



Eating right, simplified.

## 2,100 Calorie Plan (Protein) 4 meals/day

### DAY 1

#### Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal
blueberries	1 Cup(s)	83 cal
egg whites, cooked	5 large	86 cal

MEAL TOTAL: **Calories** 545 cal / **Carbs** 78 g (60%) / **Protein** 25 g (19%) / **Fat** 12 g (21%) / **Fluid** 26

NOTES:

#### Snack

10:00 AM

apples	1 large	110 cal
almond butter	2 Tbsp	200 cal
drinking water	2 Cup(s)	0 cal
trulean whey isolate protein frosted vanilla cake	1 1/2 Scoop	150 cal

MEAL TOTAL: **Calories** 460 cal / **Carbs** 37 g (32%) / **Protein** 43 g (36%) / **Fat** 16 g (32%) / **Fluid** 22

NOTES:

#### Lunch

12:00 PM

turkey breast, roasted	7 oz	270 cal
baby carrots	15 large	79 cal
romaine lettuce	3 leaf	3 cal
tomatoes	1/4 Cup(s)	8 cal
whole-wheat pita bread	1 large	170 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 530 cal / **Carbs** 56 g (41%) / **Protein** 67 g (49%) / **Fat** 6 g (10%) / **Fluid** 30

NOTES:

#### Dinner

6:00 PM

broccoli, no salt, boiled	1 Cup(s)	55 cal
cod fish	6 oz	139 cal
black beans, no salt, boiled	2/3 Cup(s)	151 cal
wild rice, cooked	1/2 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 548 cal / **Carbs** 56 g (39%) / **Protein** 47 g (34%) / **Fat** 17 g (27%) / **Fluid** 30

NOTES:

**DAY 1 TOTAL: Calories** 2,084 cal / **Carbs** 227 g (43%) / **Protein** 182 g (35%) / **Fat** 52 g (22%) / **Fluid** 108

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## DAY 2

### Breakfast

7:00 AM

oat bran flakes cereal	1 1/4 Cup(s)	223 cal
egg, hard boiled	2 large	155 cal
turkey sausage breakfast links	1 1/3 oz	89 cal
almond milk (unsweetened)	1 1/2 cup(s)	53 cal

MEAL TOTAL: **Calories** 520 cal / **Carbs** 49 g (38%) / **Protein** 26 g (20%) / **Fat** 24 g (42%) / **Fluid** 3

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	1 1/2 oz	24 cal
almonds	1 1/2 oz	243 cal
trulean whey isolate protein frosted vanilla cake	1 1/2 Scoop	150 cal

MEAL TOTAL: **Calories** 417 cal / **Carbs** 16 g (15%) / **Protein** 45 g (41%) / **Fat** 21 g (44%) / **Fluid** 17

NOTES:

### Lunch

12:00 PM

balsamic vinegar	1/4 Tbsp	4 cal
whole wheat dinner rolls	2 roll	149 cal
cranberries, dried sweetened	1/4 Cup(s)	92 cal
extra virgin olive oil	1/4 Tbsp	30 cal
romaine lettuce	2 Cup(s)	16 cal
chicken, boneless, roasted	6 oz	284 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 575 cal / **Carbs** 57 g (39%) / **Protein** 49 g (33%) / **Fat** 18 g (28%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

spinach, no salt, boiled	2 Cup(s)	83 cal
beef flank, lean, broiled	5 oz	272 cal
sweet potato, no salt, baked	1 1/2 large	243 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 598 cal / **Carbs** 69 g (45%) / **Protein** 55 g (36%) / **Fat** 13 g (19%) / **Fluid** 37

NOTES:

**DAY 2 TOTAL: Calories** 2,110 cal / **Carbs** 192 g (35%) / **Protein** 175 g (33%) / **Fat** 76 g (32%) / **Fluid** 82



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### DAY 3

#### Breakfast

7:00 AM

whole wheat english muffin	1 1/2 muffin	201 cal
almond butter	2 Tbsp	200 cal
egg whites, cooked	5 large	86 cal
plain greek yogurt, nonfat	6 oz	100 cal
blueberries	1/2 Cup(s)	41 cal

MEAL TOTAL: **Calories** 628 cal / **Carbs** 64 g (41%) / **Protein** 51 g (32%) / **Fat** 19 g (27%) / **Fluid** 13

NOTES:

#### Snack

10:00 AM

egg, hard boiled	2 large	155 cal
bananas	1 large	121 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 276 cal / **Carbs** 32 g (45%) / **Protein** 14 g (20%) / **Fat** 11 g (35%) / **Fluid** 22

NOTES:

#### Lunch

12:00 PM

whole wheat bread	2 slice	200 cal
drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	8 oz	224 cal
romaine lettuce	3 leaf	3 cal
olive oil, mayonnaise, light	1/2 Tbsp	25 cal
apples	1 large	110 cal
tomatoes	1/4 Cup(s)	8 cal

MEAL TOTAL: **Calories** 570 cal / **Carbs** 72 g (47%) / **Protein** 62 g (40%) / **Fat** 9 g (13%) / **Fluid** 24

NOTES:

#### Dinner

6:00 PM

italian chicken	1 1/2 serving	392 cal
kale, no salt, boiled	2 Cup(s)	73 cal
drinking water	2 Cup(s)	0 cal
macaroni, cooked	1/2 Cup(s)	87 cal
olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 611 cal / **Carbs** 36 g (23%) / **Protein** 47 g (30%) / **Fat** 33 g (47%) / **Fluid** 31

NOTES:

**DAY 3 TOTAL: Calories** 2,085 cal / **Carbs** 204 g (38%) / **Protein** 174 g (32%) / **Fat** 72 g (30%) / **Fluid** 90



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## DAY 4

### Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
whole grain rolled oats, dry	3/4 Cup(s)	224 cal
egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 565 cal / **Carbs** 65 g (47%) / **Protein** 35 g (26%) / **Fat** 16 g (27%) / **Fluid** 29

NOTES:

### Snack

10:00 AM

pears	1 small	79 cal
melba toast, no salt	4 toast	75 cal
almonds, raw	25 Whole nuts	185 cal

MEAL TOTAL: **Calories** 339 cal / **Carbs** 41 g (48%) / **Protein** 11 g (12%) / **Fat** 16 g (40%) / **Fluid** 4

NOTES:

### Lunch

12:00 PM

balsamic vinegar	2 Tbsp	28 cal
whole-wheat pita bread	1 large	170 cal
romaine lettuce	1 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
italian chicken	1 1/2 serving	392 cal

MEAL TOTAL: **Calories** 598 cal / **Carbs** 45 g (30%) / **Protein** 46 g (30%) / **Fat** 27 g (40%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

beef flank, lean, broiled	7 oz	381 cal
wild rice, cooked	1 Cup(s)	166 cal
summer squash, no salt, boiled	2 cup	72 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 619 cal / **Carbs** 51 g (32%) / **Protein** 65 g (42%) / **Fat** 18 g (26%) / **Fluid** 36

NOTES:

**DAY 4 TOTAL: Calories** 2,121 cal / **Carbs** 201 g (39%) / **Protein** 156 g (29%) / **Fat** 76 g (32%) / **Fluid** 92



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## DAY 5

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
oat bran flakes cereal	1 1/2 Cup(s)	268 cal
egg whites, cooked	6 large	103 cal
italian turkey sausage, lower sodium	2 oz	90 cal
almond milk (unsweetened)	1 cup(s)	35 cal

MEAL TOTAL: **Calories** 495 cal / **Carbs** 60 g (50%) / **Protein** 38 g (31%) / **Fat** 10 g (19%) / **Fluid** 15

NOTES:

### Snack

10:00 AM

almond butter	2 Tbsp	200 cal
apples	1/2 large	55 cal
drinking water	2 Cup(s)	0 cal
cottage cheese, 2% milkfat	3/4 Cup(s)	146 cal

MEAL TOTAL: **Calories** 401 cal / **Carbs** 27 g (27%) / **Protein** 26 g (27%) / **Fat** 20 g (46%) / **Fluid** 24

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
turkey breast, roasted	8 oz	308 cal
whole-wheat pita bread	1 1/2 large	255 cal
tomatoes	1/4 Cup(s)	8 cal
baby carrots	10 large	53 cal
romaine lettuce	3 leaf	3 cal

MEAL TOTAL: **Calories** 627 cal / **Carbs** 68 g (42%) / **Protein** 78 g (48%) / **Fat** 7 g (10%) / **Fluid** 29

NOTES:

### Dinner

6:00 PM

chicken vegetable soup	1 1/2 serving	502 cal
whole wheat dinner rolls	1 roll	74 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 576 cal / **Carbs** 43 g (30%) / **Protein** 49 g (33%) / **Fat** 24 g (37%) / **Fluid** 29

NOTES:

**DAY 5 TOTAL: Calories** 2,100 cal / **Carbs** 198 g (38%) / **Protein** 191 g (36%) / **Fat** 62 g (26%) / **Fluid** 97



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## DAY 6

### Breakfast

7:00 AM

whole wheat english muffin	1 1/2 muffin	201 cal
almond butter	2 Tbsp	200 cal
trulean whey isolate protein frosted vanilla cake	1 1/2 Scoop	150 cal
almond milk (unsweetened)	1 1/2 cup(s)	53 cal

MEAL TOTAL: **Calories** 603 cal / **Carbs** 49 g (32%) / **Protein** 52 g (35%) / **Fat** 23 g (33%) / **Fluid** 2

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cottage cheese, 2% milkfat	1 1/4 Cup(s)	243 cal
blueberries	1 1/2 Cup(s)	124 cal

MEAL TOTAL: **Calories** 367 cal / **Carbs** 42 g (45%) / **Protein** 35 g (37%) / **Fat** 8 g (18%) / **Fluid** 30

NOTES:

### Lunch

12:00 PM

chicken vegetable soup	1 1/2 serving	502 cal
whole wheat dinner rolls	1 1/2 roll	112 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 614 cal / **Carbs** 51 g (33%) / **Protein** 50 g (32%) / **Fat** 24 g (35%) / **Fluid** 30

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
black beans, no salt, boiled	3/4 Cup(s)	170 cal
chicken breast, cooked	6 oz	281 cal
spinach, no salt, boiled	2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 534 cal / **Carbs** 44 g (32%) / **Protein** 75 g (55%) / **Fat** 8 g (13%) / **Fluid** 34

NOTES:

**DAY 6 TOTAL: Calories** 2,118 cal / **Carbs** 186 g (34%) / **Protein** 212 g (40%) / **Fat** 62 g (26%) / **Fluid** 95



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## DAY 7

### Breakfast

7:00 AM

egg, hard boiled	2 large	155 cal
bananas	1 extra large	135 cal
fruit yogurt, non-fat	1/2 cup	116 cal
turkey sausage breakfast links	1 1/3 oz	89 cal
natural peanut butter	2 tablespoons	190 cal

MEAL TOTAL: **Calories** 685 cal / **Carbs** 68 g (38%) / **Protein** 32 g (18%) / **Fat** 34 g (44%) / **Fluid** 10

NOTES:

### Snack

10:00 AM

string cheese, light	2 serving	100 cal
baby carrots	20 large	105 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 205 cal / **Carbs** 27 g (51%) / **Protein** 14 g (26%) / **Fat** 5 g (23%) / **Fluid** 25

NOTES:

### Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
tuna fish, very low-sodium, in water	8 oz	224 cal
bottled water	16 fl. oz.	0 cal
tomatoes	1/4 Cup(s)	8 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal

MEAL TOTAL: **Calories** 535 cal / **Carbs** 40 g (30%) / **Protein** 60 g (43%) / **Fat** 16 g (27%) / **Fluid** 18

NOTES:

### Dinner

6:00 PM

sweet potato, no salt, baked	1 1/2 large	243 cal
chicken, boneless, roasted	8 oz	379 cal
kale, no salt, boiled	2 Cup(s)	73 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 695 cal / **Carbs** 71 g (41%) / **Protein** 67 g (38%) / **Fat** 16 g (21%) / **Fluid** 36

NOTES:

**DAY 7 TOTAL: Calories** 2,120 cal / **Carbs** 205 g (38%) / **Protein** 173 g (32%) / **Fat** 72 g (30%) / **Fluid** 90



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1 Servings

## italian chicken

### Ingredients

garlic  
1/2 clove

lemon juice  
1 Tbsp

olive oil  
1 Tbsp

chicken breast skinless  
4 oz

### Nutrition Totals

**Calories** 261 / **Carbs** 2 g / **Protein** 26 g / **Fat** 17 g / **Fluid** 3 fl oz

### Instructions

Combine ingredients in a small bowl and place chicken breast in the bowl to marinate. Remember to turn it over occasionally. One hour before serving, heat oven to 450F. Line a baking sheet with foil, and put chicken on. Put pan in oven, reduce heat to 325F. Bake 35-45 minutes.





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## Nutrition Label

Italian Chicken		
Amount Per Serving		
Calories		261
		% Daily Value*
Total Fat	16.5g	25%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	82.7mg	28%
Sodium	51.7mg	2%
Total Carbohydrates	1.5g	1%
Dietary Fiber	0g	0%
Total Sugar	0.4g	
Protein	25.6g	
Vitamin D	1.1IU	0%
Calcium	9.4mg	1%
Iron	0.5mg	3%
Potassium	400.7mg	
* 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.		



2 Servings

# chicken vegetable soup

## Ingredients

coconut vegetable oil

1 Tbsp

onions

1 medium

zucchini/summer squash

2 cup

chicken, boneless, roasted

8 oz

vegetable stock, no salt added

3 Cup(s)

carrots

1 medium

black pepper

1/2 tsp

oregano, dried

1/2 tsp

parsley (fresh)

1 tablespoon(s)

## Nutrition Totals

**Calories** 669 / **Carbs** 39 g / **Protein** 62 g / **Fat** 30 g / **Fluid** 18 fl oz

## Instructions

1. In a large saucepan, cook diced onion, zucchini and carrots in coconut oil until tender.
2. Season with pepper, oregano and parsley.
3. Add cooked chicken and vegetable stock.
4. Simmer over low heat for 15 minutes, stirring occasionally.



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## Nutrition Label

Chicken Vegetable Soup	
Amount Per Serving	
Calories	335
% Daily Value*	
Total Fat 14.9g	23%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 162.5mg	7%
Total Carbohydrates 19.4g	6%
Dietary Fiber 3.2g	13%
Total Sugar 13.3g	
Protein 30.8g	
Vitamin D 0IU	0%
Calcium 63.9mg	6%
Iron 2.2mg	12%
Potassium 18947.6mg	
* 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

olive oil, mayonnaise, light

1.5 Tbsp

## Beef

beef flank, lean, broiled

12 oz

italian turkey sausage, lower sodium

2 oz

## Beverages

almond milk (unsweetened)

4 cup(s)

bottled water

16 fl. oz.

drinking water

41 Cup(s)

iced tea, green

16 fl. oz.

## Bread

whole-wheat pita bread

3.5 large

whole wheat bread

2 slice

whole wheat dinner rolls

4.5 roll

whole wheat english muffin

3 muffin

whole wheat tortillas

2 tortilla

## Cereal & Grain Products

macaroni, cooked

0.5 Cup(s)

oat bran flakes cereal

2.75 Cup(s)

whole grain rolled oats, dry

1.75 Cup(s)

wild rice, cooked

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1.5 Cup(s)

## Cookies & Crackers

melba toast, no salt  
4 toast

## Dairy & Egg

cottage cheese, 2% milkfat  
2 Cup(s)  
egg, hard boiled  
9 large  
egg whites, cooked  
22 large  
fruit yogurt, non-fat  
0.5 cup  
plain greek yogurt, nonfat  
6 oz  
string cheese, light  
2 serving

## Fats & Oils

coconut vegetable oil  
1.5 Tbsp  
extra virgin olive oil  
1.25 Tbsp  
olive oil  
3.5 Tbsp

## Finfish & Shellfish

cod fish  
6 oz  
tuna fish, very low-sodium, in water  
16 oz

## Fruits & Juices

apples  
2.5 large  
bananas  
1 large  
1 extra large  
blueberries  
4 Cup(s)

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cranberries, dried sweetened

0.25 Cup(s)

grapes

1.5 oz

lemon juice

3 Tbsp

pears

1 small

## Ingredients

balsamic vinegar

2.25 Tbsp

## Legumes & Beans

black beans, no salt, boiled

1.42 Cup(s)

## Nuts & Seeds

almond butter

8 Tbsp

almonds

1.5 oz

natural peanut butter

2 tablespoons

## Poultry

chicken, boneless, roasted

26 oz

chicken breast, cooked

6 oz

chicken breast skinless

12 oz

turkey breast, roasted

15 oz

## Sausages & Meats

turkey sausage breakfast links

2.66 oz

## Soup

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vegetable stock, no salt added  
4.5 Cup(s)

### Spices & Herbs

black pepper  
0.76 tsp  
oregano, dried  
0.76 tsp  
parsley (fresh)  
1.5 tablespoon(s)

### Sports & Diet Nutritionals

trulean whey isolate protein frosted vanilla cake  
4.5 Scoop

### Uncategorized

almonds, raw  
25 Whole nuts

### Vegetables

baby carrots  
45 large  
broccoli, no salt, boiled  
1 Cup(s)  
carrots  
1.5 medium  
garlic  
1.5 clove  
kale, no salt, boiled  
4 Cup(s)  
onions  
1.5 medium  
romaine lettuce  
9 leaf  
3 Cup(s)  
spinach, no salt, boiled  
4 Cup(s)  
summer squash, no salt, boiled  
2 cup  
sweet potato, no salt, baked  
3 large  
tomatoes  
1 Cup(s)

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**zucchini/summer squash**

**3 cup**