



Eating right, simplified.

2,100 Calorie Plan (Basic) 4 meals/day

DAY 1

Breakfast

7:00 AM

almond coconut beverage, unsweetened with calcium	1 Cup(s)	47 cal
whole eggs, scrambled	2 large	182 cal
blueberries	1 Cup(s)	83 cal
drinking water	1 Cup(s)	0 cal
old fashioned oats by quaker	1/2 Cup(s)	150 cal
egg whites, cooked	3 large	51 cal

MEAL TOTAL: **Calories** 513 cal / **Carbs** 53 g (41%) / **Protein** 30 g (23%) / **Fat** 21 g (36%) / **Fluid** 18

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
almonds	1 1/4 oz	203 cal
apricots	3 apricot	50 cal
crackers multigrain	1 1/4 oz	171 cal

MEAL TOTAL: **Calories** 424 cal / **Carbs** 43 g (39%) / **Protein** 11 g (10%) / **Fat** 25 g (51%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

olive oil	1 1/2 Tbsp	179 cal
drinking water	2 Cup(s)	0 cal
coho salmon fish, cooked	5 oz	197 cal
sprouted alfalfa seed	4 oz	26 cal
yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
green leaf lettuce	2 cup	11 cal

MEAL TOTAL: **Calories** 650 cal / **Carbs** 61 g (37%) / **Protein** 42 g (25%) / **Fat** 28 g (38%) / **Fluid** 30

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
quinoa, cooked	1 Cup(s)	222 cal
chicken, boneless, roasted	5 oz	237 cal
broccoli	1 1/2 cup	46 cal

MEAL TOTAL: **Calories** 505 cal / **Carbs** 48 g (38%) / **Protein** 47 g (38%) / **Fat** 13 g (24%) / **Fluid** 28

NOTES:

DAY 1 TOTAL: Calories 2,092 cal / **Carbs** 205 g (38%) / **Protein** 131 g (25%) / **Fat** 87 g (37%) / **Fluid** 95

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DAY 2

Breakfast

7:00 AM

fbbc avocado super shake	1 serving	429 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 429 cal / **Carbs** 44 g (40%) / **Protein** 31 g (28%) / **Fat** 16 g (32%) / **Fluid** 18

NOTES:

Snack

10:00 AM

cherries	1 Cup(s)	74 cal
drinking water	2 Cup(s)	0 cal
almonds	1 1/4 oz	203 cal
crackers multigrain	1 1/2 oz	205 cal

MEAL TOTAL: **Calories** 481 cal / **Carbs** 55 g (44%) / **Protein** 12 g (9%) / **Fat** 26 g (47%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

barley, cooked	1 Cup(s)	193 cal
sweet white corn, no salt, boiled	3/4 cup	119 cal
drinking water	2 Cup(s)	0 cal
olive oil	1 Tbsp	119 cal
yellowfin tuna fish, cooked	5 oz	184 cal

MEAL TOTAL: **Calories** 616 cal / **Carbs** 71 g (45%) / **Protein** 49 g (31%) / **Fat** 17 g (24%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

sprouted lentils	1/2 Cup(s)	41 cal
iced tea, brewed	16 fl. oz.	0 cal
chopped kale salad with chicken	2 serving	524 cal

MEAL TOTAL: **Calories** 565 cal / **Carbs** 28 g (19%) / **Protein** 69 g (48%) / **Fat** 22 g (33%) / **Fluid** 28

NOTES:

DAY 2 TOTAL: Calories 2,091 cal / **Carbs** 198 g (36%) / **Protein** 160 g (30%) / **Fat** 81 g (34%) / **Fluid** 91



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
whole eggs, scrambled	2 large	182 cal
almond coconut beverage, unsweetened with calcium	1 Cup(s)	47 cal
drinking water	1 Cup(s)	0 cal
old fashioned oats by quaker	3/4 Cup(s)	225 cal
egg whites, cooked	2 large	34 cal

MEAL TOTAL: **Calories** 571 cal / **Carbs** 66 g (46%) / **Protein** 29 g (20%) / **Fat** 22 g (34%) / **Fluid** 17

NOTES:

Snack

10:00 AM

cherries	1 Cup(s)	74 cal
drinking water	2 Cup(s)	0 cal
almonds	1 oz	162 cal
crackers multigrain	1/2 oz	68 cal

MEAL TOTAL: **Calories** 304 cal / **Carbs** 34 g (42%) / **Protein** 8 g (10%) / **Fat** 17 g (48%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
meat free burgers, vegan	2 serving	140 cal
yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
barley, cooked	1 1/2 Cup(s)	290 cal

MEAL TOTAL: **Calories** 666 cal / **Carbs** 135 g (77%) / **Protein** 34 g (20%) / **Fat** 2 g (3%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

whole wheat tortillas	2 tortilla	254 cal
iced tea, brewed	16 fl. oz.	0 cal
chicken breast, cooked	6 oz	281 cal
cauliflower	8 oz	57 cal

MEAL TOTAL: **Calories** 592 cal / **Carbs** 49 g (33%) / **Protein** 65 g (45%) / **Fat** 15 g (22%) / **Fluid** 28

NOTES:

DAY 3 TOTAL: Calories 2,133 cal / **Carbs** 284 g (52%) / **Protein** 137 g (25%) / **Fat** 56 g (23%) / **Fluid** 91



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
whole wheat tortillas	2 tortilla	254 cal
whole eggs, poached	1 large	72 cal
salsa, ready to serve	2 Tbsp	10 cal
strawberries	1 cup	53 cal
egg whites, cooked	4 large	69 cal
cheddar cheese	1 oz	114 cal

MEAL TOTAL: **Calories** 571 cal / **Carbs** 54 g (38%) / **Protein** 37 g (26%) / **Fat** 23 g (36%) / **Fluid** 28

NOTES:

Snack

10:00 AM

pumpkin and squash seeds, no salt, dry roasted	1 1/2 oz	190 cal
drinking water	2 Cup(s)	0 cal
blueberries	1 1/2 Cup(s)	124 cal
trulean whey isolate protein rich dutch chocolate	1 Scoop	100 cal

MEAL TOTAL: **Calories** 414 cal / **Carbs** 55 g (50%) / **Protein** 33 g (31%) / **Fat** 9 g (19%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

quinoa, cooked	1 1/2 Cup(s)	333 cal
iced tea, brewed	16 fl. oz.	0 cal
coho salmon fish, cooked	4 oz	158 cal
olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 610 cal / **Carbs** 59 g (39%) / **Protein** 39 g (26%) / **Fat** 24 g (35%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

asparagus	12 spear, extra large	58 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	3/4 Cup(s)	124 cal
fbbc beef skillet supper	1/3 serving	347 cal

MEAL TOTAL: **Calories** 529 cal / **Carbs** 60 g (44%) / **Protein** 55 g (41%) / **Fat** 9 g (15%) / **Fluid** 35

NOTES:

DAY 4 TOTAL: Calories 2,124 cal / **Carbs** 228 g (42%) / **Protein** 164 g (31%) / **Fat** 64 g (27%) / **Fluid** 112



Eating right, simplified.

DAY 5

Breakfast

fbbc avocado super shake

1 serving

429 cal

7:00 AM

MEAL TOTAL: **Calories** 429 cal / **Carbs** 44 g (40%) / **Protein** 31 g (28%) / **Fat** 16 g (32%) / **Fluid** 2

NOTES:

Snack

cherries

1 1/2 Cup(s)

111 cal

plain yogurt, whole milk

12 oz

208 cal

drinking water

2 Cup(s)

0 cal

almonds, raw

20 Whole nuts

148 cal

MEAL TOTAL: **Calories** 466 cal / **Carbs** 48 g (40%) / **Protein** 20 g (16%) / **Fat** 23 g (44%) / **Fluid** 31

NOTES:

Lunch

tomatoes

3 medium slice

11 cal

quinoa, cooked

1 1/2 Cup(s)

333 cal

lemon juice

1 1/2 Tbsp

5 cal

olive oil

1 Tbsp

119 cal

turkey breast, low-sodium, slices

4 oz

132 cal

iced tea, brewed

16 fl. oz.

0 cal

MEAL TOTAL: **Calories** 600 cal / **Carbs** 68 g (44%) / **Protein** 39 g (26%) / **Fat** 20 g (30%) / **Fluid** 28

NOTES:

Dinner

beef stew

2 serving

595 cal

beet greens, no salt, boiled

4 oz

31 cal

drinking water

2 Cup(s)

0 cal

MEAL TOTAL: **Calories** 626 cal / **Carbs** 35 g (25%) / **Protein** 65 g (48%) / **Fat** 16 g (27%) / **Fluid** 37

NOTES:

DAY 5 TOTAL: Calories 2,121 cal / **Carbs** 194 g (37%) / **Protein** 154 g (30%) / **Fat** 76 g (33%) / **Fluid** 98



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

almond coconut beverage, unsweetened with calcium	2 Cup(s)	95 cal
blueberries	1 1/4 Cup(s)	103 cal
drinking water	1 Cup(s)	0 cal
old fashioned oats by quaker	1/2 Cup(s)	150 cal
trulean whey isolate protein rich dutch chocolate	1 Scoop	100 cal

MEAL TOTAL: **Calories** 448 cal / **Carbs** 58 g (51%) / **Protein** 32 g (28%) / **Fat** 11 g (21%) / **Fluid** 13

NOTES:

Snack

10:00 AM

blueberries	1 1/2 Cup(s)	124 cal
drinking water	2 Cup(s)	0 cal
cottage cheese, 4%	1 1/2 Cup(s)	330 cal

MEAL TOTAL: **Calories** 454 cal / **Carbs** 47 g (40%) / **Protein** 38 g (32%) / **Fat** 14 g (28%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

iced tea, brewed	16 fl. oz.	0 cal
turkey breast, low-sodium, slices	4 oz	132 cal
cauliflower	8 oz	57 cal
romaine lettuce	1 Cup(s)	8 cal
yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 552 cal / **Carbs** 74 g (51%) / **Protein** 34 g (24%) / **Fat** 16 g (25%) / **Fluid** 32

NOTES:

Dinner

6:00 PM

italian style veal with spaghetti squash	1 1/2 serving	585 cal
asparagus	12 spear, extra large	58 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 643 cal / **Carbs** 54 g (32%) / **Protein** 43 g (26%) / **Fat** 32 g (42%) / **Fluid** 56

NOTES:

DAY 6 TOTAL: Calories 2,097 cal / **Carbs** 233 g (43%) / **Protein** 147 g (27%) / **Fat** 73 g (30%) / **Fluid** 123



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

whole eggs, poached	1 large	72 cal
wheat bran cereal	2 Cup(s)	201 cal
almond coconut beverage, unsweetened with calcium	1 1/2 Cup(s)	71 cal
drinking water	1 Cup(s)	0 cal
bananas	1 large	121 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 533 cal / **Carbs** 81 g (56%) / **Protein** 32 g (23%) / **Fat** 13 g (21%) / **Fluid** 17

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
kiwi/ chinese gooseberries	1 Cup(s)	108 cal
plain yogurt, whole milk	12 oz	208 cal

MEAL TOTAL: **Calories** 315 cal / **Carbs** 42 g (50%) / **Protein** 14 g (17%) / **Fat** 12 g (33%) / **Fluid** 31

NOTES:

Lunch

12:00 PM

yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
drinking water	2 Cup(s)	0 cal
tomatoes	8 medium slice	29 cal
chicken, boneless, roasted	6 oz	284 cal
olive oil	1 1/2 Tbsp	179 cal

MEAL TOTAL: **Calories** 729 cal / **Carbs** 62 g (34%) / **Protein** 47 g (26%) / **Fat** 32 g (40%) / **Fluid** 30

NOTES:

Dinner

6:00 PM

chicken, orange & avocado salad	1 serving	472 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1/2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 555 cal / **Carbs** 46 g (32%) / **Protein** 37 g (25%) / **Fat** 27 g (43%) / **Fluid** 29

NOTES:

DAY 7 TOTAL: Calories 2,132 cal / **Carbs** 231 g (41%) / **Protein** 130 g (24%) / **Fat** 85 g (35%) / **Fluid** 107



1 Servings

fbbc avocado super shake

Ingredients

spinach

2 Cup(s)

banana

1 whole

pure vanilla almond milk unsweetened by silk

12 fl. oz.

cinnamon, ground

1/4 tsp

trulean rich dutch chocolate whey isolate protein powder

1 Scoop

avocado, medium

1/2 whole avocado

cacao powder raw chocolate powder certified organic by navitas

1 Tbsp

Nutrition Totals

Calories 429 / Carbs 44 g / Protein 31 g / Fat 16 g / Fluid 2 fl oz

Instructions

Instructions:

Blend all ingredients in high-powered blender and blend until smooth.

Garnish with optional cinnamon and raw cacao powder and serve.

*Optional toppings: additional cinnamon and raw cacao powder



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Nutrition Label

Fbbc Avocado Super Shake		
Amount Per Serving		
Calories		429
% Daily Value*		
Total Fat	15.8g	24%
Saturated Fat	0.7g	4%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	291.7mg	12%
Total Carbohydrates	44g	15%
Dietary Fiber	8.8g	35%
Total Sugar	14.6g	
Protein	30.5g	
Vitamin D	147.8IU	25%
Calcium	743.8mg	74%
Iron	3.1mg	18%
Potassium	551mg	
* 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	
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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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2 Servings

beef stew

Ingredients

garlic
1/2 clove

carrots
2 medium

onions, no salt, boiled
1/2 small

beef round, lean, cooked
6 oz

beef stock
8 fl. oz.

tomatoes, no salt, canned
1 can

red wine
1/2 Cup(s)

basil
2 tsp

oregano, dried
2 tsp

Nutrition Totals

Calories 595 / **Carbs** 28 g / **Protein** 62 g / **Fat** 16 g / **Fluid** 18 fl oz

Instructions

1. Soften onion and garlic in pot, add beef and allow to brown.
2. Add diced carrots, allow to soften slightly.
3. Add stock, canned tomatoes, red wine, oregano and basil. Put lid on and simmer on low heat for at least one hour.



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Nutrition Label

Beef Stew		
Amount Per Serving		
Calories		298
		% Daily Value*
Total Fat	8g	12%
Saturated Fat	2.7g	14%
Trans Fat	0g	
Cholesterol	82.4mg	27%
Sodium	93.2mg	4%
Total Carbohydrates	14.2g	5%
Dietary Fiber	3.6g	15%
Total Sugar	6.3g	
Protein	30.8g	
Vitamin D	5.1IU	1%
Calcium	95.2mg	10%
Iron	4.6mg	26%
Potassium	738.1mg	
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4 Servings



italian style veal with spaghetti squash

Ingredients

veal breast meat, lean
16 oz

salt
1/4 tsp

vegetable oil, canola
1 Tbsp

garlic
2 clove

tomatoes, cooked
5 1/2 Cup(s)

spaghetti squash, no salt, cooked
6 Cup(s)

Nutrition Totals

Calories 1560 / **Carbs** 115 g / **Protein** 98 g / **Fat** 84 g / **Fluid** 82 fl oz

Instructions

1. Heat oil in a large saute pan over medium heat.
2. Season the 4, 4 oz veal breasts on each side with salt, pepper, and oregano.
3. Carefully add veal to hot oil and brown on both sides.
4. While veal is browning, mince garlic.
5. Reduce heat to low and add garlic; cook until garlic is browned.
6. Add canned tomatoes and parsley.
7. Cover with lid and reduce heat to low simmer until veal is tender (about 1 hour).
8. Serve over cooked spaghetti squash.



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Nutrition Label

Italian Style Veal With Spaghetti Squash		
Amount Per Serving		
Calories		390
		% Daily Value*
Total Fat	21g	32%
Saturated Fat	7.1g	36%
Trans Fat	0g	
Cholesterol	80.5mg	27%
Sodium	304.2mg	13%
Total Carbohydrates	28.7g	10%
Dietary Fiber	5.5g	22%
Total Sugar	14.1g	
Protein	24.5g	
Vitamin D	0IU	0%
Calcium	95.8mg	10%
Iron	3.6mg	20%
Potassium	1321.7mg	
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1 Servings

chicken, orange & avocado salad

Ingredients

spinach

2 Cup(s)

avocados

1/2 avocado

lemon herb seasoning

1/4 tsp

oranges

1 fruit

olive oil

1/3 Tbsp

chicken, boneless, roasted

4 oz

Nutrition Totals

Calories 472 / Carbs 29 g / Protein 33 g / Fat 27 g / Fluid 11 fl oz

Instructions

1. Prepare orange by cutting off the rind and outer membrane and slicing out the wedges of fruit between the segments. Do this over a bowl and set the remaining juice aside.
2. Top with oranges and avocados.
3. Add a drizzle of olive oil and any juice left over from the oranges. Season with sea salt and freshly ground black pepper to taste.
4. Add grilled chicken breast slices on top (optional, if served by itself).



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Nutrition Label

Chicken, Orange & Avocado Salad		
Amount Per Serving		
Calories		472
		% Daily Value*
Total Fat	27.1g	42%
Saturated Fat	4.8g	24%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	200.9mg	8%
Total Carbohydrates	28.8g	10%
Dietary Fiber	11.1g	45%
Total Sugar	12.8g	
Protein	33.4g	
Vitamin D	0IU	0%
Calcium	145.3mg	15%
Iron	3.7mg	21%
Potassium	1314.3mg	
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Shopping List

Accompaniments

salsa, ready to serve

2 Tbsp

sea salt

0.33 teaspoon(s)

Beef

beef round, lean, cooked

6 oz

ground beef, lean

5.33 oz

Beverages

almond coconut beverage, unsweetened with calcium

5.5 Cup(s)

drinking water

40 Cup(s)

iced tea, brewed

80 fl. oz.

red wine

0.5 Cup(s)

Bread

whole wheat tortillas

4 tortilla

Cereal & Grain Products

barley, cooked

2.5 Cup(s)

quinoa, cooked

4 Cup(s)

wheat bran cereal

2 Cup(s)

wild rice, cooked

1.25 Cup(s)

Dairy & Egg

100% liquid egg whites

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Eating right, simplified.

0.33 Cup(s)

cheddar cheese

1 oz

cottage cheese, 4%

1.5 Cup(s)

egg whites, cooked

13 large

plain yogurt, whole milk

24 oz

whole eggs, poached

2 large

whole eggs, scrambled

4 large

Entrees

meat free burgers, vegan

2 serving

Fats & Oils

olive oil

7.66 Tbsp

vegetable oil, canola

0.38 Tbsp

Finfish & Shellfish

coho salmon fish, cooked

9 oz

yellowfin tuna fish, cooked

5 oz

Fruits & Juices

apricots

3 apricot

avocados

0.5 avocado

banana

2 whole

bananas

1 large

blueberries

6.25 Cup(s)

cherries

3.5 Cup(s)

kiwi/ chinese gooseberries

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Eating right, simplified.

1 Cup(s)
lemon juice
2.5 Tbsp
lemon peel
1 tsp
oranges
1 fruit
strawberries
1 cup

Lamb, Veal, Game

veal breast meat, lean
6 oz

Legumes & Beans

sprouted lentils
0.5 Cup(s)

Nuts & Seeds

almonds
3.5 oz
pumpkin and squash seeds, no salt, dry roasted
1.5 oz

Poultry

chicken, boneless, roasted
23 oz
chicken breast, cooked
6 oz
turkey breast, low-sodium, slices
8 oz

Soup

beef stock
8 fl. oz.

Spices & Herbs

basil
2 tsp
black pepper

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Eating right, simplified.

0.5 tsp
cinnamon, ground
0.5 tsp
lemon herb seasoning
0.25 tsp
oregano, dried
2 tsp
salt
0.09 tsp

Sports & Diet Nutritionals

trulean rich dutch chocolate whey isolate protein powder
2 Scoop
trulean whey isolate protein rich dutch chocolate
2 Scoop

Uncategorized

almonds, raw
20 Whole nuts
avocado, medium
1 whole avocado
cacao powder raw chocolate powder certified organic by navitas
2 Tbsp
crackers multigrain
3.25 oz
old fashioned oats by quaker
1.75 Cup(s)
pure vanilla almond milk unsweetened by silk
24 fl. oz.
sweet hungarian style paprika sweet by kalocsa
0.33 tsp

Vegetables

asparagus
24 spear, extra large
beet greens, no salt, boiled
4 oz
broccoli
1.5 cup
carrots
2 medium
cauliflower
16 oz
garlic
1.25 clove

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Eating right, simplified.

green leaf lettuce

2 cup

kale

3 cup

kale, raw

0.67 cups

onions, no salt, boiled

0.5 small

romaine lettuce

1 Cup(s)

spaghetti squash, no salt, cooked

2.25 Cup(s)

spinach

6 Cup(s)

sprouted alfalfa seed

4 oz

sweet potato

0.67 cup

sweet white corn, no salt, boiled

0.75 cup

tomatoes

11 medium slice

tomatoes, cooked

2.06 Cup(s)

tomatoes, no salt, canned

1 can

yams, no salt, boiled or baked

6 Cup(s)