



Eating right, simplified.

# 1,900 Calorie Plan (Protein) 4meals/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
egg whites, cooked	5 large	86 cal

MEAL TOTAL: **Calories** 463 cal / **Carbs** 57 g (53%) / **Protein** 24 g (22%) / **Fat** 12 g (25%) / **Fluid** 22

NOTES:

### Snack

10:00 AM

apples	1 large	110 cal
almond butter	2 Tbsp	200 cal
drinking water	2 Cup(s)	0 cal
chocolate brownie protein bar, low-carb	1/2 bar	111 cal

MEAL TOTAL: **Calories** 421 cal / **Carbs** 37 g (37%) / **Protein** 16 g (16%) / **Fat** 21 g (47%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

turkey breast, roasted	8 oz	308 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 1/2 small	112 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 510 cal / **Carbs** 44 g (34%) / **Protein** 73 g (56%) / **Fat** 6 g (10%) / **Fluid** 31

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	1/4 Cup(s)	41 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 507 cal / **Carbs** 47 g (36%) / **Protein** 46 g (35%) / **Fat** 17 g (29%) / **Fluid** 29

NOTES:

**DAY 1 TOTAL: Calories** 1,900 cal / **Carbs** 185 g (39%) / **Protein** 159 g (34%) / **Fat** 56 g (27%) / **Fluid** 104

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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
italian turkey sausage, lower sodium	1 oz	45 cal
trulean rich dutch chocolate whey isolate protein...	1 Scoop	100 cal

MEAL TOTAL: **Calories** 523 cal / **Carbs** 49 g (38%) / **Protein** 47 g (36%) / **Fat** 15 g (26%) / **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
chocolate brownie protein bar, low-carb	1/2 bar	111 cal

MEAL TOTAL: **Calories** 378 cal / **Carbs** 17 g (18%) / **Protein** 18 g (20%) / **Fat** 26 g (62%) / **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	5 oz	237 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 528 cal / **Carbs** 57 g (42%) / **Protein** 42 g (31%) / **Fat** 16 g (27%) / **Fluid** 23

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	2 small	108 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 463 cal / **Carbs** 38 g (32%) / **Protein** 52 g (44%) / **Fat** 13 g (24%) / **Fluid** 33

NOTES:

**DAY 2 TOTAL: Calories** 1,892 cal / **Carbs** 161 g (34%) / **Protein** 159 g (33%) / **Fat** 70 g (33%) / **Fluid** 77



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### DAY 3

#### Breakfast

7:00 AM

whole wheat english muffin	1 muffin	134 cal
skim milk with calcium	2 Cup(s)	173 cal
almond butter	2 Tbsp	200 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 576 cal / **Carbs** 58 g (41%) / **Protein** 43 g (30%) / **Fat** 19 g (29%) / **Fluid** 20

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

MEAL TOTAL: **Calories** 290 cal / **Carbs** 36 g (48%) / **Protein** 14 g (19%) / **Fat** 11 g (33%) / **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 serving	261 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** 480 cal / **Carbs** 35 g (28%) / **Protein** 34 g (28%) / **Fat** 25 g (44%) / **Fluid** 29

NOTES:

**DAY 3 TOTAL: Calories** 1,916 cal / **Carbs** 200 g (40%) / **Protein** 154 g (31%) / **Fat** 63 g (29%) / **Fluid** 96



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## DAY 4

### Breakfast

7:00 AM

blueberries	1/2 Cup(s)	41 cal
whole grain rolled oats, dry	7/8 Cup(s)	262 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** 561 cal / **Carbs** 61 g (46%) / **Protein** 35 g (26%) / **Fat** 17 g (28%) / **Fluid** 26

NOTES:

### Snack

10:00 AM

pears	1 small	79 cal
skim milk with calcium	2 Cup(s)	173 cal
melba toast, no salt	4 toast	75 cal

MEAL TOTAL: **Calories** 327 cal / **Carbs** 60 g (72%) / **Protein** 20 g (24%) / **Fat** 2 g (4%) / **Fluid** 19

NOTES:

### Lunch

12:00 PM

balsamic vinegar	2 Tbsp	28 cal
whole-wheat pita bread	2 small	149 cal
romaine lettuce	1 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
italian chicken	1 serving	261 cal

MEAL TOTAL: **Calories** 446 cal / **Carbs** 39 g (35%) / **Protein** 32 g (28%) / **Fat** 18 g (37%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

beef flank, lean, broiled	6 oz	327 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** 564 cal / **Carbs** 51 g (35%) / **Protein** 57 g (40%) / **Fat** 16 g (25%) / **Fluid** 35

NOTES:

**DAY 4 TOTAL: Calories** 1,898 cal / **Carbs** 212 g (45%) / **Protein** 143 g (30%) / **Fat** 52 g (25%) / **Fluid** 103



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## DAY 5

### Breakfast

7:00 AM

skim milk with calcium	2 Cup(s)	173 cal
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

MEAL TOTAL: **Calories** 544 cal / **Carbs** 80 g (60%) / **Protein** 45 g (34%) / **Fat** 3 g (6%) / **Fluid** 29

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	1/2 Cup(s)	97 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 25 g (28%) / **Protein** 20 g (23%) / **Fat** 19 g (49%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
turkey breast, roasted	8 oz	308 cal
whole-wheat pita bread	2 small	149 cal
tomatoes	1/4 Cup(s)	8 cal
baby carrots	10 large	53 cal
romaine lettuce	3 leaf	3 cal

MEAL TOTAL: **Calories** 521 cal / **Carbs** 46 g (34%) / **Protein** 74 g (55%) / **Fat** 6 g (11%) / **Fluid** 28

NOTES:

### Dinner

6:00 PM

chicken vegetable soup	1 1/2 serving	502 cal
whole wheat dinner rolls	1/2 roll	37 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 539 cal / **Carbs** 36 g (27%) / **Protein** 48 g (35%) / **Fat** 23 g (38%) / **Fluid** 29

NOTES:

**DAY 5 TOTAL: Calories** 1,956 cal / **Carbs** 187 g (38%) / **Protein** 187 g (38%) / **Fat** 52 g (24%) / **Fluid** 109



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## DAY 6

### Breakfast

7:00 AM

whole wheat english muffin	1 muffin	134 cal
almond butter	2 Tbsp	200 cal
skim milk with calcium	2 Cup(s)	173 cal

MEAL TOTAL: **Calories** 507 cal / **Carbs** 57 g (44%) / **Protein** 29 g (23%) / **Fat** 18 g (33%) / **Fluid** 16

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cottage cheese, 2% milkfat	1 Cup(s)	194 cal
blueberries	1 1/2 Cup(s)	124 cal

MEAL TOTAL: **Calories** 318 cal / **Carbs** 40 g (49%) / **Protein** 28 g (34%) / **Fat** 6 g (17%) / **Fluid** 28

NOTES:

### Lunch

12:00 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:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
black beans, no salt, boiled	2/3 Cup(s)	151 cal
chicken breast, cooked	6 oz	281 cal
spinach, no salt, boiled	2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 515 cal / **Carbs** 41 g (31%) / **Protein** 74 g (56%) / **Fat** 8 g (13%) / **Fluid** 33

NOTES:

**DAY 6 TOTAL: Calories** 1,916 cal / **Carbs** 181 g (37%) / **Protein** 179 g (37%) / **Fat** 56 g (26%) / **Fluid** 107



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## DAY 7

### Breakfast

7:00 AM

egg, hard boiled	3 large	233 cal
bananas	1 small	90 cal
skim milk with calcium	2 Cup(s)	173 cal
fruit yogurt, non-fat	1/2 cup	116 cal

MEAL TOTAL: **Calories** 612 cal / **Carbs** 72 g (46%) / **Protein** 42 g (28%) / **Fat** 17 g (26%) / **Fluid** 25

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	2 small	108 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** 560 cal / **Carbs** 39 g (28%) / **Protein** 64 g (46%) / **Fat** 16 g (26%) / **Fluid** 32

NOTES:

**DAY 7 TOTAL: Calories** 1,911 cal / **Carbs** 179 g (37%) / **Protein** 180 g (37%) / **Fat** 55 g (26%) / **Fluid** 100



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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  
11 oz  
italian turkey sausage, lower sodium  
1 oz

## Beverages

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

## Bread

whole-wheat pita bread  
5.5 small  
whole wheat bread  
2 slice  
whole wheat dinner rolls  
3.5 roll  
whole wheat english muffin  
2 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  
1.88 Cup(s)  
wild rice, cooked  
1.25 Cup(s)

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## Cookies & Crackers

melba toast, no salt  
4 toast

## Dairy & Egg

cottage cheese, 2% milkfat  
1.5 Cup(s)  
egg, hard boiled  
10 large  
egg whites, cooked  
21 large  
fruit yogurt, non-fat  
0.5 cup  
skim milk with calcium  
10 Cup(s)  
string cheese, light  
2 serving

## Fats & Oils

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

## Finfish & Shellfish

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

## Fruits & Juices

apples  
2.5 large  
bananas  
1 extra large  
1 small  
blueberries  
2 Cup(s)  
cranberries, dried sweetened  
0.25 Cup(s)  
grapes

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1.5 oz  
lemon juice  
2 Tbsp  
pears  
1 small

## Ingredients

balsamic vinegar  
2.25 Tbsp

## Legumes & Beans

black beans, no salt, boiled  
1.34 Cup(s)

## Nuts & Seeds

almond butter  
8 Tbsp  
almonds  
1.5 oz

## Poultry

chicken, boneless, roasted  
25 oz  
chicken breast, cooked  
6 oz  
chicken breast skinless  
8 oz  
turkey breast, roasted  
16 oz

## Soup

vegetable stock, no salt added  
4.5 Cup(s)

## Spices & Herbs

black pepper  
0.76 tsp  
oregano, dried  
0.76 tsp  
parsley (fresh)



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1.5 tablespoon(s)

## Sports & Diet Nutritionals

chocolate brownie protein bar, low-carb

1 bar

trulean rich dutch chocolate whey isolate protein powder

1 Scoop

## Vegetables

baby carrots

45 large

broccoli, no salt, boiled

1 Cup(s)

carrots

1.5 medium

garlic

1 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

4 small

tomatoes

1 Cup(s)

zucchini/summer squash

3 cup