



Eating right, simplified.

## 2,100 Calorie Plan (Protein) 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 Cup(s)	299 cal
raisins, seedless	1/4 cup	123 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 673 cal / **Carbs** 91 g (55%) / **Protein** 28 g (17%) / **Fat** 20 g (28%) / **Fluid** 23

NOTES:

#### Snack

10:00 AM

smooth peanut butter, no salt	1 Tbsp	94 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
cottage cheese, non-fat	1 1/2 Cup(s)	157 cal

MEAL TOTAL: **Calories** 361 cal / **Carbs** 47 g (49%) / **Protein** 27 g (29%) / **Fat** 9 g (22%) / **Fluid** 28

NOTES:

#### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
whole wheat tortillas	1 1/2 tortilla	191 cal
turkey breast, roasted	8 oz	308 cal
romaine lettuce	2 leaf	2 cal
hummus, lower sodium	3 Tbsp	78 cal

MEAL TOTAL: **Calories** 580 cal / **Carbs** 35 g (24%) / **Protein** 77 g (53%) / **Fat** 15 g (23%) / **Fluid** 23

NOTES:

#### Dinner

6:00 PM

cauliflower, no salt, boiled	1 Cup(s)	29 cal
yellowfin tuna fish, cooked	4 oz	147 cal
wild rice, cooked	1/2 Cup(s)	83 cal
lentil beans, no salt, boiled	1/2 Cup(s)	115 cal
extra virgin olive oil	1 Tbsp	120 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 494 cal / **Carbs** 43 g (34%) / **Protein** 48 g (38%) / **Fat** 16 g (28%) / **Fluid** 27

NOTES:

**DAY 1 TOTAL: Calories** 2,107 cal / **Carbs** 216 g (40%) / **Protein** 179 g (34%) / **Fat** 60 g (26%) / **Fluid** 102

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## DAY 2

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
fbbc blueberry muffin smoothie	1 serving	394 cal
ezeiel 4:9 sprouted 100% whole grain bread by foo...	1 slice	80 cal
almond butter (unsweetened)	1 tablespoon(s)	98 cal

MEAL TOTAL: **Calories** 572 cal / **Carbs** 52 g (35%) / **Protein** 41 g (28%) / **Fat** 25 g (37%) / **Fluid** 9

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cashews	1/2 oz	78 cal
oranges	2 fruit	137 cal
cottage cheese, non-fat	1 Cup(s)	104 cal

MEAL TOTAL: **Calories** 320 cal / **Carbs** 49 g (57%) / **Protein** 20 g (24%) / **Fat** 7 g (19%) / **Fluid** 28

NOTES:

### Lunch

12:00 PM

olive oil, mayonnaise, light	1 Tbsp	49 cal
iced tea, green	16 fl oz	0 cal
tomatoes	1/4 Cup(s)	8 cal
avocados	1/3 avocado	107 cal
chicken, boneless, roasted	6 oz	284 cal
whole-wheat pita bread	1 large	170 cal

MEAL TOTAL: **Calories** 619 cal / **Carbs** 44 g (28%) / **Protein** 51 g (32%) / **Fat** 28 g (40%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

green snap beans, no salt, boiled	1 Cup(s)	44 cal
yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
drinking water	2 Cup(s)	0 cal
beef t-bone, broiled	6 oz	321 cal

MEAL TOTAL: **Calories** 602 cal / **Carbs** 66 g (44%) / **Protein** 50 g (33%) / **Fat** 15 g (23%) / **Fluid** 28

NOTES:

**DAY 2 TOTAL: Calories** 2,113 cal / **Carbs** 210 g (39%) / **Protein** 161 g (30%) / **Fat** 75 g (31%) / **Fluid** 89



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### DAY 3

#### Breakfast

7:00 AM

cottage cheese, non-fat	1 Cup(s)	104 cal
ezekiel 4:9 sprouted 100% whole grain bread by foo...	2 slice	160 cal
natural peanut butter	2 tablespoons	190 cal
egg whites, cooked	2 large	34 cal
whole eggs, scrambled	2 large	182 cal

MEAL TOTAL: **Calories** 670 cal / **Carbs** 50 g (30%) / **Protein** 49 g (29%) / **Fat** 31 g (41%) / **Fluid** 9

NOTES:

#### Snack

10:00 AM

bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
nut and raisin granola bars	1 bar	127 cal
trulean whey isolate protein frosted vanilla cake	1 1/2 Scoop	150 cal

MEAL TOTAL: **Calories** 412 cal / **Carbs** 54 g (50%) / **Protein** 40 g (37%) / **Fat** 6 g (13%) / **Fluid** 20

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 1/2 Tbsp	74 cal
whole wheat tortillas	1 1/2 tortilla	191 cal

MEAL TOTAL: **Calories** 490 cal / **Carbs** 30 g (24%) / **Protein** 57 g (46%) / **Fat** 17 g (30%) / **Fluid** 17

NOTES:

#### Dinner

6:00 PM

green snap beans, no salt, boiled	1 Cup(s)	44 cal
drinking water	2 Cup(s)	0 cal
brown rice, cooked	3/4 Cup(s)	164 cal
fbbc beef skillet supper	1/3 serving	347 cal

MEAL TOTAL: **Calories** 555 cal / **Carbs** 67 g (48%) / **Protein** 49 g (36%) / **Fat** 10 g (16%) / **Fluid** 31

NOTES:

**DAY 3 TOTAL: Calories** 2,128 cal / **Carbs** 201 g (38%) / **Protein** 196 g (36%) / **Fat** 63 g (26%) / **Fluid** 77



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## DAY 4

### Breakfast

7:00 AM

bananas	1 medium	105 cal
whole grain rolled oats, dry	1/2 Cup(s)	150 cal
whole eggs, scrambled	2 large	182 cal
drinking water	2 Cup(s)	0 cal
almond milk (unsweetened)	1 cup(s)	35 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 540 cal / **Carbs** 58 g (44%) / **Protein** 29 g (22%) / **Fat** 20 g (34%) / **Fluid** 26

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
peanuts, no salt, dry-roasted	1 oz	166 cal
trulean whey isolate protein frosted vanilla cake	1 1/2 Scoop	150 cal

MEAL TOTAL: **Calories** 426 cal / **Carbs** 37 g (33%) / **Protein** 43 g (38%) / **Fat** 14 g (29%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

extra virgin olive oil	1 Tbsp	120 cal
balsamic vinegar	2 Tbsp	28 cal
tomatoes	1/2 Cup(s)	16 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
fbbc beef skillet supper	1/3 serving	347 cal
sweet potato (medium)	1/2 whole	83 cal

MEAL TOTAL: **Calories** 611 cal / **Carbs** 53 g (35%) / **Protein** 47 g (31%) / **Fat** 23 g (34%) / **Fluid** 30

NOTES:

### Dinner

6:00 PM

wild rice, cooked	1 Cup(s)	166 cal
asparagus, boiled	12 spears	40 cal
beef t-bone, broiled	6 oz	321 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 527 cal / **Carbs** 42 g (32%) / **Protein** 55 g (41%) / **Fat** 16 g (27%) / **Fluid** 29

NOTES:

**DAY 4 TOTAL: Calories** 2,104 cal / **Carbs** 191 g (36%) / **Protein** 175 g (33%) / **Fat** 73 g (31%) / **Fluid** 108



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## DAY 5

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
fbbc blueberry muffin smoothie	1 serving	394 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 463 cal / **Carbs** 51 g (42%) / **Protein** 35 g (29%) / **Fat** 16 g (29%) / **Fluid** 13

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
cottage cheese, non-fat	1 1/4 Cup(s)	131 cal
natural peanut butter	2 tablespoons	190 cal

MEAL TOTAL: **Calories** 431 cal / **Carbs** 49 g (44%) / **Protein** 26 g (23%) / **Fat** 17 g (33%) / **Fluid** 27

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1/2 large	85 cal
turkey breast, roasted	8 oz	308 cal
tomatoes	1/4 Cup(s)	8 cal
avocados	1/2 avocado	161 cal
hummus, lower sodium	4 Tbsp	105 cal

MEAL TOTAL: **Calories** 667 cal / **Carbs** 37 g (21%) / **Protein** 77 g (45%) / **Fat** 26 g (34%) / **Fluid** 27

NOTES:

### Dinner

6:00 PM

mediterranean chicken	1 1/2 serving	279 cal
wild rice, cooked	1 1/3 Cup(s)	221 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 528 cal / **Carbs** 53 g (39%) / **Protein** 46 g (34%) / **Fat** 17 g (27%) / **Fluid** 30

NOTES:

**DAY 5 TOTAL: Calories** 2,089 cal / **Carbs** 191 g (35%) / **Protein** 184 g (34%) / **Fat** 75 g (31%) / **Fluid** 97



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## DAY 6

### Breakfast

7:00 AM

smooth peanut butter, no salt	2 Tbsp	188 cal
whole wheat mini bagel	1 bagel	100 cal
drinking water	1 Cup(s)	0 cal
egg whites, cooked	5 large	86 cal
spinach	1 Cup(s)	7 cal
whole eggs, scrambled	2 large	182 cal

MEAL TOTAL: **Calories** 563 cal / **Carbs** 31 g (21%) / **Protein** 43 g (30%) / **Fat** 30 g (49%) / **Fluid** 17

NOTES:

### Snack

10:00 AM

raisins, seedless	1/4 cup	123 cal
drinking water	2 Cup(s)	0 cal
trulean whey isolate protein frosted vanilla cake	1 Scoop	100 cal
plain greek yogurt, nonfat	8 oz	134 cal
almonds, raw	18 Whole nuts	133 cal

MEAL TOTAL: **Calories** 490 cal / **Carbs** 45 g (36%) / **Protein** 54 g (43%) / **Fat** 12 g (21%) / **Fluid** 23

NOTES:

### Lunch

12:00 PM

whole-wheat pita bread	1 large	170 cal
green snap beans, no salt, boiled	2 Cup(s)	88 cal
drinking water	2 Cup(s)	0 cal
mediterranean chicken	1 1/2 serving	279 cal

MEAL TOTAL: **Calories** 536 cal / **Carbs** 56 g (40%) / **Protein** 46 g (32%) / **Fat** 18 g (28%) / **Fluid** 29

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
salmon, cooked	6 oz	260 cal
marinara spaghetti sauce, ready to serve	1/3 Cup(s)	41 cal
asparagus, boiled	8 spears	26 cal
banza chick peas pasta	2 oz	190 cal

MEAL TOTAL: **Calories** 517 cal / **Carbs** 43 g (32%) / **Protein** 60 g (45%) / **Fat** 14 g (23%) / **Fluid** 26

NOTES:

**DAY 6 TOTAL: Calories** 2,107 cal / **Carbs** 176 g (32%) / **Protein** 202 g (37%) / **Fat** 74 g (31%) / **Fluid** 95



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## DAY 7

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
fbbc cherry almond butter shake	1 serving	403 cal
egg, hard boiled	1 large	78 cal

MEAL TOTAL: **Calories** 481 cal / **Carbs** 32 g (26%) / **Protein** 38 g (30%) / **Fat** 24 g (44%) / **Fluid** 11

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
celery	5 medium stalk	32 cal
wheat thin crackers	15 crackers	120 cal
natural peanut butter	1 1/2 tablespoons	143 cal
egg, hard boiled	2 large	155 cal

MEAL TOTAL: **Calories** 450 cal / **Carbs** 34 g (30%) / **Protein** 21 g (18%) / **Fat** 27 g (52%) / **Fluid** 25

NOTES:

### Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
sliced ham, extra lean, low-sodium	4 oz	149 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	4 oz	154 cal

MEAL TOTAL: **Calories** 584 cal / **Carbs** 41 g (30%) / **Protein** 61 g (44%) / **Fat** 16 g (26%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	6 oz	284 cal
yams, no salt, boiled or baked	1 1/4 Cup(s)	197 cal
green snap beans, no salt, boiled	1 Cup(s)	44 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 585 cal / **Carbs** 57 g (39%) / **Protein** 47 g (32%) / **Fat** 19 g (29%) / **Fluid** 28

NOTES:

**DAY 7 TOTAL: Calories** 2,099 cal / **Carbs** 164 g (31%) / **Protein** 167 g (32%) / **Fat** 86 g (37%) / **Fluid** 87



1 Servings

# fbbc blueberry muffin smoothie

## Ingredients

almond milk (unsweetened)  
1 cup(s)

trulean whey isolate protein frosted vanilla cake  
1 Scoop

blueberries (frozen)  
1/2 cup(s)

spinach  
1 Cup(s)

almond butter (unsweetened)  
1 tablespoon(s)

old fashioned oats by quaker  
1/3 Cup(s)

ground flaxseed  
1/3 tablespoons

cinnamon, ground  
1/8 tsp

nutmeg, ground  
1/8 tsp

## Nutrition Totals

**Calories** 394 / **Carbs** 34 g / **Protein** 34 g / **Fat** 16 g / **Fluid** 1 fl oz

## Instructions

Blend all of the ingredients in a high-speed blender until smooth and serve.





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## Nutrition Label

Fbbc Blueberry Muffin Smoothie		
Amount Per Serving		
Calories		394
% Daily Value*		
Total Fat	15.5g	24%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	4mg	1%
Sodium	267.8mg	11%
Total Carbohydrates	33.6g	11%
Dietary Fiber	8.1g	33%
Total Sugar	7.5g	
Protein	33.5g	
Vitamin D	0IU	0%
Calcium	138mg	14%
Iron	2mg	11%
Potassium	282.6mg	
* 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 beef skillet supper

### Ingredients

ground beef, lean  
16 oz

sea salt  
1 teaspoon(s)

sweet hungarian style paprika sweet by kalocsa  
1 tsp

sweet potato  
2 cup

kale, raw  
2 cups

100% liquid egg whites  
1 Cup(s)

### Nutrition Totals

**Calories** 1042 / **Carbs** 67 g / **Protein** 131 g / **Fat** 24 g / **Fluid** 22 fl oz

### Instructions

Place a large skillet over medium high heat. Add the ground beef and cook, breaking it up until all of the pink is gone. Remove from heat.

Mix the sea salt, paprika and garlic powder into the beef. Return the heat to medium and add the sweet potato to the skillet. Cover and cook for 5 minutes.

Add the chopped kale to the skillet, cover and cook for another 5 minutes.

In another skillet over medium heat, scramble the egg whites until the curds are barely wet and starting to break apart.

Mix the egg whites into the skillet and top with optional mozzarella and cilantro.



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## Nutrition Label

Fbbc Beef Skillet Supper	
Amount Per Serving	
Calories	1042
% Daily Value*	
Total Fat 24.2g	37%
Saturated Fat 13.2g	66%
Trans Fat 1.4g	
Cholesterol 355.2mg	118%
Sodium 3659.9mg	152%
Total Carbohydrates 66.9g	22%
Dietary Fiber 10.6g	43%
Total Sugar 11.1g	
Protein 130.7g	
Vitamin D 13.4IU	2%
Calcium 301.5mg	30%
Iron 14.7mg	82%
Potassium 4255.3mg	
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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.



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## 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	
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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

almond milk (unsweetened)

1 cup(s)

trulean whey isolate protein frosted vanilla cake

1 Scoop

almond butter (unsweetened)

1 tablespoon(s)

ice cubes

4 cubes

### Nutrition Totals

**Calories** 403 / **Carbs** 31 g / **Protein** 31 g / **Fat** 19 g / **Fluid** 1 fl oz

### Instructions

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

Top with optional chopped cherry pieces and serve.



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## Nutrition Label

Fbbc Cherry Almond Butter Shake		
Amount Per Serving		
Calories		403
		% Daily Value*
Total Fat	19.1g	29%
Saturated Fat	1.6g	8%
Trans Fat	0g	
Cholesterol	4mg	1%
Sodium	247.6mg	10%
Total Carbohydrates	31.2g	10%
Dietary Fiber	8.9g	36%
Total Sugar	19g	
Protein	31.3g	
Vitamin D	0IU	0%
Calcium	111mg	11%
Iron	0.6mg	4%
Potassium	356.7mg	
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# Shopping List

## Accompaniments

marinara spaghetti sauce, ready to serve

0.33 Cup(s)

olive oil, mayonnaise, light

2.5 Tbsp

1 tsp

sea salt

0.66 teaspoon(s)

## Beef

beef t-bone, broiled

12 oz

ground beef, lean

10.66 oz

## Beverages

almond milk (unsweetened)

4 cup(s)

drinking water

46 Cup(s)

iced tea, green

32 fl oz

## Bread

whole-wheat pita bread

2.5 large

whole wheat mini bagel

1 bagel

whole wheat tortillas

5 tortilla

## Cereal & Grain Products

brown rice, cooked

0.75 Cup(s)

whole grain rolled oats, dry

1.5 Cup(s)

wild rice, cooked

2.83 Cup(s)

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## Cookies & Crackers

wheat thin crackers  
15 crackers

## Dairy & Egg

100% liquid egg whites  
0.66 Cup(s)  
cottage cheese, non-fat  
4.75 Cup(s)  
egg, hard boiled  
3 large  
egg whites, cooked  
15 large  
plain greek yogurt, nonfat  
8 oz  
whole eggs, scrambled  
8 large

## Fats & Oils

extra virgin olive oil  
2.5 Tbsp  
olive oil  
1.5 Tbsp

## Finfish & Shellfish

salmon, cooked  
6 oz  
tuna fish, very low-sodium, in water  
8 oz  
yellowfin tuna fish, cooked  
4 oz

## Fruits & Juices

apples  
3 large  
avocado  
0.25 avocado  
avocados  
0.83 avocado  
bananas  
1 extra large  
1 medium  
blueberries (frozen)

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1 cup(s)  
lemon juice  
1.12 fl oz  
oranges  
3 fruit  
raisins, seedless  
0.5 cup

## Ingredients

balsamic vinegar  
2 Tbsp

## Legumes & Beans

green snap beans, no salt, boiled  
5 Cup(s)  
hummus, lower sodium  
7 Tbsp  
lentil beans, no salt, boiled  
0.5 Cup(s)

## Nuts & Seeds

almond butter (unsweetened)  
4 tablespoon(s)  
cashews  
0.5 oz  
natural peanut butter  
5.5 tablespoons  
peanuts, no salt, dry-roasted  
1 oz  
smooth peanut butter, no salt  
3 Tbsp

## Poultry

chicken, boneless, roasted  
12 oz  
chicken breast, boneless skinless  
12 oz  
turkey breast, roasted  
20 oz

## Sausages & Meats

sliced ham, extra lean, low-sodium

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4 oz

## Snacks

nut and raisin granola bars  
1 bar

## Spices & Herbs

cinnamon, ground  
0.26 tsp  
nutmeg, ground  
0.26 tsp

## Sports & Diet Nutritionals

trulean whey isolate protein frosted vanilla cake  
7 Scoop

## Uncategorized

almonds, raw  
18 Whole nuts  
banza chick peas pasta  
2 oz  
ezekiel 4:9 sprouted 100% whole grain bread by food for life  
3 slice  
frozen fruit dark sweet cherries by dole  
1 Cup(s)  
ground flaxseed  
0.66 tablespoons  
ice cubes  
4 cubes  
old fashioned oats by quaker  
0.66 Cup(s)  
sweet hungarian style paprika sweet by kalocsa  
0.66 tsp

## Vegetables

asparagus, boiled  
20 spears  
cauliflower, no salt, boiled  
2 Cup(s)  
celery  
5 medium stalk  
garlic

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Eating right, simplified.

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0.76 clove  
kale, raw  
1.34 cups  
romaine lettuce  
6 leaf  
2 Cup(s)  
spinach  
3 Cup(s)  
sweet potato  
1.34 cup  
sweet potato (medium)  
0.5 whole  
tomatoes  
1.25 Cup(s)  
yams, no salt, boiled or baked  
2.75 Cup(s)