans, no salt, boiled	1 Cup(s)	44 cal
yams, no salt, boiled or baked	1 1/4 Cup(s)	197 cal
drinking water	2 Cup(s)	0 cal
beef t-bone, broiled	3 oz	161 cal

MEAL TOTAL: **Calories** 402 cal / **Carbs** 57 g (55%) / **Protein** 27 g (27%) / **Fat** 8 g (18%) / **Fluid** 26

NOTES:

DAY 2 TOTAL: Calories 1,408 cal / **Carbs** 147 g (42%) / **Protein** 102 g (29%) / **Fat** 44 g (29%) / **Fluid** 88



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
fbbc cherry almond butter shake	1 serving	299 cal

MEAL TOTAL: **Calories** 299 cal / **Carbs** 30 g (38%) / **Protein** 6 g (8%) / **Fat** 19 g (54%) / **Fluid** 9

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal
whole grain bread	2 slice	240 cal

MEAL TOTAL: **Calories** 401 cal / **Carbs** 49 g (47%) / **Protein** 12 g (11%) / **Fat** 20 g (42%) / **Fluid** 18

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	2 leaf	2 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
whole wheat tortillas	1 tortilla	127 cal

MEAL TOTAL: **Calories** 402 cal / **Carbs** 20 g (20%) / **Protein** 55 g (53%) / **Fat** 12 g (27%) / **Fluid** 17

NOTES:

Dinner

6:00 PM

pinto beans, no salt, boiled	1/4 Cup(s)	62 cal
drinking water	2 Cup(s)	0 cal
italian spiced pork chops	1 1/2 serving	150 cal
barley, cooked	1/2 Cup(s)	97 cal

MEAL TOTAL: **Calories** 308 cal / **Carbs** 36 g (47%) / **Protein** 33 g (43%) / **Fat** 3 g (10%) / **Fluid** 22

NOTES:

DAY 3 TOTAL: Calories 1,410 cal / **Carbs** 135 g (37%) / **Protein** 106 g (29%) / **Fat** 54 g (34%) / **Fluid** 67



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

bananas	1/2 small	45 cal
whole grain rolled oats, dry	1/3 Cup(s)	100 cal
whole eggs, scrambled	2 large	182 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 326 cal / **Carbs** 32 g (40%) / **Protein** 13 g (16%) / **Fat** 16 g (44%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal
peanuts, no salt, dry-roasted	2/3 oz	111 cal

MEAL TOTAL: **Calories** 179 cal / **Carbs** 22 g (44%) / **Protein** 6 g (12%) / **Fat** 10 g (44%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

italian spiced pork chops	1 1/2 serving	150 cal
extra virgin olive oil	1 Tbsp	120 cal
balsamic vinegar	2 Tbsp	28 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 Cup(s)	16 cal
whole wheat dinner rolls	1 1/2 roll	112 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 434 cal / **Carbs** 34 g (31%) / **Protein** 32 g (30%) / **Fat** 19 g (39%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

wild rice, cooked	1/2 Cup(s)	83 cal
asparagus, boiled	6 spears	20 cal
beef t-bone, broiled	6 oz	321 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 424 cal / **Carbs** 21 g (20%) / **Protein** 50 g (47%) / **Fat** 15 g (33%) / **Fluid** 24

NOTES:

DAY 4 TOTAL: Calories 1,363 cal / **Carbs** 109 g (32%) / **Protein** 101 g (29%) / **Fat** 60 g (39%) / **Fluid** 90



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

multi-grain cheerios cereal	1 1/4 Cup(s)	150 cal
drinking water	1 Cup(s)	0 cal
egg whites, cooked	4 large	69 cal
natural turkey bacon by applegate farms	3 slice	105 cal
pure vanilla almond milk unsweetened by silk	1 Cup(s)	30 cal

MEAL TOTAL: **Calories** 353 cal / **Carbs** 33 g (38%) / **Protein** 35 g (40%) / **Fat** 8 g (22%) / **Fluid** 12

NOTES:

Snack

10:00 AM

smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
drinking water	2 Cup(s)	0 cal
apples	1/2 small	28 cal
cottage cheese, non-fat	1/2 Cup(s)	52 cal

MEAL TOTAL: **Calories** 221 cal / **Carbs** 17 g (29%) / **Protein** 14 g (23%) / **Fat** 12 g (48%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

fbbc shrimp and veggie skillet	1/2 serving	436 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 48 g (43%) / **Protein** 28 g (24%) / **Fat** 17 g (33%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

mediterranean chicken	1 serving	186 cal
wild rice, cooked	1 Cup(s)	166 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 380 cal / **Carbs** 41 g (42%) / **Protein** 32 g (32%) / **Fat** 11 g (26%) / **Fluid** 27

NOTES:

DAY 5 TOTAL: Calories 1,390 cal / **Carbs** 139 g (39%) / **Protein** 108 g (30%) / **Fat** 49 g (31%) / **Fluid** 86



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
fbbc cherry almond butter shake	1 serving	299 cal

MEAL TOTAL: **Calories** 299 cal / **Carbs** 30 g (38%) / **Protein** 6 g (8%) / **Fat** 19 g (54%) / **Fluid** 9

NOTES:

Snack

10:00 AM

raisins, seedless	1/4 cup	123 cal
drinking water	2 Cup(s)	0 cal
cottage cheese, non-fat	1 1/4 Cup(s)	131 cal

MEAL TOTAL: **Calories** 254 cal / **Carbs** 45 g (68%) / **Protein** 20 g (30%) / **Fat** 1 g (2%) / **Fluid** 21

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
fbbc shrimp and veggie skillet	1/2 serving	436 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 48 g (43%) / **Protein** 28 g (24%) / **Fat** 17 g (33%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
salmon, cooked	5 1/2 oz	239 cal
marinara spaghetti sauce, ready to serve	1/3 Cup(s)	41 cal
asparagus, boiled	4 spears	13 cal
rice penne pasta, low-carb	1 oz	104 cal

MEAL TOTAL: **Calories** 397 cal / **Carbs** 32 g (33%) / **Protein** 43 g (44%) / **Fat** 10 g (23%) / **Fluid** 24

NOTES:

DAY 6 TOTAL: Calories 1,386 cal / **Carbs** 155 g (44%) / **Protein** 97 g (27%) / **Fat** 46 g (29%) / **Fluid** 81



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

whole wheat mini bagel	1 bagel	100 cal
whole eggs, scrambled	2 large	182 cal
drinking water	1 Cup(s)	0 cal
pure vanilla almond milk unsweetened by silk	1 Cup(s)	30 cal
cream cheese	1 Tbsp	34 cal

MEAL TOTAL: **Calories** 346 cal / **Carbs** 23 g (28%) / **Protein** 17 g (20%) / **Fat** 20 g (52%) / **Fluid** 11

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
celery	5 medium stalk	32 cal
smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
wheat thin crackers	10 crackers	80 cal

MEAL TOTAL: **Calories** 253 cal / **Carbs** 25 g (37%) / **Protein** 8 g (13%) / **Fat** 15 g (50%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

whole wheat tortillas	1 tortilla	127 cal
sliced ham, extra lean, low-sodium	5 oz	186 cal
olive oil, mayonnaise, light	1 tsp	16 cal
romaine lettuce	2 leaf	2 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl oz	0 cal
turkey breast, roasted	2 oz	77 cal

MEAL TOTAL: **Calories** 416 cal / **Carbs** 23 g (24%) / **Protein** 45 g (48%) / **Fat** 12 g (28%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	3 oz	142 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal
green snap beans, no salt, boiled	1 Cup(s)	44 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 47 g (46%) / **Protein** 26 g (25%) / **Fat** 13 g (29%) / **Fluid** 25

NOTES:

DAY 7 TOTAL: Calories 1,419 cal / **Carbs** 118 g (34%) / **Protein** 96 g (28%) / **Fat** 60 g (38%) / **Fluid** 82

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

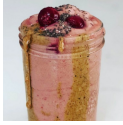
Fbbc Chicken Fajita With Brown Rice Casserole	
Amount Per Serving	
Calories	2395
% Daily Value*	
Total Fat 60.6g	93%
Saturated Fat 25.3g	127%
Trans Fat 0g	
Cholesterol 516.4mg	172%
Sodium 4449.4mg	185%
Total Carbohydrates 257.8g	86%
Dietary Fiber 36.4g	146%
Total Sugar 24.2g	
Protein 213.2g	
Vitamin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

original unsweetened pure almond milk by silk

1 Cup(s)

almond butter, no salt

1 Tbsp

Nutrition Totals

Calories 299 / **Carbs** 30 g / **Protein** 6 g / **Fat** 19 g / **Fluid** 1 fl oz

Instructions

Instructions:

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

Top with optional chopped cherry pieces and serve.

Optional toppings: chopped cherry pieces



Eating right, simplified.

Nutrition Label

Fbbc Cherry Almond Butter Shake		
Amount Per Serving		
Calories		299
		% Daily Value*
Total Fat	18.7g	29%
Saturated Fat	1.7g	9%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	152.5mg	6%
Total Carbohydrates	30.2g	10%
Dietary Fiber	9g	36%
Total Sugar	19g	
Protein	6.3g	
Vitamin D	177.4IU	30%
Calcium	357.2mg	36%
Iron	1.5mg	9%
Potassium	397.8mg	
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2 Servings

italian spiced pork chops

Ingredients

sage, ground

1/4 tsp

onions

1/4 cup

pork tenderloin

6 oz

black pepper

2 dash

paprika

1/4 tsp

Nutrition Totals

Calories 199 / **Carbs** 3 g / **Protein** 36 g / **Fat** 4 g / **Fluid** 4 fl oz

Instructions

1. Preheat oven to 425 degrees F.
2. In a small bowl, mix the, pepper, paprika, and sage together.
3. Sprinkle both sides of each pork chop with the seasoning mixture.
4. Add lard to a skillet over high heat.
5. When good and hot, brown both sides of each chop.
6. Place the browned chops on a large piece of heavy foil and layer with sliced onions.
7. Close the foil into a tight pouch and place on a baking sheet.
8. Bake for 30 minutes, or until pork reaches desired temperature.



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Nutrition Label

Italian Spiced Pork Chops		
Amount Per Serving		
Calories		100
		% Daily Value*
Total Fat	1.9g	3%
Saturated Fat	0.6g	3%
Trans Fat	0g	
Cholesterol	55.2mg	18%
Sodium	45.8mg	2%
Total Carbohydrates	1.6g	1%
Dietary Fiber	0.3g	2%
Total Sugar	0.6g	
Protein	18g	
Vitamin D	6.8IU	1%
Calcium	10mg	1%
Iron	0.9mg	5%
Potassium	368.5mg	
* 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 shrimp and veggie skillet

Ingredients

shrimp

35 medium

avocado oil

2 Tbsp

yellow onion

1 whole

garlic

2 clove

red peppers

1 medium

broccoli

2 cup

corn sweet yellow raw

1/2 Cup(s)

black beans, no salt, boiled

1 Cup(s)

smoked paprika by spice islands

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

Nutrition Totals

Calories 873 / Carbs 96 g / Protein 55 g / Fat 33 g / Fluid 22 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		873
		% Daily Value*
Total Fat	33.2g	51%
Saturated Fat	5.1g	26%
Trans Fat	0g	
Cholesterol	264.6mg	88%
Sodium	952mg	40%
Total Carbohydrates	96.2g	32%
Dietary Fiber	26.2g	105%
Total Sugar	13.5g	
Protein	55.2g	
Vitamin D	4.2IU	1%
Calcium	272.8mg	27%
Iron	6.5mg	36%
Potassium	1954.6mg	
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4 Servings

mediterranean chicken

Ingredients

chicken breast, boneless skinless
16 oz

olive oil
2 Tbsp

lemon juice
1 1/2 fl oz

garlic
1 clove

Nutrition Totals

Calories 743 / Carbs 4 g / Protein 93 g / Fat 41 g / Fluid 13 fl oz

Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.



Eating right, simplified.

Nutrition Label

Mediterranean Chicken		
Amount Per Serving		
Calories		186
		% Daily Value*
Total Fat	10.1g	16%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	72.5mg	24%
Sodium	196.5mg	8%
Total Carbohydrates	1g	0%
Dietary Fiber	0g	0%
Total Sugar	0.2g	
Protein	23.1g	
Vitamin D	2.2IU	0%
Calcium	7.7mg	1%
Iron	0.4mg	2%
Potassium	391.3mg	
* 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.		



Shopping List

Accompaniments

black pepper (ground)

0.26 teaspoon(s)

dijon mustard

1 Tbsp

marinara spaghetti sauce, ready to serve

0.33 Cup(s)

olive oil, mayonnaise, light

1 Tbsp

1 tsp

Beef

beef t-bone, broiled

9 oz

Beverages

drinking water

47 Cup(s)

iced tea, green

32 fl oz

Bread

whole grain bread

2 slice

whole wheat dinner rolls

1.5 roll

whole wheat mini bagel

1 bagel

whole wheat tortillas

3 tortilla

Cereal & Grain Products

barley, cooked

0.5 Cup(s)

multi-grain cheerios cereal

2.25 Cup(s)

rice penne pasta, low-carb

1 oz

whole grain rolled oats, dry

0.83 Cup(s)



Eating right, simplified.

wild rice, cooked
1.5 Cup(s)

Cookies & Crackers

wheat thin crackers
10 crackers

Dairy & Egg

cottage cheese, non-fat
2.5 Cup(s)
cream cheese
1 Tbsp
egg whites, cooked
12 large
pepper jack cheese
0.5 oz
plain greek yogurt, nonfat
2 oz
skim milk with calcium
1.5 Cup(s)
whole eggs, scrambled
7 large

Fats & Oils

avocado oil
2 Tbsp
extra virgin olive oil
1.5 Tbsp
olive oil
0.5 Tbsp

Finfish & Shellfish

salmon, cooked
5.5 oz
shrimp
35 medium
tuna fish, very low-sodium, in water
8 oz

Fruits & Juices

apples
1.5 small

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Eating right, simplified.

avocado
0.5 avocado
avocados
0.75 avocado
bananas
0.5 small
dried mango slices
0.75 oz
lemon juice
0.38 fl oz
lime juice
0.13 1 fruit
2 Tbsp
oranges
1 fruit
raisins, seedless
0.25 cup

Ingredients

balsamic vinegar
2 Tbsp

Legumes & Beans

black beans, no salt, boiled
1 Cup(s)
green snap beans, no salt, boiled
2 Cup(s)
hummus, lower sodium
1 Tbsp
organic canned black beans
1.88 oz
pinto beans, no salt, boiled
0.25 Cup(s)

Nuts & Seeds

almond butter, no salt
2 Tbsp
cashews
1 oz
peanuts, no salt, dry-roasted
0.67 oz
smooth peanut butter, no salt
4 Tbsp



Eating right, simplified.

Pork

pork tenderloin
9 oz

Poultry

chicken, boneless, roasted
7 oz
chicken breast, boneless skinless
7 oz
turkey breast, roasted
8 oz

Sausages & Meats

sliced ham, extra lean, low-sodium
5 oz

Soup

chicken broth, reduced sodium
0.19 Cup(s)

Spices & Herbs

black pepper
3 dash
cayenne pepper
0.02 tsp
chili powder
0.64 tsp
cumin ground
0.13 tsp
garlic powder
0.06 tsp
onion powder
0.06 tsp
paprika
0.38 tsp
sage, ground
0.38 tsp
salt
0.29 tsp

Uncategorized

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ancho chili powder
0.12 teaspoons
brown rice (dry measure)
0.13 cups
corn sweet yellow raw
0.5 Cup(s)
ezekiel 4:9 sprouted 100% whole grain bread by food for life
1 slice
frozen fruit dark sweet cherries by dole
2 Cup(s)
natural turkey bacon by applegate farms
5 slice
original unsweetened pure almond milk by silk
2 Cup(s)
pure vanilla almond milk unsweetened by silk
2 Cup(s)
smoked paprika by spice islands
0.26 tsp

Vegetables

asparagus, boiled
10 spears
broccoli
2 cup
cauliflower, no salt, boiled
1 Cup(s)
celery
5 medium stalk
garlic
2.25 clove
green, red or yellow bell peppers
0.38 medium
green chilies, diced
0.5 oz
onions
0.38 cup
red peppers
1 medium
romaine lettuce
6 leaf
2 Cup(s)
tomatoes
0.75 Cup(s)
white onion
0.13 whole
yams, no salt, boiled or baked
2.25 Cup(s)
yellow onion
1 whole



Eating right, simplified.

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