



Eating right, simplified.

# 1,800 Calorie Plan (Basic 2) 4meals/day

## DAY 1

### Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
extra virgin olive oil	1 tsp	40 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	1 tortilla	170 cal

MEAL TOTAL: **Calories** 351 cal / **Carbs** 37 g (40%) / **Protein** 18 g (19%) / **Fat** 17 g (41%) / **Fluid** 23

NOTES:

### Snack

10:00 AM

fbbc mexicali dip	1 serving	275 cal
whole wheat crackers, low-sodium	10 cracker	177 cal

MEAL TOTAL: **Calories** 452 cal / **Carbs** 49 g (42%) / **Protein** 37 g (32%) / **Fat** 14 g (26%) / **Fluid** 45

NOTES:

### Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
tomatoes	1/2 cup	13 cal
drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal
tempeh	2 oz	108 cal
extra virgin olive oil	1/2 Tbsp	60 cal
basmati rice, cooked	3/4 Cup(s)	150 cal

MEAL TOTAL: **Calories** 500 cal / **Carbs** 53 g (40%) / **Protein** 17 g (12%) / **Fat** 28 g (48%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 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	3/4 Cup(s)	135 cal

MEAL TOTAL: **Calories** 496 cal / **Carbs** 74 g (58%) / **Protein** 33 g (26%) / **Fat** 9 g (16%) / **Fluid** 28

NOTES:

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**DAY 1 TOTAL: Calories** 1,800 cal / **Carbs** 214 g (46%) / **Protein** 104 g (22%) / **Fat** 68 g (32%) / **Fluid** 119

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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	1/2 Cup(s)	41 cal
sunflower flax bread	2 slice	270 cal
chunky peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 511 cal / **Carbs** 64 g (49%) / **Protein** 32 g (24%) / **Fat** 16 g (27%) / **Fluid** 23

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	5 oz	81 cal
almonds	1/2 oz	81 cal
pears	1 large	119 cal

MEAL TOTAL: **Calories** 281 cal / **Carbs** 55 g (71%) / **Protein** 5 g (6%) / **Fat** 8 g (23%) / **Fluid** 26

NOTES:

### Lunch

12:00 PM

extra virgin olive oil	1 Tbsp	120 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** 515 cal / **Carbs** 50 g (38%) / **Protein** 26 g (20%) / **Fat** 25 g (42%) / **Fluid** 31

NOTES:

### Dinner

6:00 PM

iced tea, green	2 Cup(s)	0 cal
indian eggplant curry	1 serving	304 cal
basmati rice, cooked	1 Cup(s)	200 cal

MEAL TOTAL: **Calories** 504 cal / **Carbs** 82 g (62%) / **Protein** 11 g (9%) / **Fat** 17 g (29%) / **Fluid** 32

NOTES:

**DAY 2 TOTAL: Calories** 1,811 cal / **Carbs** 252 g (53%) / **Protein** 74 g (16%) / **Fat** 66 g (31%) / **Fluid** 112



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## DAY 3

### Breakfast

fbbc pumpkin chia protein oats

1 serving

364 cal

7:00 AM

MEAL TOTAL: **Calories** 364 cal / **Carbs** 42 g (48%) / **Protein** 22 g (25%) / **Fat** 11 g (27%) / **Fluid** 9

NOTES:

### Snack

drinking water

2 Cup(s)

0 cal

10:00 AM

walnuts

1 1/3 oz

244 cal

oranges

1 fruit

69 cal

MEAL TOTAL: **Calories** 313 cal / **Carbs** 23 g (27%) / **Protein** 7 g (8%) / **Fat** 25 g (65%) / **Fluid** 20

NOTES:

### Lunch

drinking water

2 Cup(s)

0 cal

12:00 PM

romaine lettuce

2 Cup(s)

16 cal

extra virgin olive oil

1 Tbsp

120 cal

edamame soybeans, shelled

1 1/3 Cup(s)

160 cal

tomatoes

1 cup

27 cal

lemon juice

2 Tbsp

7 cal

chicken breast, boneless skinless

5 oz

153 cal

buckwheat groats, cooked

1 Cup(s)

155 cal

MEAL TOTAL: **Calories** 637 cal / **Carbs** 55 g (33%) / **Protein** 50 g (30%) / **Fat** 27 g (37%) / **Fluid** 33

NOTES:

### Dinner

drinking water

2 Cup(s)

0 cal

6:00 PM

indian eggplant curry

1 serving

304 cal

basmati rice, cooked

1 Cup(s)

200 cal

MEAL TOTAL: **Calories** 504 cal / **Carbs** 82 g (62%) / **Protein** 11 g (9%) / **Fat** 17 g (29%) / **Fluid** 32

NOTES:

**DAY 3 TOTAL: Calories** 1,817 cal / **Carbs** 203 g (43%) / **Protein** 91 g (19%) / **Fat** 79 g (38%) / **Fluid** 94



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## DAY 4

### Breakfast

7:00 AM

blueberries	1 1/4 Cup(s)	103 cal
drinking water	2 Cup(s)	0 cal
breakfast stuffed peppers	1 serving	189 cal
bread by daves killer's bread	1 slice	110 cal

MEAL TOTAL: **Calories** 403 cal / **Carbs** 53 g (50%) / **Protein** 19 g (18%) / **Fat** 15 g (32%) / **Fluid** 25

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
pears	1 large	119 cal
walnuts	3/4 oz	137 cal

MEAL TOTAL: **Calories** 256 cal / **Carbs** 35 g (49%) / **Protein** 4 g (6%) / **Fat** 14 g (45%) / **Fluid** 22

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:

### Dinner

6:00 PM

salmon, cooked	3 oz	130 cal
black tea brewed	2 Cup(s)	5 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
beets	3/4 Cup(s)	44 cal
black eyed peas	1 Cup(s)	90 cal
basmati rice, cooked	1 Cup(s)	200 cal

MEAL TOTAL: **Calories** 497 cal / **Carbs** 80 g (64%) / **Protein** 35 g (27%) / **Fat** 5 g (9%) / **Fluid** 23

NOTES:

**DAY 4 TOTAL: Calories** 1,803 cal / **Carbs** 247 g (52%) / **Protein** 92 g (19%) / **Fat** 60 g (29%) / **Fluid** 97



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## DAY 5

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
breakfast stuffed peppers	1 serving	189 cal
sunflower flax bread	1 slice	135 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 45 g (45%) / **Protein** 18 g (18%) / **Fat** 17 g (37%) / **Fluid** 24

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	4 oz	122 cal
whole grain tortillas	2 tortilla	340 cal
red peppers	1 medium	37 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 603 cal / **Carbs** 86 g (54%) / **Protein** 39 g (25%) / **Fat** 14 g (21%) / **Fluid** 33

NOTES:

### Dinner

6:00 PM

shrimp, cooked	3 oz	101 cal
edamame soybeans, shelled	1/2 Cup(s)	60 cal
extra virgin olive oil	1 Tbsp	120 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** 509 cal / **Carbs** 57 g (44%) / **Protein** 30 g (24%) / **Fat** 18 g (32%) / **Fluid** 20

NOTES:

**DAY 5 TOTAL: Calories** 1,798 cal / **Carbs** 225 g (47%) / **Protein** 93 g (20%) / **Fat** 68 g (33%) / **Fluid** 99



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## DAY 6

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
blueberries	1 1/4 Cup(s)	103 cal
plain greek yogurt, nonfat	6 oz	100 cal
seeds chia dried	1/2 oz	69 cal
sunflower flax bread	1 slice	135 cal
chunky peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 502 cal / **Carbs** 63 g (48%) / **Protein** 30 g (23%) / **Fat** 17 g (29%) / **Fluid** 26

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	1/2 Tbsp	60 cal
chicken breast, boneless skinless	3 oz	92 cal
buckwheat groats, cooked	3/4 Cup(s)	116 cal
black eyed peas	1/2 Cup(s)	45 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal

MEAL TOTAL: **Calories** 522 cal / **Carbs** 81 g (60%) / **Protein** 30 g (22%) / **Fat** 11 g (18%) / **Fluid** 32

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
cod fish, cooked	4 oz	119 cal
roasted beet and chickpea salad	1 serving	209 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal

MEAL TOTAL: **Calories** 476 cal / **Carbs** 81 g (46%) / **Protein** 35 g (20%) / **Fat** 26 g (34%) / **Fluid** 26

NOTES:

**DAY 6 TOTAL: Calories** 1,802 cal / **Carbs** 261 g (50%) / **Protein** 100 g (19%) / **Fat** 73 g (31%) / **Fluid** 106

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## DAY 7

### Breakfast

7:00 AM

egg, hard boiled	1 large	78 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

MEAL TOTAL: **Calories** 426 cal / **Carbs** 36 g (33%) / **Protein** 38 g (35%) / **Fat** 15 g (32%) / **Fluid** 29

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
provolone cheese	1 oz	100 cal
brown rice crackers, no salt	8 crackers	120 cal

MEAL TOTAL: **Calories** 246 cal / **Carbs** 28 g (45%) / **Protein** 12 g (19%) / **Fat** 10 g (36%) / **Fluid** 21

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 1/2 Tbsp	180 cal
tempeh	4 oz	216 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal

MEAL TOTAL: **Calories** 604 cal / **Carbs** 57 g (36%) / **Protein** 27 g (17%) / **Fat** 34 g (47%) / **Fluid** 26

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	5 oz	153 cal
roasted beet and chickpea salad	1 serving	209 cal
buckwheat groats, cooked	1 Cup(s)	155 cal
mushrooms	1 cup	15 cal

MEAL TOTAL: **Calories** 532 cal / **Carbs** 112 g (58%) / **Protein** 44 g (23%) / **Fat** 17 g (19%) / **Fluid** 30

NOTES:

**DAY 7 TOTAL: Calories** 1,808 cal / **Carbs** 234 g (45%) / **Protein** 120 g (23%) / **Fat** 76 g (32%) / **Fluid** 106





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	
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1 Servings

## fbbc pumpkin chia protein oats

### Ingredients

oatmeal oatmeal old fashioned oats by quaker oats

1/2 Cup(s)

100% liquid egg whites

1/2 Cup(s)

pumpkin, no salt, canned

3 Tbsp

vanilla extract

1 tsp

chia seeds

1 1/2 Tbsp

drinking water

1 Cup(s)

spices pumpkin pie spice

1/2 tsp

### Nutrition Totals

**Calories** 364 / **Carbs** 42 g / **Protein** 22 g / **Fat** 11 g / **Fluid** 9 fl oz

### Instructions

Instructions:

In a small sauce pan, bring water to a boil.

Add oats to boiling water and reduce to medium heat.

Cook for 2-3 minutes uncovered, stirring occasionally.

In a separate dish, add egg whites. Continually whip whites with a fork or whisk until frothy.

Pour egg whites into oats and stir briskly for about 1 minute.

Cover pot and let cook on low heat for another 3-4 minutes.

Remove from heat and stir in pure vanilla extract, pumpkin puree, pumpkin spice seasoning, and chia seeds.

Serve with optional toppings if desired.

Optional toppings: cinnamon, berries, honey



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## Nutrition Label

Fbbc Pumpkin Chia Protein Oats	
Amount Per Serving	
Calories	364
% Daily Value*	
Total Fat 10.7g	17%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 606.8mg	25%
Total Carbohydrates 42.3g	14%
Dietary Fiber 14.4g	58%
Total Sugar 3.1g	
Protein 21.8g	
Vitamin D 0IU	0%
Calcium 168.3mg	17%
Iron 5.3mg	30%
Potassium 707.4mg	
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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	
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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 of 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.



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## 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	
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# Shopping List

## Accompaniments

kosher salt  
0.24 tsp  
salsa, ready to serve  
0.5 Cup(s)

## Beef

ground beef, lean  
4 oz

## Beverages

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

## Bread

sunflower flax bread  
4 slice  
whole grain tortillas  
5 tortilla

## Cereal & Grain Products

basmati rice, cooked  
4.75 Cup(s)  
buckwheat groats, cooked  
3.5 Cup(s)  
oatmeal oatmeal old fashioned oats by quaker oats  
0.5 Cup(s)

## Cookies & Crackers

whole wheat crackers, low-sodium  
10 cracker

## Dairy & Egg

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Eating right, simplified.

100% liquid egg whites

0.5 Cup(s)

egg

2 egg

egg, hard boiled

1 large

plain greek yogurt, nonfat

22 oz

plain yogurt, whole milk

0.5 Cup(s)

provolone cheese

1 oz

whole eggs, scrambled

1 large

## Fats & Oils

extra virgin olive oil

1 tsp

11.5 Tbsp

## Finfish & Shellfish

atlantic herring, cooked

3 oz

cod fish, cooked

7 oz

salmon, cooked

3 oz

shrimp, cooked

3 oz

tuna fish, very low-sodium, in water

3 oz

## Fruits & Juices

avocados

0.5 avocado

blueberries

3 Cup(s)

grapes

5 oz

lemon juice

3 Tbsp

nectarines

2 fruit

oranges

3 fruit

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Eating right, simplified.

pears  
4 large

### Legumes & Beans

black beans, no salt, boiled  
0.25 Cup(s)  
black eyed peas  
2.25 Cup(s)  
chickpeas, canned, drained  
4 oz  
edamame soybeans, shelled  
1.83 Cup(s)

### Nuts & Seeds

almonds  
0.5 oz  
chia seeds  
1.5 Tbsp  
chunky peanut butter, no salt  
2 Tbsp  
walnuts  
4.08 oz

### Poultry

chicken breast, boneless skinless  
17 oz

### Snacks

brown rice crackers, no salt  
8 crackers

### Spices & Herbs

black pepper  
0.37 tsp  
cayenne pepper  
0.13 tsp  
cumin ground  
1.5 tsp  
curry powder  
2 tsp  
garlic powder  
0.25 tsp

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Eating right, simplified.

oregano, dried

0.25 tsp

rosemary

1 tsp

salt

0.25 tsp

## Uncategorized

bread by daves killer's bread

1 slice

cheese swiss

1 oz

queso cotija

0.06 Cup(s)

seeds chia dried

1.5 oz

spices pumpkin pie spice

0.5 tsp

vanilla extract

1 tsp

## Vegetables

beets

0.75 Cup(s)

1.5 Beet

brussels sprouts, no salt, boiled

5 Cup(s)

cilantro leaves raw, coriander

0.76 Cup(s)

eggplant

1 eggplant

fresh spinach

1 Cup(s)

garlic

5 clove

ginger root

2 Tbsp

jalapeno peppers

1 pepper

mushrooms

1.26 cup

onions

2.76 medium

pumpkin, no salt, canned

3 Tbsp

red peppers

2 medium



Eating right, simplified.

romaine lettuce

9 Cup(s)

spinach, no salt, boiled

1 Cup(s)

sweet potato, no salt, baked

3.75 Cup(s)

tomatoes

6 cup

1.5 medium

## Vegetarian Products

tempeh

6 oz