



Eating right, simplified.

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

DAY 1

Breakfast

7:00 AM

drinking water	1 1/2 Cup(s)	0 cal
whole eggs, poached	2 large	143 cal
orange juice	1/2 Cup(s)	56 cal
whole grain rolled oats, dry	1/4 Cup(s)	75 cal
skim milk with calcium	2 Cup(s)	173 cal

MEAL TOTAL: **Calories** 447 cal / **Carbs** 51 g (47%) / **Protein** 30 g (28%) / **Fat** 12 g (25%) / **Fluid** 33

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
string cheese, light	2 serving	100 cal

MEAL TOTAL: **Calories** 210 cal / **Carbs** 31 g (56%) / **Protein** 13 g (22%) / **Fat** 5 g (22%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

romaine lettuce	2 leaf	2 cal
whole wheat bread	1/2 slice	50 cal
tomatoes	1/4 Cup(s)	8 cal
chicken, boneless, roasted	4 oz	189 cal
dijon mustard	2 tsp	10 cal
drinking water	2 Cup(s)	0 cal
sharp cheddar, sliced	1 slice	110 cal
pretzel sticks, no salt	1 oz	108 cal

MEAL TOTAL: **Calories** 477 cal / **Carbs** 35 g (30%) / **Protein** 41 g (35%) / **Fat** 18 g (35%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

extra virgin olive oil	1/4 Tbsp	30 cal
drinking water	2 Cup(s)	0 cal
quinoa, cooked	1/2 Cup(s)	111 cal
halibut fish, cooked	5 oz	157 cal
brussels sprouts, no salt, boiled	1/2 Cup(s)	14 cal

MEAL TOTAL: **Calories** 312 cal / **Carbs** 22 g (29%) / **Protein** 37 g (48%) / **Fat** 8 g (23%) / **Fluid** 23

NOTES:

DAY 1 TOTAL: Calories 1,446 cal / **Carbs** 140 g (39%) / **Protein** 121 g (34%) / **Fat** 43 g (27%) / **Fluid** 99

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DAY 2

Breakfast

7:00 AM

whole wheat bread	1 slice	100 cal
skim milk with calcium	2 Cup(s)	173 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 376 cal / **Carbs** 45 g (48%) / **Protein** 43 g (46%) / **Fat** 3 g (6%) / **Fluid** 21

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
almond butter	1 1/2 Tbsp	150 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

olive oil, mayonnaise, light	2 tsp	33 cal
baby carrots	10 large	53 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 large	170 cal
romaine lettuce	2 leaf	2 cal
tuna fish, very low-sodium, in water	6 oz	168 cal

MEAL TOTAL: **Calories** 425 cal / **Carbs** 49 g (44%) / **Protein** 46 g (41%) / **Fat** 8 g (15%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

beef t-bone, broiled	4 oz	214 cal
drinking water	2 Cup(s)	0 cal
baked potato, no salt	1/2 small	64 cal
mustard greens, no salt, boiled	1/2 cup	18 cal
butter, no salt	1/2 Tbsp	51 cal

MEAL TOTAL: **Calories** 348 cal / **Carbs** 18 g (20%) / **Protein** 33 g (38%) / **Fat** 16 g (42%) / **Fluid** 22

NOTES:

DAY 2 TOTAL: Calories 1,409 cal / **Carbs** 146 g (41%) / **Protein** 127 g (35%) / **Fat** 39 g (24%) / **Fluid** 87



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

skim milk with calcium	2 Cup(s)	173 cal
almond butter	1 Tbsp	100 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 376 cal / **Carbs** 28 g (31%) / **Protein** 41 g (46%) / **Fat** 9 g (23%) / **Fluid** 21

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

MEAL TOTAL: **Calories** 237 cal / **Carbs** 47 g (74%) / **Protein** 3 g (4%) / **Fat** 6 g (22%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

beef t-bone, broiled	6 oz	321 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	1/2 Tbsp	7 cal
whole wheat dinner rolls	1/2 roll	37 cal
iced tea, green	16 fl. oz.	0 cal

MEAL TOTAL: **Calories** 390 cal / **Carbs** 13 g (14%) / **Protein** 47 g (49%) / **Fat** 16 g (37%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

summer squash, no salt, boiled	1/2 cup	18 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 large	170 cal
chicken & quinoa with vegetables	1 serving	217 cal

MEAL TOTAL: **Calories** 405 cal / **Carbs** 62 g (60%) / **Protein** 29 g (28%) / **Fat** 6 g (12%) / **Fluid** 24

NOTES:

DAY 3 TOTAL: Calories 1,408 cal / **Carbs** 151 g (43%) / **Protein** 120 g (34%) / **Fat** 37 g (23%) / **Fluid** 92



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat tortillas	1 1/2 tortilla	191 cal
whole eggs, scrambled	2 large	182 cal
salsa, ready to serve	1 Tbsp	5 cal
trulean rich dutch chocolate whey isolate protein...	1 Scoop	100 cal

MEAL TOTAL: **Calories** 477 cal / **Carbs** 32 g (27%) / **Protein** 42 g (36%) / **Fat** 19 g (37%) / **Fluid** 12

NOTES:

Snack

10:00 AM

nectarines	1 fruit	60 cal
drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal

MEAL TOTAL: **Calories** 223 cal / **Carbs** 20 g (37%) / **Protein** 29 g (52%) / **Fat** 3 g (11%) / **Fluid** 26

NOTES:

Lunch

12:00 PM

mixed vegetables, frozen no salt, boiled	1 1/2 Cup(s)	89 cal
drinking water	2 Cup(s)	0 cal
chicken & quinoa with vegetables	1 serving	217 cal

MEAL TOTAL: **Calories** 306 cal / **Carbs** 41 g (54%) / **Protein** 26 g (34%) / **Fat** 4 g (12%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

mustard greens, no salt, boiled	1 cup	36 cal
navy beans, no salt, boiled	1/2 Cup(s)	127 cal
pork tenderloin, lean, cooked	6 oz	243 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 407 cal / **Carbs** 30 g (29%) / **Protein** 56 g (55%) / **Fat** 7 g (16%) / **Fluid** 26

NOTES:

DAY 4 TOTAL: Calories 1,412 cal / **Carbs** 123 g (35%) / **Protein** 153 g (44%) / **Fat** 33 g (21%) / **Fluid** 90



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DAY 5

Breakfast

7:00 AM

skim milk with calcium	2 Cup(s)	173 cal
wheat chex cereal	1 Cup(s)	160 cal
italian turkey sausage, lower sodium	2 oz	90 cal

MEAL TOTAL: **Calories** 422 cal / **Carbs** 66 g (58%) / **Protein** 32 g (28%) / **Fat** 7 g (14%) / **Fluid** 16

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
apples	1 medium	72 cal
almond butter	1 1/2 Tbsp	150 cal

MEAL TOTAL: **Calories** 222 cal / **Carbs** 24 g (42%) / **Protein** 5 g (9%) / **Fat** 12 g (49%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

extra virgin olive oil	1/4 Tbsp	30 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	7 oz	284 cal
baked potato, no salt	1/2 small	64 cal

MEAL TOTAL: **Calories** 401 cal / **Carbs** 19 g (19%) / **Protein** 55 g (56%) / **Fat** 11 g (25%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

chopped kale salad with chicken	1 serving	262 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1/2 large	85 cal

MEAL TOTAL: **Calories** 347 cal / **Carbs** 27 g (31%) / **Protein** 36 g (40%) / **Fat** 12 g (29%) / **Fluid** 22

NOTES:

DAY 5 TOTAL: Calories 1,392 cal / **Carbs** 136 g (38%) / **Protein** 128 g (36%) / **Fat** 41 g (26%) / **Fluid** 84



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DAY 6

Breakfast

7:00 AM

skim milk with calcium	2 Cup(s)	173 cal
almond butter	1/2 Tbsp	50 cal
whole wheat bread	1/2 slice	50 cal
bananas	1 small	90 cal
whole eggs, poached	2 large	143 cal

MEAL TOTAL: **Calories** 506 cal / **Carbs** 59 g (46%) / **Protein** 34 g (27%) / **Fat** 15 g (27%) / **Fluid** 20

NOTES:

Snack

10:00 AM

vanilla yogurt, low-fat	6 oz	145 cal
drinking water	2 Cup(s)	0 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 213 cal / **Carbs** 24 g (47%) / **Protein** 23 g (43%) / **Fat** 2 g (10%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

chopped kale salad with chicken	1 serving	262 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat dinner rolls	1 roll	74 cal

MEAL TOTAL: **Calories** 336 cal / **Carbs** 24 g (28%) / **Protein** 35 g (41%) / **Fat** 12 g (31%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

salmon, cooked	6 oz	260 cal
drinking water	2 Cup(s)	0 cal
butter, no salt	1/3 Tbsp	34 cal
summer squash, no salt, boiled	1 1/2 cup	54 cal

MEAL TOTAL: **Calories** 348 cal / **Carbs** 12 g (13%) / **Protein** 44 g (51%) / **Fat** 14 g (36%) / **Fluid** 29

NOTES:

DAY 6 TOTAL: Calories 1,404 cal / **Carbs** 119 g (34%) / **Protein** 137 g (38%) / **Fat** 44 g (28%) / **Fluid** 95



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

whole grain bread	1/2 slice	60 cal
whole eggs, scrambled	1 large	91 cal
drinking water	1 Cup(s)	0 cal
coconut water	1/2 Cup(s)	23 cal
egg whites, cooked	4 large	69 cal
italian turkey sausage, lower sodium	2 oz	90 cal

MEAL TOTAL: **Calories** 332 cal / **Carbs** 19 g (23%) / **Protein** 32 g (40%) / **Fat** 13 g (37%) / **Fluid** 19

NOTES:

Snack

10:00 AM

hummus, lower sodium	3 Tbsp	78 cal
baby carrots	10 large	53 cal
drinking water	2 Cup(s)	0 cal
pretzel sticks, no salt	1 oz	108 cal

MEAL TOTAL: **Calories** 239 cal / **Carbs** 42 g (69%) / **Protein** 8 g (12%) / **Fat** 5 g (19%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

dijon mustard	1 tsp	5 cal
drinking water	2 Cup(s)	0 cal
whole wheat tortillas	1 tortilla	127 cal
turkey breast, roasted	6 oz	231 cal
tomatoes	1 1/4 Cup(s)	41 cal
romaine lettuce	2 leaf	2 cal

MEAL TOTAL: **Calories** 406 cal / **Carbs** 28 g (27%) / **Protein** 56 g (56%) / **Fat** 8 g (17%) / **Fluid** 28

NOTES:

Dinner

6:00 PM

chicken, boneless, roasted	6 oz	284 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal
quinoa, cooked	1/4 Cup(s)	56 cal

MEAL TOTAL: **Calories** 420 cal / **Carbs** 14 g (14%) / **Protein** 46 g (44%) / **Fat** 20 g (42%) / **Fluid** 22

NOTES:

DAY 7 TOTAL: Calories 1,397 cal / **Carbs** 103 g (30%) / **Protein** 142 g (40%) / **Fat** 46 g (30%) / **Fluid** 90



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



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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.



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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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Shopping List

Accompaniments

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

Beef

beef t-bone, broiled
10 oz
italian turkey sausage, lower sodium
4 oz

Beverages

coconut water
0.5 Cup(s)
drinking water
41.5 Cup(s)
iced tea, green
32 fl. oz.

Bread

whole-wheat pita bread
2.5 large
whole grain bread
0.5 slice
whole wheat bread
2 slice
whole wheat dinner rolls
1.5 roll
whole wheat tortillas
2.5 tortilla

Cereal & Grain Products

quinoa, cooked
1.75 Cup(s)
wheat chex cereal
1 Cup(s)
whole grain rolled oats, dry

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0.25 Cup(s)

Dairy & Egg

butter, no salt

0.83 Tbsp

egg whites, cooked

20 large

low-fat cottage cheese, 1%

1 Cup(s)

sharp cheddar, sliced

1 slice

skim milk with calcium

10 Cup(s)

string cheese, light

2 serving

vanilla yogurt, low-fat

6 oz

whole eggs, poached

4 large

whole eggs, scrambled

3 large

Fats & Oils

extra virgin olive oil

0.5 Tbsp

olive oil

0.34 Tbsp

Finfish & Shellfish

halibut fish, cooked

5 oz

salmon, cooked

6 oz

tuna fish, very low-sodium, in water

6 oz

Fruits & Juices

apples

3 large

1 medium

avocados

0.25 avocado

bananas

1 small

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Eating right, simplified.

lemon juice

1 Tbsp

lemon peel

1 tsp

nectarines

1 fruit

orange juice

0.5 Cup(s)

Ingredients

balsamic vinegar

1 Tbsp

Legumes & Beans

hummus, lower sodium

3 Tbsp

navy beans, no salt, boiled

0.5 Cup(s)

Nuts & Seeds

almond butter

4.5 Tbsp

Pork

pork tenderloin, lean, cooked

13 oz

Poultry

chicken, boneless, roasted

18 oz

chicken breast skinless

5.34 oz

turkey breast, roasted

6 oz

Snacks

nut and raisin granola bars

1 bar

pretzel sticks, no salt

2 oz

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Soup

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

Spices & Herbs

black pepper
0.5 tsp

Sports & Diet Nutritionals

trulean rich dutch chocolate whey isolate protein powder
1 Scoop

Vegetables

baby carrots
20 large
baked potato, no salt
1 small
brussels sprouts, no salt, boiled
0.5 Cup(s)
kale
3 cup
mixed vegetables, frozen no salt, boiled
2 Cup(s)
mustard greens, no salt, boiled
1.5 cup
romaine lettuce
6 leaf
4 Cup(s)
summer squash, no salt, boiled
2 cup
tomatoes
1.75 Cup(s)