



1900 Calorie Plan (Protein 2) 4meals/day

DAY 1

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	whole wheat bread	1 slice	100 cal
	mushroom, leek, and cheese frittata	1 serving	372 cal
	tangerines/ mandarin oranges	1 large	52 cal

MEAL TOTAL: **Calories** 524 cal / **Carbs** 44 g (32%) / **Protein** 24 g (17%) / **Fat** 32 g (51%) / **Fluid** 15

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	dried apricots	4 half	34 cal
	medjool dates	2 date, pitted	133 cal
	almonds	3/4 oz	122 cal

MEAL TOTAL: **Calories** 288 cal / **Carbs** 49 g (63%) / **Protein** 6 g (7%) / **Fat** 11 g (30%) / **Fluid** 17

NOTES:

Lunch 12:00 PM	quinoa, cooked	1 Cup(s)	222 cal
	olives ripe canned small-extra large	4 large	20 cal
	cucumber	1 cup	5 cal
	chicken breast, cooked	3 oz	140 cal
	arugula	2 Cup(s)	5 cal
	extra virgin olive oil	1 1/2 Tbsp	180 cal
	lemon juice	2 Tbsp	7 cal

MEAL TOTAL: **Calories** 580 cal / **Carbs** 45 g (30%) / **Protein** 36 g (24%) / **Fat** 30 g (46%) / **Fluid** 10

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	extra virgin olive oil	2 Tbsp	240 cal
	french baguette, breads	1 1/2 oz	113 cal
	spinach, no salt, boiled	1 Cup(s)	41 cal
	yellowfin tuna fish, cooked	3 oz	111 cal

MEAL TOTAL: **Calories** 505 cal / **Carbs** 28 g (22%) / **Protein** 34 g (27%) / **Fat** 29 g (51%) / **Fluid** 24

NOTES:

DAY 1 TOTAL: **Calories** 1,897 cal / **Carbs** 166 g (34%) / **Protein** 100 g (20%) / **Fat** 101 g (46%) / **Fluid** 64



DAY 2

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	fbbc blueberry muffin smoothie	1 serving	394 cal

MEAL TOTAL: **Calories** 394 cal / **Carbs** 34 g (33%) / **Protein** 34 g (33%) / **Fat** 16 g (34%) / **Fluid** 9

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	almonds	1 oz	162 cal
	turkey jerky	3 serving	210 cal

MEAL TOTAL: **Calories** 372 cal / **Carbs** 30 g (30%) / **Protein** 33 g (33%) / **Fat** 17 g (37%) / **Fluid** 16

NOTES:

Lunch 12:00 PM	balsamic vinegar	1 Tbsp	14 cal
	extra virgin olive oil	1 Tbsp	120 cal
	romaine lettuce	2 Cup(s)	16 cal
	drinking water	2 Cup(s)	0 cal
	tomatoes	1 cup	27 cal
	mushroom, leek, and cheese frittata	1 serving	372 cal

MEAL TOTAL: **Calories** 549 cal / **Carbs** 22 g (16%) / **Protein** 21 g (14%) / **Fat** 45 g (70%) / **Fluid** 28

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	pork souvlaki	1 serving	225 cal
	barley, cooked	1 1/8 Cup(s)	217 cal
	cauliflower, no salt, boiled	1 Cup(s)	29 cal
	broccoli, no salt, boiled	1 Cup(s)	55 cal
	extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 585 cal / **Carbs** 69 g (45%) / **Protein** 28 g (18%) / **Fat** 25 g (37%) / **Fluid** 32

NOTES:

DAY 2 TOTAL: Calories 1,901 cal / Carbs 155 g (31%) / Protein 115 g (23%) / Fat 102 g (46%) / Fluid 85



DAY 3

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	skim milk with calcium	1 Cup(s)	86 cal
	egg, hard boiled	1 large	78 cal
	whole wheat bread	2 slice	200 cal
	honeydew melon	3 large wedge	173 cal

MEAL TOTAL: **Calories** 537 cal / **Carbs** 96 g (66%) / **Protein** 27 g (19%) / **Fat** 9 g (15%) / **Fluid** 31

NOTES:

Snack 10:00 AM	bananas	1 extra large	135 cal
	drinking water	2 Cup(s)	0 cal
	almonds	1 oz	162 cal

MEAL TOTAL: **Calories** 297 cal / **Carbs** 41 g (51%) / **Protein** 8 g (9%) / **Fat** 14 g (40%) / **Fluid** 20

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
	pork souvlaki	1 serving	225 cal
	lemon juice	1 Tbsp	3 cal
	quinoa, cooked	3/4 Cup(s)	167 cal
	cucumber	1/2 cup	3 cal

MEAL TOTAL: **Calories** 533 cal / **Carbs** 37 g (27%) / **Protein** 26 g (19%) / **Fat** 33 g (54%) / **Fluid** 26

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	vegetable gnocchi soup	1 serving	349 cal
	kale	1 cup	33 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	lemon juice	1 Tbsp	3 cal
	french baguette, breads	1 oz	75 cal

MEAL TOTAL: **Calories** 520 cal / **Carbs** 84 g (61%) / **Protein** 15 g (11%) / **Fat** 17 g (28%) / **Fluid** 24

NOTES:

DAY 3 TOTAL: Calories 1,888 cal / **Carbs** 258 g (52%) / **Protein** 76 g (15%) / **Fat** 74 g (33%) / **Fluid** 102



DAY 4

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	fbbc blueberry muffin smoothie	1 serving	394 cal

MEAL TOTAL: **Calories** 394 cal / **Carbs** 34 g (33%) / **Protein** 34 g (33%) / **Fat** 16 g (34%) / **Fluid** 9

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	almonds	1 oz	162 cal
	plain non fat greek yogurt by chobani	1 container	100 cal

MEAL TOTAL: **Calories** 262 cal / **Carbs** 13 g (19%) / **Protein** 24 g (35%) / **Fat** 14 g (46%) / **Fluid** 16

NOTES:

Lunch 12:00 PM	quinoa, cooked	1 Cup(s)	222 cal
	olives ripe canned small-extra large	4 large	20 cal
	cucumber	1 cup	5 cal
	chicken breast, cooked	6 1/2 oz	304 cal
	arugula	2 Cup(s)	5 cal
	extra virgin olive oil	1 Tbsp	120 cal
	lemon juice	2 Tbsp	7 cal

MEAL TOTAL: **Calories** 683 cal / **Carbs** 45 g (26%) / **Protein** 66 g (39%) / **Fat** 26 g (35%) / **Fluid** 12

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	vegetable gnocchi soup	1 serving	349 cal
	kale	1 cup	33 cal
	extra virgin olive oil	1 Tbsp	120 cal
	lemon juice	1 Tbsp	3 cal
	french baguette, breads	1 oz	75 cal

MEAL TOTAL: **Calories** 580 cal / **Carbs** 84 g (55%) / **Protein** 15 g (10%) / **Fat** 24 g (35%) / **Fluid** 24

NOTES:

DAY 4 TOTAL: Calories 1,920 cal / Carbs 175 g (36%) / Protein 139 g (28%) / Fat 79 g (36%) / Fluid 61

**DAY 5**

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	egg, hard boiled	3 large	233 cal
	whole wheat bread	2 slice	200 cal
	honeydew melon	2 large wedge	115 cal

MEAL TOTAL: **Calories** 548 cal / **Carbs** 71 g (49%) / **Protein** 31 g (21%) / **Fat** 19 g (30%) / **Fluid** 22

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	dried apricots	4 half	34 cal
	almonds	1/2 oz	81 cal
	turkey jerky	2 serving	140 cal

MEAL TOTAL: **Calories** 255 cal / **Carbs** 28 g (40%) / **Protein** 21 g (31%) / **Fat** 9 g (29%) / **Fluid** 16

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	romaine lettuce	2 Cup(s)	16 cal
	extra virgin olive oil	1 1/2 Tbsp	180 cal
	lemon juice	1 Tbsp	3 cal
	cucumber	1 cup	5 cal
	vegetable gnocchi soup	1 serving	349 cal

MEAL TOTAL: **Calories** 553 cal / **Carbs** 68 g (46%) / **Protein** 11 g (7%) / **Fat** 30 g (47%) / **Fluid** 26

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	beef stew	1 serving	298 cal
	kale	2 cup	66 cal
	extra virgin olive oil	1 Tbsp	120 cal
	lemon juice	1 Tbsp	3 cal
	french baguette, breads	1 oz	75 cal

MEAL TOTAL: **Calories** 562 cal / **Carbs** 41 g (31%) / **Protein** 40 g (30%) / **Fat** 23 g (39%) / **Fluid** 29

NOTES:

DAY 5 TOTAL: Calories 1,918 cal / **Carbs** 208 g (42%) / **Protein** 102 g (21%) / **Fat** 82 g (37%) / **Fluid** 93



DAY 6

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	skim milk with calcium	1 1/2 Cup(s)	130 cal
	bananas	1 extra large	135 cal
	corn grits , no salt	1 1/2 Cup(s)	279 cal

MEAL TOTAL: **Calories** 544 cal / **Carbs** 111 g (80%) / **Protein** 20 g (15%) / **Fat** 3 g (5%) / **Fluid** 33

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	walnuts	1/4 oz	46 cal
	cottage cheese, 4%	3/4 Cup(s)	165 cal
	medjool dates	1 date, pitted	66 cal

MEAL TOTAL: **Calories** 277 cal / **Carbs** 26 g (37%) / **Protein** 20 g (27%) / **Fat** 11 g (36%) / **Fluid** 16

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	romaine lettuce	2 Cup(s)	16 cal
	extra virgin olive oil	1 1/2 Tbsp	180 cal
	lemon juice	1 Tbsp	3 cal
	quinoa, cooked	1 Cup(s)	222 cal
	cucumber	1 cup	5 cal
	yellowfin tuna fish, cooked	3 oz	111 cal

MEAL TOTAL: **Calories** 537 cal / **Carbs** 45 g (33%) / **Protein** 34 g (25%) / **Fat** 25 g (42%) / **Fluid** 27

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	beef stew	1 serving	298 cal
	kale	2 cup	66 cal
	extra virgin olive oil	1 Tbsp	120 cal
	lemon juice	1 Tbsp	3 cal
	french baguette, breads	1 oz	75 cal

MEAL TOTAL: **Calories** 562 cal / **Carbs** 41 g (31%) / **Protein** 40 g (30%) / **Fat** 23 g (39%) / **Fluid** 29

NOTES:

DAY 6 TOTAL: Calories 1,921 cal / **Carbs** 224 g (46%) / **Protein** 114 g (24%) / **Fat** 63 g (30%) / **Fluid** 106



Eating right, simplified.

DAY 7

Breakfast 7:00 AM	egg, hard boiled	1 large	78 cal
	bananas	1 medium	105 cal
	drinking water	2 Cup(s)	0 cal
	cottage cheese, 4%	1 1/2 Cup(s)	330 cal

MEAL TOTAL: **Calories** 513 cal / **Carbs** 43 g (33%) / **Protein** 44 g (34%) / **Fat** 19 g (33%) / **Fluid** 20

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	almonds	1 oz	162 cal
	tangerines/ mandarin oranges	3 large	156 cal

MEAL TOTAL: **Calories** 318 cal / **Carbs** 45 g (52%) / **Protein** 8 g (10%) / **Fat** 15 g (38%) / **Fluid** 25

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	tomatoes	1 cup	27 cal
	extra virgin olive oil	1 Tbsp	120 cal
	chicken breast, cooked	3 oz	140 cal
	quinoa, cooked	1 Cup(s)	222 cal
	arugula	2 Cup(s)	5 cal
	cucumber	1 cup	5 cal

MEAL TOTAL: **Calories** 519 cal / **Carbs** 47 g (36%) / **Protein** 37 g (28%) / **Fat** 21 g (36%) / **Fluid** 29

NOTES:

Dinner 6:00 PM	kale, no salt, boiled	1 Cup(s)	36 cal
	drinking water	2 Cup(s)	0 cal
	salmon, cooked	3 oz	130 cal
	potato gnocchi	1/2 Cup(s)	170 cal
	extra virgin olive oil	1 1/2 Tbsp	180 cal
	cauliflower, no salt, boiled	1 1/2 Cup(s)	43 cal

MEAL TOTAL: **Calories** 559 cal / **Carbs** 50 g (35%) / **Protein** 31 g (21%) / **Fat** 28 g (44%) / **Fluid** 28

NOTES:

DAY 7 TOTAL: Calories 1,909 cal / **Carbs** 185 g (38%) / **Protein** 119 g (24%) / **Fat** 83 g (38%) / **Fluid** 102



4 Servings

mushroom, leek, and cheese frittata

Ingredients

extra virgin olive oil
4 Tbsp

leeks
8 oz

mushrooms
8 oz

egg
8 egg

sour cream
2 fl oz

parsley
2 fl oz

cheese mozzarella whole milk
2 oz

kosher salt
1/4 tsp

black pepper
1/4 tsp

Nutrition Totals

Calories 1490 / Carbs 43 g / Protein 72 g / Fat 120 g / Fluid 16 fl oz

Instructions

1. Preheat oven to 350 degrees.
2. Add 2 Tbsp of olive oil to a large, non-stick, oven-proof skillet. Turn to medium heat and add leeks.
3. Cook leeks until softened and then add mushrooms. Cook leeks and mushrooms until all liquid has evaporated.
4. In a bowl, whisk eggs, sour cream, and parsley. Add in salt, pepper and 1 oz of cheese.
5. Increase skillet heat to medium-high and add remaining 2 Tbsp. of oil. Pour egg mixture over the mushrooms/leeks and evenly distribute.
6. Cook the frittata on the stove until the edges set.
7. Top with remaining 1 oz of cheese and bake frittata for ~30 minutes, or until set.

Nutrition Label

Mushroom, Leek, And Cheese Frittata	
Amount Per Serving	
Calories	372
% Daily Value*	
Total Fat 29.9g	46%
Saturated Fat 5.3g	27%
Trans Fat 0g	
Cholesterol 17.4mg	6%
Sodium 133mg	6%
Total Carbohydrates 10.8g	4%
Dietary Fiber 1.7g	7%
Total Sugar 3.8g	
Protein 18.1g	
Vitamin D 7.9IU	1%
Calcium 125.6mg	13%
Iron 1.8mg	10%
Potassium 332.5mg	
<p>* 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.</p>	



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.

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	
<p>* 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.</p>	



4 Servings

pork souvlaki

Ingredients

extra virgin olive oil
2 fl oz

onions
1/2 medium

garlic
2 clove

lemon juice
2 Tbsp

red wine vinegar
2 tsp

oregano, dried
2 tsp

pork tenderloin
12 oz

Nutrition Totals

Calories 900 / **Carbs** 12 g / **Protein** 73 g / **Fat** 64 g / **Fluid** 12 fl oz

Instructions

1. Combine olive oil, diced onions, minced garlic, lemon juice, vinegar and oregano in a medium bowl.
2. Cut pork tenderloin into cubes and add to large resealable bag. Pour in marinade.
3. Allow pork to marinade in refrigerator for at least 2 hours to overnight.
4. Divide pork among 4 skewers.
5. Grill the skewers on the BBQ until browned and cooked through. Turn 4 times while cooking to ensure all sides are evenly cooked.



Nutrition Label

Pork Souvlaki	
Amount Per Serving	
Calories	225
% Daily Value*	
Total Fat 15.9g	24%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 55.2mg	18%
Sodium 46.3mg	2%
Total Carbohydrates 2.9g	1%
Dietary Fiber 0.6g	3%
Total Sugar 0.8g	
Protein 18.1g	
Vitamin D 6.8IU	1%
Calcium 25.1mg	3%
Iron 1.2mg	7%
Potassium 385.6mg	

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4 Servings

vegetable gnocchi soup

Ingredients

onions
1 cup

garlic
4 cloves

basil
1/2 Cup(s)

chickpeas (garbanzo beans), canned
4 oz

extra virgin olive oil
2 Tbsp

crushed red pepper flakes
1/8 tsp

vegetable broth soup, low sodium
28 oz

tomatoes red ripe canned stewed
15 oz

kosher salt
1/8 tsp

black pepper
1/4 tsp

green snap beans
1 1/2 Cup(s)

potato gnocchi
2 Cup(s)

fresh spinach
4 Cup(s)

Nutrition Totals

Calories 1394 / Carbs 250 g / Protein 38 g / Fat 36 g / Fluid 22 fl oz

Instructions

1. Chop onions, mince garlic, and finely shred half of the basil (reserve the other half for garnish).
2. Heat olive oil in large pot over medium heat. Saute onions until cooked through.
3. Add in garlic and basil and cook for an additional 2 minutes.
4. Add in drained and rinsed chickpeas, broth, tomatoes and spices. Bring to a boil.
5. Reduce to a simmer and then add in green beans. Simmer until green beans are tender.
6. Add in gnocchi and cook an additional 5 minutes, or until gnocchi are tender.
7. Turn off heat and add in fresh spinach.
8. Divide soup into 4 bowls; garnish with remaining basil leaves.

Nutrition Label

Vegetable Gnocchi Soup	
Amount Per Serving	
Calories	349
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1047.8mg	44%
Total Carbohydrates 62.4g	21%
Dietary Fiber 10.1g	41%
Total Sugar 8.3g	
Protein 9.4g	
Vitamin D 0IU	0%
Calcium 135.6mg	14%
Iron 5.4mg	30%
Potassium 409.3mg	

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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.



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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Shopping List

Accompaniments

kosher salt
0.21 tsp

Beef

beef round, lean, cooked
6 oz

Beverages

almond milk (unsweetened)
2 cup(s)
drinking water
46 Cup(s)
red wine
0.5 Cup(s)

Bread

french baguette, breads
5.5 oz
whole wheat bread
5 slice

Cereal & Grain Products

barley, cooked
1.13 Cup(s)
corn grits , no salt
1.5 Cup(s)
quinoa, cooked
4.75 Cup(s)

Dairy & Egg

cheese mozzarella whole milk
1 oz
cottage cheese, 4%
2.25 Cup(s)
egg
4 egg
egg, hard boiled



5 large
skim milk with calcium
2.5 Cup(s)
sour cream
1 fl oz

Entrees

potato gnocchi
2 Cup(s)

Fats & Oils

extra virgin olive oil
19.5 Tbsp
1 fl oz

Finfish & Shellfish

salmon, cooked
3 oz
yellowfin tuna fish, cooked
6 oz

Fruits & Juices

bananas
2 extra large
1 medium
blueberries (frozen)
1 cup(s)
dried apricots
8 half
honeydew melon
5 large wedge
lemon juice
12 Tbsp
medjool dates
3 date, pitted
tangerines/ mandarin oranges
4 large

Ingredients

balsamic vinegar
1 Tbsp
red wine vinegar



1 tsp

Legumes & Beans

green snap beans
1.14 Cup(s)

Nuts & Seeds

almond butter (unsweetened)
2 tablespoon(s)
almonds
5.25 oz
walnuts
0.25 oz

Pork

pork tenderloin
6 oz

Poultry

chicken breast, cooked
12.5 oz

Snacks

turkey jerky
5 serving

Soup

beef stock
8 fl oz
vegetable broth soup, low sodium
21 oz

Spices & Herbs

basil
0.39 Cup(s)
2 tsp
black pepper
0.3 tsp



cinnamon, ground

0.26 tsp

crushed red pepper flakes

0.09 tsp

nutmeg, ground

0.26 tsp

oregano, dried

3 tsp

parsley

1 fl oz

Sports & Diet Nutritional

trulean whey isolate protein frosted vanilla cake

2 Scoop

Uncategorized

ground flaxseed

0.66 tablespoons

old fashioned oats by quaker

0.66 Cup(s)

olives ripe canned small-extra large

8 large

plain non fat greek yogurt by chobani

1 container

tomatoes red ripe canned stewed

11.25 oz

Vegetables

arugula

6 Cup(s)

broccoli, no salt, boiled

1 Cup(s)

carrots

2 medium

cauliflower, no salt, boiled

2.5 Cup(s)

chickpeas (garbanzo beans), canned

3 oz

cucumber

5.5 cup

fresh spinach

3 Cup(s)

garlic

1.5 clove

3 cloves



kale

6 cup

kale, no salt, boiled

1 Cup(s)

leeks

4 oz

mushrooms

4 oz

onions

0.26 medium

0.75 cup

onions, no salt, boiled

0.5 small

romaine lettuce

8 Cup(s)

spinach

2 Cup(s)

spinach, no salt, boiled

1 Cup(s)

tomatoes

2 cup

tomatoes, no salt, canned

1 can