



Eating right, simplified.

## 2,000 Calorie Plan (Basic) 5meals/day

### DAY 1

#### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
blueberries	1 Cup(s)	83 cal
oatmeal, steel cut	1/2 Cup(s)	300 cal
soy milk with calcium	1 Cup(s)	105 cal
ground flaxseed	1 Tbsp	70 cal

MEAL TOTAL: **Calories** 558 cal / **Carbs** 91 g (63%) / **Protein** 20 g (14%) / **Fat** 15 g (23%) / **Fluid** 20

NOTES:

#### Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
smooth peanut butter, no salt	1 Tbsp	94 cal
rice cakes, no salt	1 cake	35 cal

MEAL TOTAL: **Calories** 239 cal / **Carbs** 39 g (61%) / **Protein** 6 g (9%) / **Fat** 8 g (30%) / **Fluid** 22

NOTES:

#### Lunch

12:00 PM

turkey breast, roasted	4 oz	154 cal
romaine lettuce	4 leaf	4 cal
tomatoes	1/2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
whole wheat tortillas	1 tortilla	127 cal
avocados	1/2 avocado	161 cal
cucumber	1 cup	5 cal

MEAL TOTAL: **Calories** 468 cal / **Carbs** 33 g (27%) / **Protein** 41 g (34%) / **Fat** 21 g (39%) / **Fluid** 26

NOTES:

#### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
hummus, lower sodium	2 Tbsp	52 cal
carrots	10 medium strip	16 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal

MEAL TOTAL: **Calories** 231 cal / **Carbs** 14 g (25%) / **Protein** 31 g (54%) / **Fat** 5 g (21%) / **Fluid** 24

NOTES:

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## Dinner

6:00 PM

broccoli, no salt, boiled	1 Cup(s)	55 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
white beans, no salt, boiled	1/2 Cup(s)	127 cal
quinoa, cooked	3/4 Cup(s)	167 cal
halibut fish, cooked	3 oz	94 cal

**MEAL TOTAL:** **Calories** 503 cal / **Carbs** 64 g (50%) / **Protein** 37 g (29%) / **Fat** 12 g (21%) / **Fluid** 28

**NOTES:**

**DAY 1 TOTAL:** **Calories** 1,999 cal / **Carbs** 242 g (47%) / **Protein** 135 g (26%) / **Fat** 62 g (27%) / **Fluid** 120

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## DAY 2

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
blueberries	1 Cup(s)	83 cal
brown rice cereal	1 1/2 Cup(s)	186 cal
soy milk with calcium	1 1/4 Cup(s)	132 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 469 cal / **Carbs** 78 g (65%) / **Protein** 27 g (22%) / **Fat** 7 g (13%) / **Fluid** 25

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
cherries	1 Cup(s)	74 cal

MEAL TOTAL: **Calories** 236 cal / **Carbs** 25 g (42%) / **Protein** 29 g (48%) / **Fat** 3 g (10%) / **Fluid** 26

NOTES:

### Lunch

12:00 PM

extra virgin olive oil	1 Tbsp	120 cal
drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	3 oz	92 cal
arugula	2 Cup(s)	5 cal
quinoa, cooked	3/4 Cup(s)	167 cal
green peas, no salt, boiled	1 Cup(s)	138 cal

MEAL TOTAL: **Calories** 521 cal / **Carbs** 57 g (42%) / **Protein** 33 g (25%) / **Fat** 20 g (33%) / **Fluid** 27

NOTES:

### Snack

3:00 PM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
rice cakes, no salt	2 cake	70 cal

MEAL TOTAL: **Calories** 258 cal / **Carbs** 44 g (67%) / **Protein** 9 g (14%) / **Fat** 6 g (19%) / **Fluid** 23

NOTES:



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## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
spinach-stuffed sole	1 serving	156 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
whole wheat spaghetti, cooked	1 Cup(s)	174 cal
extra virgin olive oil	1 Tbsp	120 cal

**MEAL TOTAL:** **Calories** 504 cal / **Carbs** 53 g (39%) / **Protein** 30 g (22%) / **Fat** 24 g (39%) / **Fluid** 28

**NOTES:**

**DAY 2 TOTAL:** **Calories** 1,989 cal / **Carbs** 257 g (50%) / **Protein** 128 g (25%) / **Fat** 58 g (25%) / **Fluid** 129

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### DAY 3

#### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal
blueberries	1 Cup(s)	83 cal
soy milk with calcium	1 Cup(s)	105 cal
smooth peanut butter, no salt	2 Tbsp	188 cal

MEAL TOTAL: **Calories** 510 cal / **Carbs** 66 g (48%) / **Protein** 21 g (16%) / **Fat** 22 g (36%) / **Fluid** 21

NOTES:

#### Snack

10:00 AM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
cherries	1 Cup(s)	74 cal
rice cakes, no salt	2 cake	70 cal

MEAL TOTAL: **Calories** 221 cal / **Carbs** 33 g (60%) / **Protein** 10 g (17%) / **Fat** 6 g (23%) / **Fluid** 21

NOTES:

#### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	4 oz	112 cal
olive oil, mayonnaise, light	2 Tbsp	98 cal
tomatoes	1/2 Cup(s)	16 cal
whole wheat tortillas	1 tortilla	127 cal
arugula	1 Cup(s)	3 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 466 cal / **Carbs** 54 g (44%) / **Protein** 31 g (26%) / **Fat** 16 g (30%) / **Fluid** 26

NOTES:

#### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
carrots	10 medium strip	16 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
cucumber	1 cup	5 cal
hummus, lower sodium	2 Tbsp	52 cal

MEAL TOTAL: **Calories** 237 cal / **Carbs** 16 g (27%) / **Protein** 31 g (52%) / **Fat** 5 g (21%) / **Fluid** 25

NOTES:



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## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
spinach-stuffed sole	1 serving	156 cal
quinoa, cooked	1 Cup(s)	222 cal
green peas, no salt, boiled	1 Cup(s)	138 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal

**MEAL TOTAL:** **Calories** 571 cal / **Carbs** 82 g (55%) / **Protein** 40 g (26%) / **Fat** 13 g (19%) / **Fluid** 34

**NOTES:**

**DAY 3 TOTAL:** **Calories** 2,005 cal / **Carbs** 251 g (49%) / **Protein** 133 g (25%) / **Fat** 61 g (26%) / **Fluid** 126

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## DAY 4

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
6-grain hot cereal	1 serving	297 cal
soy milk with calcium	1 Cup(s)	105 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 485 cal / **Carbs** 89 g (70%) / **Protein** 16 g (13%) / **Fat** 9 g (17%) / **Fluid** 32

NOTES:

### Snack

10:00 AM

drinking water	1 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
rice cakes, no salt	2 cake	70 cal
cucumber	1 cup	5 cal
carrots	10 medium strip	16 cal

MEAL TOTAL: **Calories** 254 cal / **Carbs** 25 g (41%) / **Protein** 31 g (50%) / **Fat** 2 g (9%) / **Fluid** 17

NOTES:

### Lunch

12:00 PM

iced tea, green	16 fl. oz.	0 cal
extra virgin olive oil	1 Tbsp	120 cal
arugula	1 Cup(s)	3 cal
quinoa, cooked	3/4 Cup(s)	167 cal
white beans, no salt, boiled	3/4 Cup(s)	191 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal

MEAL TOTAL: **Calories** 534 cal / **Carbs** 76 g (54%) / **Protein** 22 g (16%) / **Fat** 18 g (30%) / **Fluid** 27

NOTES:

### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
rice cakes, no salt	2 cake	70 cal
smooth peanut butter, no salt	1/2 Tbsp	47 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 227 cal / **Carbs** 45 g (75%) / **Protein** 5 g (8%) / **Fat** 4 g (17%) / **Fluid** 22

NOTES:



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## Dinner

6:00 PM

beef flank, lean, broiled	3 oz	163 cal
drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
whole wheat spaghetti, cooked	1 Cup(s)	174 cal
extra virgin olive oil	1 Tbsp	120 cal

**MEAL TOTAL:** **Calories** 498 cal / **Carbs** 44 g (34%) / **Protein** 36 g (28%) / **Fat** 22 g (38%) / **Fluid** 27

**NOTES:**

**DAY 4 TOTAL:** **Calories** 1,999 cal / **Carbs** 278 g (54%) / **Protein** 110 g (21%) / **Fat** 57 g (25%) / **Fluid** 124

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## DAY 5

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
soy milk with calcium	1 Cup(s)	105 cal
6-grain hot cereal	1 serving	297 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 485 cal / **Carbs** 89 g (70%) / **Protein** 16 g (13%) / **Fat** 9 g (17%) / **Fluid** 32

NOTES:

### Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal

MEAL TOTAL: **Calories** 232 cal / **Carbs** 34 g (56%) / **Protein** 22 g (36%) / **Fat** 2 g (8%) / **Fluid** 27

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
arugula	1 Cup(s)	3 cal
hummus, lower sodium	2 Tbsp	52 cal
whole wheat tortillas	2 tortilla	254 cal
cucumber	1 cup	5 cal

MEAL TOTAL: **Calories** 485 cal / **Carbs** 47 g (38%) / **Protein** 45 g (37%) / **Fat** 14 g (25%) / **Fluid** 24

NOTES:

### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	6 oz	100 cal
blueberries	1 Cup(s)	83 cal
ground flaxseed	1 Tbsp	70 cal

MEAL TOTAL: **Calories** 253 cal / **Carbs** 31 g (46%) / **Protein** 21 g (31%) / **Fat** 7 g (23%) / **Fluid** 25

NOTES:



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## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
extra virgin olive oil	1/2 Tbsp	60 cal
quinoa, cooked	3/4 Cup(s)	167 cal
green peas, no salt, boiled	1 Cup(s)	138 cal
pork tenderloin, lean, cooked	3 oz	122 cal

**MEAL TOTAL:** **Calories** 541 cal / **Carbs** 67 g (48%) / **Protein** 41 g (30%) / **Fat** 14 g (22%) / **Fluid** 31

**NOTES:**

**DAY 5 TOTAL:** **Calories** 1,996 cal / **Carbs** 268 g (52%) / **Protein** 146 g (28%) / **Fat** 46 g (20%) / **Fluid** 139

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## DAY 6

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal
blueberries	1 Cup(s)	83 cal
smooth peanut butter, no salt	1 Tbsp	94 cal
soy milk with calcium	1 Cup(s)	105 cal

MEAL TOTAL: **Calories** 416 cal / **Carbs** 63 g (56%) / **Protein** 17 g (16%) / **Fat** 14 g (28%) / **Fluid** 21

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
cherries	1 Cup(s)	74 cal
pecans, no salt, dry-roasted	1/4 oz	50 cal

MEAL TOTAL: **Calories** 246 cal / **Carbs** 24 g (38%) / **Protein** 23 g (36%) / **Fat** 7 g (26%) / **Fluid** 24

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
arugula	2 Cup(s)	5 cal
soup pea low sodium with water	2 Cup(s)	310 cal
whole wheat english muffin	1 muffin	134 cal

MEAL TOTAL: **Calories** 569 cal / **Carbs** 77 g (53%) / **Protein** 22 g (15%) / **Fat** 21 g (32%) / **Fluid** 32

NOTES:

### Snack

3:00 PM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
rice cakes, no salt	1 cake	35 cal
smooth peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 239 cal / **Carbs** 39 g (61%) / **Protein** 6 g (9%) / **Fat** 8 g (30%) / **Fluid** 22

NOTES:



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## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
polenta with fresh vegetables	2 serving	365 cal
chicken breast, boneless skinless	3 oz	92 cal

**MEAL TOTAL:** **Calories** 553 cal / **Carbs** 55 g (45%) / **Protein** 35 g (28%) / **Fat** 15 g (27%) / **Fluid** 49

**NOTES:**

**DAY 6 TOTAL:** **Calories** 2,023 cal / **Carbs** 258 g (51%) / **Protein** 103 g (20%) / **Fat** 65 g (29%) / **Fluid** 148

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## DAY 7

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
soy milk with calcium	1 1/4 Cup(s)	132 cal
brown rice cereal	1 1/2 Cup(s)	186 cal
egg whites, cooked	4 large	69 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 469 cal / **Carbs** 78 g (65%) / **Protein** 27 g (22%) / **Fat** 7 g (13%) / **Fluid** 25

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
cucumber	1 cup	5 cal
carrots	10 medium strip	16 cal
hummus, lower sodium	2 Tbsp	52 cal

MEAL TOTAL: **Calories** 237 cal / **Carbs** 16 g (27%) / **Protein** 31 g (52%) / **Fat** 5 g (21%) / **Fluid** 25

NOTES:

### Lunch

12:00 PM

tuna fish, very low-sodium, in water	4 oz	112 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1/2 Cup(s)	16 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
whole wheat tortillas	1 tortilla	127 cal
arugula	1 Cup(s)	3 cal
soup pea low sodium with water	1 1/2 Cup(s)	233 cal

MEAL TOTAL: **Calories** 539 cal / **Carbs** 61 g (45%) / **Protein** 43 g (31%) / **Fat** 15 g (24%) / **Fluid** 30

NOTES:

### Snack

3:00 PM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
rice cakes, no salt	2 cake	70 cal
smooth peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 274 cal / **Carbs** 46 g (65%) / **Protein** 7 g (9%) / **Fat** 8 g (26%) / **Fluid** 22

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## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	3 oz	92 cal
extra virgin olive oil	1/2 Tbsp	60 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
polenta with fresh vegetables	1 1/2 serving	274 cal

**MEAL TOTAL:** **Calories** 467 cal / **Carbs** 34 g (33%) / **Protein** 29 g (28%) / **Fat** 18 g (39%) / **Fluid** 40

**NOTES:**

**DAY 7 TOTAL:** **Calories** 1,986 cal / **Carbs** 236 g (47%) / **Protein** 136 g (28%) / **Fat** 54 g (25%) / **Fluid** 143

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2 Servings

## spinach-stuffed sole

### Ingredients

extra virgin olive oil  
1/2 Tbsp

fresh spinach  
2 Cup(s)

garlic  
2 clove

black pepper  
1/8 tsp

sole fish  
10 oz

butter, no salt  
1 tsp

### Nutrition Totals

**Calories** 312 / **Carbs** 9 g / **Protein** 38 g / **Fat** 16 g / **Fluid** 8.25 fl oz

### Instructions

1. Preheat oven to 400 degrees F. Lightly coat a baking dish with cooking spray.
2. In a medium skillet, heat the olive oil over medium heat.
3. Saute spinach and minced garlic until spinach begins to wilt. Season with black pepper.
4. Place the two, 5 oz, sole fillets in the prepared baking dish.
5. In the middle of each fillet, place half of the spinach mixture and roll up.
6. Place the rolled fillets seam-side down. Drizzle with melted butter.
7. Bake fish for 8-10 minutes, or until the fish is opaque throughout.

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## Nutrition Label

Spinach-Stuffed Sole		
Amount Per Serving		
Calories		156
% Daily Value*		
Total Fat	8.1g	13%
Saturated Fat	2.3g	12%
Trans Fat	0g	
Cholesterol	68.9mg	23%
Sodium	470.3mg	20%
Total Carbohydrates	4.5g	2%
Dietary Fiber	3.5g	14%
Total Sugar	0g	
Protein	18.8g	
Vitamin D	161.6IU	27%
Calcium	66.3mg	7%
Iron	3mg	17%
Potassium	241.1mg	
* 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

## 6-grain hot cereal

### Ingredients

barley pearled raw  
1/2 Cup(s)

red wheat berries, hard  
1/2 Cup(s)

rice brown medium-grain raw  
1/2 Cup(s)

oatmeal, steel cut  
1/4 Cup(s)

ground flaxseed  
2 Tbsp

quinoa  
3 Tbsp

drinking water  
6 Cup(s)

### Nutrition Totals

**Calories** 1189 / **Carbs** 222 g / **Protein** 36 g / **Fat** 21 g / **Fluid** 48.87 fl oz

### Instructions

1. Combine barley, wheat berries, rice, oats, quinoa and flaxseed in a large saucepan.
2. Pour water over grains, stir, and bring to a boil over medium heat.
3. Reduce heat to low and simmer for 45 minutes, or until tender. Stir occasionally.



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## Nutrition Label

6-Grain Hot Cereal	
Amount Per Serving	
<b>Calories</b>	<b>297</b>
% Daily Value*	
<b>Total Fat</b> 5.1g	<b>8%</b>
Saturated Fat 0.6g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 3.7mg	<b>0%</b>
<b>Total Carbohydrates</b> 55.5g	<b>19%</b>
Dietary Fiber 8.3g	<b>34%</b>
Total Sugar 0.5g	
<b>Protein</b> 9g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 35.3mg	<b>4%</b>
<b>Iron</b> 2.5mg	<b>14%</b>
<b>Potassium</b> 178.8mg	
* 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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4 Servings

## polenta with fresh vegetables

### Ingredients

polenta  
1 Cup(s)

drinking water  
4 Cup(s)

garlic  
2 clove

mushrooms  
1 cup

onions  
1 cup

broccoli  
1 cup

parmesan cheese, grated  
2 Tbsp

basil  
1/2 Cup(s)

extra virgin olive oil  
1 Tbsp

zucchini/summer squash  
1 cup

### Nutrition Totals

**Calories** 730 / **Carbs** 74 g / **Protein** 16 g / **Fat** 22 g / **Fluid** 42.1 fl oz

### Instructions

1. Preheat oven to 350 degrees F. Lightly coat an ovenproof casserole dish with cooking spray.
2. In a medium bowl, stir dried polenta, water and minced garlic. Spread in prepared casserole dish.
3. Bake uncovered for 40 minutes, or until the polenta pulls away from the sides of dish.
4. While polenta is baking, place olive oil in a skillet over medium heat. Saute onions, mushrooms, zucchini, and broccoli until tender.
5. When polenta is cooked top with prepared vegetables and garnish with Parmesan and fresh basil.



Eating right, simplified.

## Nutrition Label

Polenta With Fresh Vegetables	
Amount Per Serving	
<b>Calories</b>	<b>183</b>
% Daily Value*	
<b>Total Fat</b> 5.5g	<b>9%</b>
Saturated Fat 0.9g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 2.2mg	<b>1%</b>
<b>Sodium</b> 50.7mg	<b>2%</b>
<b>Total Carbohydrates</b> 18.4g	<b>6%</b>
Dietary Fiber 2.1g	<b>9%</b>
Total Sugar 2.7g	
<b>Protein</b> 4g	
<b>Vitamin D</b> 1.7IU	<b>0%</b>
<b>Calcium</b> 62.6mg	<b>6%</b>
<b>Iron</b> 0.6mg	<b>4%</b>
<b>Potassium</b> 275.2mg	
* 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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Eating right, simplified.

## Shopping List

### Accompaniments

olive oil, mayonnaise, light  
3 Tbsp

### Beef

beef flank, lean, broiled  
3 oz

### Beverages

drinking water  
66.5 Cup(s)  
iced tea, green  
16 fl. oz.  
soy milk with calcium  
7.5 Cup(s)

### Bread

whole wheat english muffin  
3 muffin  
whole wheat tortillas  
5 tortilla

### Cereal & Grain Products

brown rice cereal  
3 Cup(s)  
oatmeal, steel cut  
0.62 Cup(s)  
quinoa  
1.5 Tbsp  
quinoa, cooked  
4 Cup(s)  
whole wheat spaghetti, cooked  
2 Cup(s)

### Dairy & Egg

butter, no salt  
1 tsp  
egg, hard boiled

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Eating right, simplified.

2 large  
egg whites, cooked  
8 large  
low-fat cottage cheese, 1%  
6.5 Cup(s)  
parmesan cheese, grated  
1.75 Tbsp  
plain greek yogurt, nonfat  
6 oz

#### Fats & Oils

extra virgin olive oil  
7.88 Tbsp

#### Finfish & Shellfish

halibut fish, cooked  
3 oz  
sole fish  
10 oz  
tuna fish, very low-sodium, in water  
8 oz

#### Fruits & Juices

apples  
7 large  
avocados  
0.5 avocado  
blueberries  
8 Cup(s)  
cherries  
3 Cup(s)  
red wheat berries, hard  
0.26 Cup(s)

#### Legumes & Beans

hummus, lower sodium  
8 Tbsp  
white beans, no salt, boiled  
1.25 Cup(s)

#### Nuts & Seeds

ground flaxseed

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Eating right, simplified.

3 Tbsp  
pecans, no salt, dry-roasted  
0.25 oz  
smooth peanut butter, no salt  
6.5 Tbsp

## Pork

pork tenderloin, lean, cooked  
3 oz

## Poultry

chicken breast, boneless skinless  
9 oz  
turkey breast, roasted  
8 oz

## Snacks

rice cakes, no salt  
12 cake

## Spices & Herbs

basil  
0.44 Cup(s)  
black pepper  
0.12 tsp

## Uncategorized

barley pearled raw  
0.26 Cup(s)  
polenta  
0.88 Cup(s)  
rice brown medium-grain raw  
0.26 Cup(s)  
soup pea low sodium with water  
3.5 Cup(s)

## Vegetables

arugula  
8 Cup(s)  
broccoli

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Eating right, simplified.

0.88 cup  
broccoli, no salt, boiled

6 Cup(s)

carrots

40 medium strip

cucumber

5 cup

fresh spinach

2 Cup(s)

garlic

3.75 clove

green peas, no salt, boiled

3 Cup(s)

mushrooms

0.88 cup

onions

0.88 cup

romaine lettuce

4 leaf

spinach, no salt, boiled

3 Cup(s)

tomatoes

2 Cup(s)

zucchini/summer squash

0.88 cup