



Eating right, simplified.

## 2,100 Calorie Plan (Basic) 5meals/day

### DAY 1

#### Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
strawberries	2 Cup(s)	92 cal
corn grits , no salt	1 Cup(s)	186 cal
pecans, no salt, dry-roasted	1/2 oz	101 cal

MEAL TOTAL: **Calories** 457 cal / **Carbs** 64 g (55%) / **Protein** 13 g (11%) / **Fat** 18 g (34%) / **Fluid** 33

NOTES:

#### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
watermelon	2 cup	91 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal

MEAL TOTAL: **Calories** 254 cal / **Carbs** 29 g (45%) / **Protein** 30 g (45%) / **Fat** 3 g (10%) / **Fluid** 32

NOTES:

#### Lunch

12:00 PM

romaine lettuce	3 leaf	3 cal
tomatoes	1 Cup(s)	32 cal
drinking water	2 Cup(s)	0 cal
tempeh	3 oz	162 cal
avocados	1/2 avocado	161 cal
whole wheat bread	2 slice	200 cal

MEAL TOTAL: **Calories** 558 cal / **Carbs** 64 g (41%) / **Protein** 29 g (19%) / **Fat** 27 g (40%) / **Fluid** 27

NOTES:

#### Snack

3:00 PM

bananas	1 extra large	135 cal
drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
popcorn, air-popped	2 Cup(s)	62 cal

MEAL TOTAL: **Calories** 284 cal / **Carbs** 59 g (79%) / **Protein** 12 g (16%) / **Fat** 2 g (5%) / **Fluid** 19

NOTES:



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## Dinner

6:00 PM

cod fish	3 oz	70 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
lima beans, boiled, no salt	1 Cup(s)	216 cal
brown rice, cooked	3/4 Cup(s)	164 cal
collards, boiled, no salt	1 Cup(s)	49 cal

**MEAL TOTAL:** **Calories** 559 cal / **Carbs** 83 g (58%) / **Protein** 37 g (26%) / **Fat** 10 g (16%) / **Fluid** 32

### NOTES:

**DAY 1 TOTAL:** **Calories** 2,111 cal / **Carbs** 299 g (54%) / **Protein** 122 g (22%) / **Fat** 60 g (24%) / **Fluid** 143



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## DAY 2

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
strawberries	2 1/4 Cup(s)	104 cal
shredded wheat cereal, mini	2 oz	194 cal
egg whites, cooked	2 large	34 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 499 cal / **Carbs** 88 g (64%) / **Protein** 25 g (19%) / **Fat** 10 g (17%) / **Fluid** 29

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	8 oz	129 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal

MEAL TOTAL: **Calories** 292 cal / **Carbs** 38 g (50%) / **Protein** 30 g (40%) / **Fat** 3 g (10%) / **Fluid** 29

NOTES:

### Lunch

12:00 PM

extra virgin olive oil	1 Tbsp	120 cal
drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	4 oz	122 cal
brown rice, cooked	1 Cup(s)	218 cal
collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 510 cal / **Carbs** 55 g (42%) / **Protein** 32 g (24%) / **Fat** 20 g (34%) / **Fluid** 30

NOTES:

### Snack

3:00 PM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
watermelon	2 cup	91 cal
popcorn, air-popped	2 Cup(s)	62 cal

MEAL TOTAL: **Calories** 231 cal / **Carbs** 36 g (59%) / **Protein** 10 g (17%) / **Fat** 6 g (24%) / **Fluid** 27

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken vegetable fajitas	1 serving	272 cal
avocados	1/2 avocado	161 cal
pinto beans, no salt, boiled	1/2 Cup(s)	123 cal

MEAL TOTAL: **Calories** 556 cal / **Carbs** 55 g (38%) / **Protein** 30 g (20%) / **Fat** 27 g (42%) / **Fluid** 24

NOTES:

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**DAY 2 TOTAL:** **Calories** 2,087 cal / **Carbs** 272 g (50%) / **Protein** 127 g (23%) / **Fat** 66 g (27%) / **Fluid** 138

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### DAY 3

#### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
whole wheat bread	1 slice	100 cal
strawberries	2 Cup(s)	92 cal
chunky peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 373 cal / **Carbs** 58 g (57%) / **Protein** 19 g (19%) / **Fat** 11 g (24%) / **Fluid** 32

NOTES:

#### Snack

10:00 AM

egg, hard boiled	2 large	155 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
popcorn, air-popped	2 Cup(s)	62 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 48 g (53%) / **Protein** 16 g (18%) / **Fat** 12 g (29%) / **Fluid** 22

NOTES:

#### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	6 oz	168 cal
romaine lettuce	4 leaf	4 cal
olive oil, mayonnaise, light	2 Tbsp	98 cal
tomatoes	1 Cup(s)	32 cal
whole wheat bread	2 slice	200 cal
red peppers	1 medium	37 cal

MEAL TOTAL: **Calories** 539 cal / **Carbs** 57 g (39%) / **Protein** 52 g (36%) / **Fat** 16 g (25%) / **Fluid** 26

NOTES:

#### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
plums	2 fruit	61 cal
popcorn, air-popped	2 Cup(s)	62 cal

MEAL TOTAL: **Calories** 285 cal / **Carbs** 34 g (46%) / **Protein** 31 g (43%) / **Fat** 3 g (11%) / **Fluid** 26

NOTES:



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## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken vegetable fajitas	1 serving	272 cal
avocados	1/2 avocado	161 cal
pinto beans, no salt, boiled	1/2 Cup(s)	123 cal

**MEAL TOTAL:** Calories 556 cal / Carbs 55 g (38%) / Protein 30 g (20%) / Fat 27 g (42%) / Fluid 24

### NOTES:

**DAY 3 TOTAL:** Calories 2,105 cal / Carbs 252 g (45%) / Protein 148 g (27%) / Fat 69 g (28%) / Fluid 131



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## DAY 4

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
vegetable breakfast crostini	2 serving	377 cal
bananas	1 medium	105 cal

MEAL TOTAL: **Calories** 482 cal / **Carbs** 70 g (53%) / **Protein** 21 g (16%) / **Fat** 18 g (31%) / **Fluid** 21

NOTES:

### Snack

10:00 AM

drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
plums	1 fruit	30 cal
pecans, no salt, dry-roasted	1/2 oz	101 cal

MEAL TOTAL: **Calories** 217 cal / **Carbs** 21 g (38%) / **Protein** 10 g (18%) / **Fat** 11 g (44%) / **Fluid** 18

NOTES:

### Lunch

12:00 PM

iced tea, green	16 fl. oz.	0 cal
tempeh	5 oz	270 cal
brown rice, cooked	1 Cup(s)	218 cal
collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 538 cal / **Carbs** 68 g (48%) / **Protein** 34 g (24%) / **Fat** 17 g (28%) / **Fluid** 30

NOTES:

### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
vanilla yogurt, low-fat	6 oz	145 cal
strawberries	1 Cup(s)	46 cal
pecans, no salt, dry-roasted	1/2 oz	101 cal

MEAL TOTAL: **Calories** 291 cal / **Carbs** 36 g (48%) / **Protein** 11 g (14%) / **Fat** 13 g (38%) / **Fluid** 25

NOTES:

### Dinner

6:00 PM

summer squash, no salt, boiled	2 cup	72 cal
drinking water	2 Cup(s)	0 cal
salmon, cooked	3 oz	130 cal
buckwheat soba noodles	6 oz	250 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 572 cal / **Carbs** 68 g (48%) / **Protein** 24 g (18%) / **Fat** 21 g (34%) / **Fluid** 29

NOTES:

**DAY 4 TOTAL: Calories** 2,101 cal / **Carbs** 264 g (49%) / **Protein** 101 g (18%) / **Fat** 80 g (33%) / **Fluid** 123

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## DAY 5

### Breakfast

7:00 AM

skim milk with calcium	1 Cup(s)	86 cal
drinking water	1 Cup(s)	0 cal
vegetable breakfast crostini	2 serving	377 cal
watermelon	1 cup	46 cal

MEAL TOTAL: **Calories** 509 cal / **Carbs** 66 g (49%) / **Protein** 29 g (21%) / **Fat** 18 g (30%) / **Fluid** 22

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
popcorn, air-popped	2 Cup(s)	62 cal
sweet green peppers	1 medium	24 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal

MEAL TOTAL: **Calories** 248 cal / **Carbs** 24 g (39%) / **Protein** 31 g (49%) / **Fat** 3 g (12%) / **Fluid** 26

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
turkey breast, roasted	4 oz	154 cal
tomatoes	1/2 Cup(s)	16 cal
romaine lettuce	3 leaf	3 cal
whole wheat bread	2 slice	200 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
bananas	1 small	90 cal

MEAL TOTAL: **Calories** 512 cal / **Carbs** 68 g (50%) / **Protein** 46 g (33%) / **Fat** 11 g (17%) / **Fluid** 25

NOTES:

### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
vanilla yogurt, low-fat	6 oz	145 cal
plums	2 fruit	61 cal
pecans, no salt, dry-roasted	1/2 oz	101 cal

MEAL TOTAL: **Calories** 306 cal / **Carbs** 40 g (51%) / **Protein** 11 g (13%) / **Fat** 13 g (36%) / **Fluid** 24

NOTES:





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## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
lima beans, boiled, no salt	3/4 Cup(s)	162 cal
summer squash, no salt, boiled	1 cup	36 cal
salmon, cooked	3 oz	130 cal
brown rice, cooked	1 Cup(s)	218 cal

**MEAL TOTAL:** **Calories** 547 cal / **Carbs** 83 g (60%) / **Protein** 38 g (28%) / **Fat** 7 g (12%) / **Fluid** 32

### NOTES:

**DAY 5 TOTAL:** **Calories** 2,123 cal / **Carbs** 282 g (51%) / **Protein** 155 g (28%) / **Fat** 52 g (21%) / **Fluid** 129



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## DAY 6

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
whole wheat bread	1 slice	100 cal
chunky peanut butter, no salt	1 Tbsp	94 cal
strawberries	1 Cup(s)	46 cal
shredded wheat cereal, mini	1 oz	97 cal

MEAL TOTAL: **Calories** 424 cal / **Carbs** 69 g (60%) / **Protein** 22 g (19%) / **Fat** 11 g (21%) / **Fluid** 20

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
watermelon	2 cup	91 cal

MEAL TOTAL: **Calories** 254 cal / **Carbs** 29 g (45%) / **Protein** 30 g (45%) / **Fat** 3 g (10%) / **Fluid** 32

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
extra virgin olive oil	1 Tbsp	120 cal
yellow corn tortillas	4 tortillas	200 cal
tomato soup, low sodium	1 1/2 Cup(s)	110 cal
cheddar cheese	1 oz	114 cal

MEAL TOTAL: **Calories** 560 cal / **Carbs** 68 g (47%) / **Protein** 15 g (10%) / **Fat** 28 g (43%) / **Fluid** 31

NOTES:

### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
vanilla yogurt, low-fat	10 oz	241 cal
plums	2 fruit	61 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 54 g (70%) / **Protein** 15 g (19%) / **Fat** 4 g (11%) / **Fluid** 27

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
reduced sodium broccoli beef	1 1/2 serving	289 cal
brown rice, cooked	1 1/4 Cup(s)	273 cal

MEAL TOTAL: **Calories** 562 cal / **Carbs** 71 g (50%) / **Protein** 29 g (20%) / **Fat** 19 g (30%) / **Fluid** 31

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**DAY 6 TOTAL: Calories** 2,101 cal / **Carbs** 291 g (54%) / **Protein** 110 g (20%) / **Fat** 64 g (26%) / **Fluid** 141

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## DAY 7

### Breakfast

7:00 AM

bananas	1 extra large	135 cal
drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
corn grits , no salt	1 Cup(s)	186 cal
pecans, no salt, dry-roasted	1/2 oz	101 cal

MEAL TOTAL: **Calories** 509 cal / **Carbs** 88 g (66%) / **Protein** 15 g (12%) / **Fat** 13 g (22%) / **Fluid** 26

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cheddar cheese	1 oz	114 cal
sweet green peppers	1 medium	24 cal
popcorn, air-popped	2 Cup(s)	62 cal
egg, hard boiled	1 large	78 cal

MEAL TOTAL: **Calories** 277 cal / **Carbs** 19 g (27%) / **Protein** 16 g (23%) / **Fat** 16 g (50%) / **Fluid** 21

NOTES:

### Lunch

12:00 PM

tuna fish, very low-sodium, in water	4 oz	112 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1 Cup(s)	32 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
romaine lettuce	3 leaf	3 cal
whole wheat bread	1 1/2 slice	150 cal
tomato soup, low sodium	2 Cup(s)	146 cal

MEAL TOTAL: **Calories** 493 cal / **Carbs** 71 g (53%) / **Protein** 39 g (29%) / **Fat** 11 g (18%) / **Fluid** 37

NOTES:

### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
vanilla yogurt, low-fat	8 oz	193 cal
watermelon	2 cup	91 cal

MEAL TOTAL: **Calories** 284 cal / **Carbs** 54 g (73%) / **Protein** 13 g (17%) / **Fat** 3 g (10%) / **Fluid** 31

NOTES:



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## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
reduced sodium broccoli beef	1 1/2 serving	289 cal
brown rice, cooked	1 1/4 Cup(s)	273 cal

**MEAL TOTAL:** **Calories** 562 cal / **Carbs** 71 g (50%) / **Protein** 29 g (20%) / **Fat** 19 g (30%) / **Fluid** 31

**NOTES:**

**DAY 7 TOTAL:** **Calories** 2,125 cal / **Carbs** 302 g (55%) / **Protein** 112 g (20%) / **Fat** 61 g (25%) / **Fluid** 147



4 Servings

# chicken vegetable fajitas

## Ingredients

extra virgin olive oil  
2 Tbsp

chicken breast, boneless skinless  
12 oz

black pepper  
1/4 tsp

chili powder  
2 tsp

cumin ground  
1/2 tsp

lemon juice  
2 Tbsp

red peppers  
1/2 medium

sweet green peppers  
1/2 medium

onions  
1/2 medium

cilantro leaves raw, coriander  
1/2 Cup(s)

yellow corn tortillas  
8 tortillas

## Nutrition Totals

**Calories** 1087 / **Carbs** 97 g / **Protein** 80 g / **Fat** 46 g / **Fluid** 15 fl oz

## Instructions

1. Cut chicken breast into strips.
2. Heat oil in a large sauté pan over medium heat. Add chicken, spices and lemon juice. Cook until chicken is half way cooked.
3. Cut peppers and onions into thin strips. Add to pan and cook until veggies are tender and chicken is cooked through.
4. Add cilantro.
5. Serve with heated corn tortillas.



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## Nutrition Label

Chicken Vegetable Fajitas		
Amount Per Serving		
Calories		272
		% Daily Value*
Total Fat	11.3g	18%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	54.4mg	18%
Sodium	181mg	8%
Total Carbohydrates	24.2g	8%
Dietary Fiber	4.3g	17%
Total Sugar	3.8g	
Protein	19.9g	
Vitamin D	1.7IU	0%
Calcium	35.4mg	4%
Iron	1.3mg	8%
Potassium	396.4mg	
* 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

# vegetable breakfast crostini

## Ingredients

extra virgin olive oil  
1 Tbsp

mushrooms  
1 cup

parsley  
2 tsp

green onions/scallions  
1 medium

black pepper  
1/8 tsp

egg  
3 egg

tomatoes  
1/2 Cup(s)

whole wheat bread  
4 slice

## Nutrition Totals

**Calories** 755 / **Carbs** 86 g / **Protein** 40 g / **Fat** 35 g / **Fluid** 4 fl oz

## Instructions

1. In a medium nonstick skillet, heat olive oil.
2. Add sliced mushrooms and cook until tender, stirring frequently.
3. Sprinkle with parsley, green onions, and black pepper.
4. In a separate bowl, whisk eggs. Pour the whisked eggs over the mushroom mixture and cook until the egg is cooked.
5. Toast the bread. Spoon the egg mixture evenly onto the toast.
6. Cut in half diagonally. Garnish with diced tomato.





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## Nutrition Label

Vegetable Breakfast Crostini		
Amount Per Serving		
Calories		189
		% Daily Value*
Total Fat	8.8g	14%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	77.3mg	3%
Total Carbohydrates	21.4g	7%
Dietary Fiber	3.4g	14%
Total Sugar	3.8g	
Protein	9.9g	
Vitamin D	0.4IU	0%
Calcium	46.2mg	5%
Iron	1.2mg	7%
Potassium	86.5mg	
* 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.		



4 Servings

## reduced sodium broccoli beef

### Ingredients

garlic  
2 clove

tomatoes  
1 Cup(s)

beef top sirloin, lean  
8 oz

broccoli frozen, chopped  
12 oz

extra virgin olive oil  
1 Tbsp

chicken broth soup, low-sodium  
1/4 Cup(s)

cornstarch  
1 Tbsp

soy sauce, low-sodium  
2 Tbsp

green onions/scallions  
1 medium

### Nutrition Totals

**Calories** 770 / **Carbs** 36 g / **Protein** 61 g / **Fat** 45 g / **Fluid** 24 fl oz

### Instructions

1. Mince garlic cloves and dice tomato. Cut beef into thin strips.
2. Defrost frozen broccoli in microwave.
3. In a large skillet heat oil and sauté the garlic. Add broccoli and stir-fry until cooked. Remove from pan and set aside.
4. In same skillet add sliced beef and cook through.
5. In a small bowl combine chicken broth, cornstarch and soy sauce.
6. Add cooked broccoli, sauce and tomato to the pan with the beef.
7. Heat and stir until sauce is thick. Garnish with sliced green onions prior to serving.



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## Nutrition Label

Reduced Sodium Broccoli Beef		
Amount Per Serving		
Calories		193
		% Daily Value*
Total Fat	11.1g	17%
Saturated Fat	3.4g	17%
Trans Fat	0g	
Cholesterol	42.5mg	14%
Sodium	341mg	14%
Total Carbohydrates	9g	3%
Dietary Fiber	3.2g	13%
Total Sugar	2.4g	
Protein	15.2g	
Vitamin D	0IU	0%
Calcium	71.7mg	7%
Iron	1.7mg	10%
Potassium	494.8mg	
* 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

cornstarch  
0.76 Tbsp  
olive oil, mayonnaise, light  
4 Tbsp  
soy sauce, low-sodium  
1.5 Tbsp

### Beef

beef top sirloin, lean  
6 oz

### Beverages

drinking water  
62 Cup(s)  
iced tea, green  
16 fl. oz.

### Bread

whole wheat bread  
13.5 slice  
yellow corn tortillas  
8 tortillas

### Cereal & Grain Products

brown rice, cooked  
6.25 Cup(s)  
buckwheat soba noodles  
6 oz  
corn grits , no salt  
2 Cup(s)  
shredded wheat cereal, mini  
3 oz

### Dairy & Egg

cheddar cheese  
2 oz  
egg

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3 egg  
egg, hard boiled  
5 large  
egg whites, cooked  
2 large  
low-fat cottage cheese, 1%  
5 Cup(s)  
skim milk with calcium  
7 Cup(s)  
vanilla yogurt, low-fat  
30 oz

## Fats & Oils

extra virgin olive oil  
6.26 Tbsp

## Finfish & Shellfish

cod fish  
3 oz  
salmon, cooked  
6 oz  
tuna fish, very low-sodium, in water  
10 oz

## Fruits & Juices

avocados  
1.75 avocado  
bananas  
3 extra large  
1 medium  
1 small  
grapes  
8 oz  
lemon juice  
1 Tbsp  
plums  
7 fruit  
strawberries  
8.25 Cup(s)  
watermelon  
9 cup

## Legumes & Beans

lima beans, boiled, no salt

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Eating right, simplified.

1.75 Cup(s)  
pinto beans, no salt, boiled  
1 Cup(s)

## Nuts & Seeds

chunky peanut butter, no salt  
2 Tbsp  
pecans, no salt, dry-roasted  
2.5 oz

## Poultry

chicken breast, boneless skinless  
10 oz  
turkey breast, roasted  
4 oz

## Snacks

popcorn, air-popped  
12 Cup(s)

## Soup

chicken broth soup, low-sodium  
0.18 Cup(s)  
tomato soup, low sodium  
3.5 Cup(s)

## Spices & Herbs

black pepper  
0.24 tsp  
chili powder  
1 tsp  
cumin ground  
0.26 tsp  
parsley  
2 tsp

## Vegetables

broccoli frozen, chopped  
9 oz  
cilantro leaves raw, coriander

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Eating right, simplified.

0.26 Cup(s)

collards, boiled, no salt

3 Cup(s)

garlic

1.5 clove

green onions/scallions

1.76 medium

mushrooms

1 cup

onions

0.26 medium

red peppers

1.26 medium

romaine lettuce

13 leaf

2 Cup(s)

summer squash, no salt, boiled

3 cup

sweet green peppers

2.26 medium

tomatoes

4.76 Cup(s)

## Vegetarian Products

tempeh

8 oz