



# 1,900 Calorie Plan (Protein) 4meals/day

## DAY 1

|                             |                              |          |         |
|-----------------------------|------------------------------|----------|---------|
| <b>Breakfast</b><br>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:

|                          |   |          |         |
|--------------------------|---|----------|---------|
| <b>Snack</b><br>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:

|                          |                        |             |         |
|--------------------------|------------------------|-------------|---------|
| <b>Lunch</b><br>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:

|                          |                              |            |         |
|--------------------------|------------------------------|------------|---------|
| <b>Dinner</b><br>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



Eating right, simplified.

## DAY 2

|                             |  |              |         |
|-----------------------------|--|--------------|---------|
| <b>Breakfast</b><br>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:

|                          |   |          |         |
|--------------------------|---|----------|---------|
| <b>Snack</b><br>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:

|                          |                              |            |         |
|--------------------------|------------------------------|------------|---------|
| <b>Lunch</b><br>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:

|                          |                              |          |         |
|--------------------------|------------------------------|----------|---------|
| <b>Dinner</b><br>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

**DAY 3**

|                             |                            |          |         |
|-----------------------------|----------------------------|----------|---------|
| <b>Breakfast</b><br>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:

|                          |                  |               |         |
|--------------------------|------------------|---------------|---------|
| <b>Snack</b><br>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:

|                          |                                      |            |         |
|--------------------------|--------------------------------------|------------|---------|
| <b>Lunch</b><br>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:

|                          |                       |            |         |
|--------------------------|-----------------------|------------|---------|
| <b>Dinner</b><br>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

**DAY 4**

|                             |                              |            |         |
|-----------------------------|------------------------------|------------|---------|
| <b>Breakfast</b><br>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:**

|                          |                        |          |         |
|--------------------------|------------------------|----------|---------|
| <b>Snack</b><br>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:**

|                          |                        |            |         |
|--------------------------|------------------------|------------|---------|
| <b>Lunch</b><br>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:**

|                          |                                |          |         |
|--------------------------|--------------------------------|----------|---------|
| <b>Dinner</b><br>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

**DAY 5**

|                             |                        |              |         |
|-----------------------------|------------------------|--------------|---------|
| <b>Breakfast</b><br>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:**

|                          |                            |            |         |
|--------------------------|----------------------------|------------|---------|
| <b>Snack</b><br>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:**

|                          |                        |            |         |
|--------------------------|------------------------|------------|---------|
| <b>Lunch</b><br>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:**

|                          |                          |               |         |
|--------------------------|--------------------------|---------------|---------|
| <b>Dinner</b><br>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

**DAY 6**

|                             |                            |          |         |
|-----------------------------|----------------------------|----------|---------|
| <b>Breakfast</b><br>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:**

|                          |                            |              |         |
|--------------------------|----------------------------|--------------|---------|
| <b>Snack</b><br>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:**

|                          |                          |               |         |
|--------------------------|--------------------------|---------------|---------|
| <b>Lunch</b><br>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:**

|                          |                              |            |         |
|--------------------------|------------------------------|------------|---------|
| <b>Dinner</b><br>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

**DAY 7**

|                             |                        |          |         |
|-----------------------------|------------------------|----------|---------|
| <b>Breakfast</b><br>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:**

|                          |                      |           |         |
|--------------------------|----------------------|-----------|---------|
| <b>Snack</b><br>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:**

|                          |                                      |            |         |
|--------------------------|--------------------------------------|------------|---------|
| <b>Lunch</b><br>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:**

|                          |                              |          |         |
|--------------------------|------------------------------|----------|---------|
| <b>Dinner</b><br>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



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.



# Nutrition Label

| <b>Italian Chicken</b>          |            |
|---------------------------------|------------|
| <b>Amount Per Serving</b>       |            |
| <b>Calories</b>                 | <b>261</b> |
| <b>% Daily Value*</b>           |            |
| <b>Total Fat</b> 16.5g          | <b>25%</b> |
| Saturated Fat 2.5g              | <b>13%</b> |
| Trans Fat 0g                    |            |
| <b>Cholesterol</b> 82.7mg       | <b>28%</b> |
| <b>Sodium</b> 51.7mg            | <b>2%</b>  |
| <b>Total Carbohydrates</b> 1.5g | <b>1%</b>  |
| Dietary Fiber 0g                | <b>0%</b>  |
| Total Sugar 0.4g                |            |
| <b>Protein</b> 25.6g            |            |
| <b>Vitamin D</b> 1.1IU          | <b>0%</b>  |
| <b>Calcium</b> 9.4mg            | <b>1%</b>  |
| <b>Iron</b> 0.5mg               | <b>3%</b>  |
| <b>Potassium</b> 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.



# Nutrition Label

| <b>Chicken Vegetable Soup</b>    |            |
|----------------------------------|------------|
| <b>Amount Per Serving</b>        |            |
| <b>Calories</b>                  | <b>335</b> |
| <b>% Daily Value*</b>            |            |
| <b>Total Fat</b> 14.9g           | <b>23%</b> |
| Saturated Fat 8g                 | <b>40%</b> |
| Trans Fat 0g                     |            |
| <b>Cholesterol</b> 85mg          | <b>28%</b> |
| <b>Sodium</b> 162.5mg            | <b>7%</b>  |
| <b>Total Carbohydrates</b> 19.4g | <b>6%</b>  |
| Dietary Fiber 3.2g               | <b>13%</b> |
| Total Sugar 13.3g                |            |
| <b>Protein</b> 30.8g             |            |
| <b>Vitamin D</b> 0IU             | <b>0%</b>  |
| <b>Calcium</b> 63.9mg            | <b>6%</b>  |
| <b>Iron</b> 2.2mg                | <b>12%</b> |
| <b>Potassium</b> 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.



# 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)



## 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



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)



1.5 tablespoon(s)

### Sports & Diet Nutritional

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