



Eating right, simplified.

# 1,900 Calorie Plan (Basic 2) 4meals/day

## DAY 1

### Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
extra virgin olive oil	1 1/2 Tbsp	180 cal
garlic	2 clove	9 cal
red peppers	1 Cup(s)	46 cal
chamomile tea, brewed	2 Cup(s)	5 cal
bread oat bran	2 slice	142 cal

MEAL TOTAL: **Calories** 472 cal / **Carbs** 37 g (31%) / **Protein** 14 g (12%) / **Fat** 31 g (57%) / **Fluid** 23

NOTES:

### Snack

10:00 AM

fbbc mexicali dip	1 serving	275 cal
whole wheat crackers, low-sodium	10 cracker	177 cal

MEAL TOTAL: **Calories** 452 cal / **Carbs** 49 g (42%) / **Protein** 37 g (32%) / **Fat** 14 g (26%) / **Fluid** 45

NOTES:

### Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
tomatoes	1 cup	27 cal
drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal
celery	8 medium stalk	51 cal
eggplant, no salt, boiled	1 cup	35 cal
rice noodles, cooked	3/4 Cup(s)	143 cal

MEAL TOTAL: **Calories** 424 cal / **Carbs** 66 g (59%) / **Protein** 9 g (8%) / **Fat** 16 g (33%) / **Fluid** 41

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
cod fish, cooked	4 oz	119 cal
red lentils	1/2 Cup(s)	75 cal
couscous, cooked	3/4 Cup(s)	132 cal
collards, boiled, no salt	2 Cup(s)	99 cal

MEAL TOTAL: **Calories** 545 cal / **Carbs** 59 g (42%) / **Protein** 44 g (31%) / **Fat** 17 g (27%) / **Fluid** 34

NOTES:

**DAY 1 TOTAL: Calories** 1,894 cal / **Carbs** 211 g (43%) / **Protein** 104 g (21%) / **Fat** 77 g (36%) / **Fluid** 143

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## DAY 2

### Breakfast

7:00 AM

chamomile tea, brewed	2 Cup(s)	5 cal
cashew butter, no salt	2 Tbsp	188 cal
plain soy yogurt	6 oz	150 cal
strawberries	1 1/2 Cup(s)	69 cal
bread oat bran	2 slice	142 cal

MEAL TOTAL: **Calories** 553 cal / **Carbs** 69 g (48%) / **Protein** 21 g (15%) / **Fat** 24 g (37%) / **Fluid** 24

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
almonds	1 1/4 oz	203 cal
mangos	1 fruit	124 cal

MEAL TOTAL: **Calories** 327 cal / **Carbs** 39 g (43%) / **Protein** 9 g (10%) / **Fat** 18 g (47%) / **Fluid** 22

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
tuna in water, canned	3 oz	73 cal
tomatoes	1 cup	27 cal
bread oat bran	1 slice	71 cal
red lentils	1 Cup(s)	150 cal

MEAL TOTAL: **Calories** 471 cal / **Carbs** 51 g (42%) / **Protein** 33 g (27%) / **Fat** 17 g (31%) / **Fluid** 27

NOTES:

### Dinner

6:00 PM

iced tea, green	2 Cup(s)	0 cal
ginger tempeh lettuce wraps	1 serving	219 cal
rice noodles, cooked	1 1/2 Cup(s)	285 cal
cauliflower, no salt, boiled	1 1/2 Cup(s)	43 cal

MEAL TOTAL: **Calories** 546 cal / **Carbs** 88 g (64%) / **Protein** 21 g (15%) / **Fat** 13 g (21%) / **Fluid** 31

NOTES:

**DAY 2 TOTAL: Calories** 1,898 cal / **Carbs** 246 g (50%) / **Protein** 84 g (17%) / **Fat** 71 g (33%) / **Fluid** 103



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### DAY 3

#### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
bread oat bran	2 slice	142 cal
plain soy yogurt	8 oz	200 cal
cashew butter, no salt	1 1/2 Tbsp	141 cal
strawberries	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 529 cal / **Carbs** 67 g (49%) / **Protein** 22 g (16%) / **Fat** 21 g (35%) / **Fluid** 21

NOTES:

#### Snack

10:00 AM

walnuts	1 oz	183 cal
mangos	1 fruit	124 cal
chamomile tea, brewed	2 Cup(s)	5 cal

MEAL TOTAL: **Calories** 312 cal / **Carbs** 36 g (42%) / **Protein** 6 g (7%) / **Fat** 19 g (51%) / **Fluid** 22

NOTES:

#### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
shrimp, cooked	3 oz	101 cal
extra virgin olive oil	1 Tbsp	120 cal
rice noodles, cooked	1 1/4 Cup(s)	238 cal
eggplant, no salt, boiled	1 cup	35 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal

MEAL TOTAL: **Calories** 522 cal / **Carbs** 68 g (52%) / **Protein** 26 g (20%) / **Fat** 17 g (28%) / **Fluid** 30

NOTES:

#### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
ginger tempeh lettuce wraps	1 serving	219 cal
rice noodles, cooked	1 1/2 Cup(s)	285 cal
mushrooms, no salt, boiled	1 1/2 Cup(s)	44 cal

MEAL TOTAL: **Calories** 547 cal / **Carbs** 88 g (64%) / **Protein** 21 g (15%) / **Fat** 13 g (21%) / **Fluid** 30

NOTES:

**DAY 3 TOTAL: Calories** 1,910 cal / **Carbs** 259 g (53%) / **Protein** 75 g (15%) / **Fat** 69 g (32%) / **Fluid** 103



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## DAY 4

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
almonds	1/8 oz	20 cal
chia and mango overnight oats	1 serving	484 cal

MEAL TOTAL: **Calories** 504 cal / **Carbs** 81 g (63%) / **Protein** 18 g (14%) / **Fat** 13 g (23%) / **Fluid** 23

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	3/4 oz	137 cal
tangerines/ mandarin oranges	2 large	104 cal
cherries	1 1/4 Cup(s)	92 cal

MEAL TOTAL: **Calories** 333 cal / **Carbs** 52 g (57%) / **Protein** 6 g (7%) / **Fat** 15 g (36%) / **Fluid** 26

NOTES:

### Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
iced tea, green	2 Cup(s)	0 cal
whole grain tortillas	1 tortilla	170 cal
salsa, ready to serve	2 Tbsp	10 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal
chicken breast, boneless skinless	3 oz	92 cal
avocados	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 554 cal / **Carbs** 60 g (41%) / **Protein** 34 g (23%) / **Fat** 23 g (36%) / **Fluid** 25

NOTES:

### Dinner

6:00 PM

salmon, cooked	3 oz	130 cal
black tea brewed	2 Cup(s)	5 cal
red lentils	1 Cup(s)	150 cal
couscous, cooked	1 Cup(s)	176 cal
collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 510 cal / **Carbs** 74 g (57%) / **Protein** 42 g (33%) / **Fat** 5 g (10%) / **Fluid** 28

NOTES:

**DAY 4 TOTAL: Calories** 1,901 cal / **Carbs** 267 g (54%) / **Protein** 100 g (20%) / **Fat** 56 g (26%) / **Fluid** 102



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## DAY 5

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
chia and mango overnight oats	1 serving	484 cal
cashew butter, no salt	1/2 Tbsp	47 cal
bread oat bran	1/2 slice	35 cal

MEAL TOTAL: **Calories** 566 cal / **Carbs** 88 g (61%) / **Protein** 20 g (14%) / **Fat** 16 g (25%) / **Fluid** 23

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
almonds	1 1/8 oz	182 cal
tangerines/ mandarin oranges	2 large	104 cal

MEAL TOTAL: **Calories** 286 cal / **Carbs** 33 g (42%) / **Protein** 8 g (11%) / **Fat** 16 g (47%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
romaine lettuce	1 Cup(s)	8 cal
chicken breast, boneless skinless	6 oz	184 cal
hummus, lower sodium	3 Tbsp	78 cal
bread oat bran	2 slice	142 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 519 cal / **Carbs** 42 g (31%) / **Protein** 47 g (35%) / **Fat** 20 g (34%) / **Fluid** 30

NOTES:

### Dinner

6:00 PM

extra virgin olive oil	1 1/2 Tbsp	180 cal
iced tea, green	2 Cup(s)	0 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
pork tenderloin, lean, cooked	3 oz	122 cal
mushrooms, no salt, boiled	1 Cup(s)	29 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal

MEAL TOTAL: **Calories** 539 cal / **Carbs** 52 g (37%) / **Protein** 31 g (22%) / **Fat** 25 g (41%) / **Fluid** 30

NOTES:

**DAY 5 TOTAL: Calories** 1,910 cal / **Carbs** 216 g (44%) / **Protein** 106 g (21%) / **Fat** 78 g (35%) / **Fluid** 105



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## DAY 6

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
strawberries	1 1/2 Cup(s)	69 cal
fbbc pumpkin chia protein oats	1 serving	364 cal

MEAL TOTAL: **Calories** 433 cal / **Carbs** 59 g (54%) / **Protein** 23 g (22%) / **Fat** 11 g (24%) / **Fluid** 32

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	1 1/4 oz	229 cal
tangerines/ mandarin oranges	2 large	104 cal

MEAL TOTAL: **Calories** 333 cal / **Carbs** 31 g (34%) / **Protein** 7 g (8%) / **Fat** 23 g (58%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	2 Tbsp	28 cal
pork tenderloin, lean, cooked	4 oz	162 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal
extra virgin olive oil	1 1/2 Tbsp	180 cal

MEAL TOTAL: **Calories** 593 cal / **Carbs** 56 g (37%) / **Protein** 36 g (24%) / **Fat** 26 g (39%) / **Fluid** 32

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
cod fish, cooked	2 oz	60 cal
mexican bean stew	1 serving	344 cal
whole grain tortillas	1/2 tortilla	85 cal
collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 538 cal / **Carbs** 83 g (59%) / **Protein** 34 g (25%) / **Fat** 10 g (16%) / **Fluid** 29

NOTES:

**DAY 6 TOTAL: Calories** 1,896 cal / **Carbs** 228 g (46%) / **Protein** 101 g (21%) / **Fat** 71 g (33%) / **Fluid** 115



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## DAY 7

### Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
ground flaxseed	2 Tbsp	140 cal
plain soy yogurt	4 oz	100 cal
strawberries	1 Cup(s)	46 cal
bread oat bran	1 slice	71 cal

MEAL TOTAL: **Calories** 434 cal / **Carbs** 44 g (38%) / **Protein** 22 g (19%) / **Fat** 22 g (43%) / **Fluid** 22

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
hummus, lower sodium	3 Tbsp	78 cal
celery	6 medium stalk	38 cal
whole wheat crackers, low-sodium	8 cracker, square	142 cal

MEAL TOTAL: **Calories** 285 cal / **Carbs** 42 g (55%) / **Protein** 10 g (13%) / **Fat** 11 g (32%) / **Fluid** 30

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
rice noodles, cooked	1 Cup(s)	190 cal
sesame oil, salad or cooking	1 Tbsp	119 cal
mushrooms, no salt, boiled	1 Cup(s)	29 cal
garden veggie tempeh	4 oz	251 cal

MEAL TOTAL: **Calories** 589 cal / **Carbs** 65 g (44%) / **Protein** 27 g (19%) / **Fat** 24 g (37%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	1 oz	31 cal
mexican bean stew	1 serving	344 cal
cauliflower, no salt, boiled	1 1/2 Cup(s)	43 cal
whole grain tortillas	1 tortilla	170 cal

MEAL TOTAL: **Calories** 587 cal / **Carbs** 94 g (62%) / **Protein** 30 g (19%) / **Fat** 13 g (19%) / **Fluid** 28

NOTES:

**DAY 7 TOTAL: Calories** 1,896 cal / **Carbs** 245 g (50%) / **Protein** 88 g (18%) / **Fat** 70 g (32%) / **Fluid** 104



1 Servings

## fbbc mexicali dip

### Ingredients

ground beef, lean  
4 oz

cumin ground  
1/2 tsp

oregano, dried  
1/4 tsp

garlic powder  
1/4 tsp

salt  
1/4 tsp

black pepper  
1/8 tsp

cayenne pepper  
1/8 tsp

black beans, no salt, boiled  
1/4 Cup(s)

salsa, ready to serve  
1/2 Cup(s)

plain greek yogurt, nonfat  
1 oz

### Nutrition Totals

**Calories 275 / Carbs 21 g / Protein 33 g / Fat 7 g / Fluid 8 fl oz**

### Instructions

Instructions:

Brown ground beef in a pan and drain.

Combine cumin, oregano, garlic, salt, pepper, and cayenne in small bowl and add to pan with ground beef. Mix to combine.

Transfer 4 ounces of the meat into a large bowl. Store the remaining meat in an airtight container and refrigerate for later use.

Next add the black beans and salsa to the meat and stir to combine.

Stir in the Greek yogurt and add optional toppings. Serve.

Optional toppings: shredded cheese, chopped jalapenos, minced red or white onion, chopped cilantro, smoked paprika





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## Nutrition Label

Fbbc Mexicali Dip		
Amount Per Serving		
Calories		275
		% Daily Value*
Total Fat	6.6g	10%
Saturated Fat	3.4g	17%
Trans Fat	0.3g	
Cholesterol	90.2mg	30%
Sodium	834.5mg	35%
Total Carbohydrates	21.3g	7%
Dietary Fiber	6.3g	26%
Total Sugar	6g	
Protein	33.3g	
Vitamin D	3.3IU	1%
Calcium	101.1mg	10%
Iron	4.3mg	24%
Potassium	969.3mg	
* 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

# ginger tempeh lettuce wraps

## Ingredients

lemon juice  
2 Tbsp

soy sauce, low-sodium  
2 Tbsp

sesame oil, salad or cooking  
1/2 tsp

sweetener syrup agave  
1 Tbsp

sriracha, hot chili sauce  
2 tsp

ginger root  
2 Tbsp

garlic  
4 clove

garden veggie tempeh  
8 oz

extra virgin olive oil  
2 tsp

carrots  
2 medium

romaine lettuce  
4 outer leaf

green onions/scallions  
2 medium

sesame oil, salad or cooking  
1 Tbsp

## Nutrition Totals

**Calories 874 / Carbs 67 g / Protein 50 g / Fat 46 g / Fluid 10 fl oz**

## Instructions

1. In a small bowl, combine lemon juice, soy sauce, sesame oil, agave, chili sauce, ginger and garlic to make the marinade.
2. Add cubed tempeh to the marinade and coat well. Set aside and allow to marinate for at least 30 minutes.
3. In a medium skillet, heat olive oil over medium-high heat. Add cubed tempeh and residual marinade.
4. Stir-fry tempeh cubes until lightly browned.
5. Peel and cut carrots into matchstick slices. Add to tempeh and cook until slightly tender.
6. Place 1/4 of tempeh mixture onto each lettuce leaf and garnish with scallions and sesame seeds.



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## Nutrition Label

Ginger Tempeh Lettuce Wraps		
Amount Per Serving		
Calories		219
% Daily Value*		
Total Fat	11.5g	18%
Saturated Fat	1.3g	7%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	389mg	16%
Total Carbohydrates	16.6g	6%
Dietary Fiber	8.8g	35%
Total Sugar	3.3g	
Protein	12.5g	
Vitamin D	0IU	0%
Calcium	31mg	3%
Iron	0.5mg	3%
Potassium	360.3mg	
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2 Servings

# chia and mango overnight oats

## Ingredients

mangos

1 fruit

seeds chia dried

1 oz

almond beverage with calcium

4 Tbsp

almond beverage with calcium

1 Cup(s)

oats

1 Cup(s)

vanilla extract

1 tsp

## Nutrition Totals

**Calories** 967 / **Carbs** 160 g / **Protein** 34 g / **Fat** 23 g / **Fluid** 14 fl oz

## Instructions

1. In a medium bowl, combine oats, vanilla and 1 cup of almond milk; stir well.
2. Mix the chia seeds with 4 tbsp of almond milk in another small bowl. Set aside.
3. Chop mango into small pieces.
4. In 2 jars, alternate layers of oats, mango and chia.
5. Place the jars in the refrigerator and enjoy the next morning.



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## Nutrition Label

Chia And Mango Overnight Oats		
Amount Per Serving		
Calories		484
		% Daily Value*
Total Fat	11.6g	18%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	60.6mg	3%
Total Carbohydrates	80.2g	27%
Dietary Fiber	14.8g	59%
Total Sugar	18.7g	
Protein	16.9g	
Vitamin D	0IU	0%
Calcium	421.1mg	42%
Iron	5.1mg	29%
Potassium	591mg	
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1 Servings

## fbbc pumpkin chia protein oats

### Ingredients

oatmeal oatmeal old fashioned oats by quaker oats

1/2 Cup(s)

100% liquid egg whites

1/2 Cup(s)

pumpkin, no salt, canned

3 Tbsp

vanilla extract

1 tsp

chia seeds

1 1/2 Tbsp

drinking water

1 Cup(s)

spices pumpkin pie spice

1/2 tsp

### Nutrition Totals

**Calories** 364 / **Carbs** 42 g / **Protein** 22 g / **Fat** 11 g / **Fluid** 9 fl oz

### Instructions

Instructions:

In a small sauce pan, bring water to a boil.

Add oats to boiling water and reduce to medium heat.

Cook for 2-3 minutes uncovered, stirring occasionally.

In a separate dish, add egg whites. Continually whip whites with a fork or whisk until frothy.

Pour egg whites into oats and stir briskly for about 1 minute.

Cover pot and let cook on low heat for another 3-4 minutes.

Remove from heat and stir in pure vanilla extract, pumpkin puree, pumpkin spice seasoning, and chia seeds.

Serve with optional toppings if desired.

Optional toppings: cinnamon, berries, honey



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## Nutrition Label

Fbbc Pumpkin Chia Protein Oats	
Amount Per Serving	
Calories	364
% Daily Value*	
Total Fat 10.7g	17%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 606.8mg	25%
Total Carbohydrates 42.3g	14%
Dietary Fiber 14.4g	58%
Total Sugar 3.1g	
Protein 21.8g	
Vitamin D 0IU	0%
Calcium 168.3mg	17%
Iron 5.3mg	30%
Potassium 707.4mg	
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4 Servings

# mexican bean stew

## Ingredients

pinto beans, no salt, boiled

1 Cup(s)

black beans, no salt, boiled

1 Cup(s)

garbanzo beans, no salt, boiled

1 Cup(s)

extra virgin olive oil

1 Tbsp

onions

1 medium

garlic

4 clove

cumin ground

1 tsp

crushed tomatoes, no salt

2 Cup(s)

corn sweet yellow raw

2 Cup(s)

cinnamon, ground

1/2 tsp

black pepper

1/2 tsp

cayenne pepper

1/8 tsp

cilantro leaves raw, coriander

4 Tbsp

## Nutrition Totals

**Calories 1374 / Carbs 239 g / Protein 58 g / Fat 25 g / Fluid 22 fl oz**

## Instructions

1. Heat olive oil in a large saucepan over medium heat. Add in onions and garlic and saute until tender.
2. Add in cumin and saute for one additional minute.
3. To the onions add in cooked beans (including desired amount of cooking water), and crushed tomatoes. Simmer for 20 minutes.
4. Add in corn, cinnamon, pepper and cayenne.
5. Garnish with fresh cilantro prior to serving.





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## Nutrition Label

Mexican Bean Stew		
Amount Per Serving		
Calories		344
		% Daily Value*
Total Fat	6.2g	10%
Saturated Fat	0.9g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	31.2mg	1%
Total Carbohydrates	59.8g	20%
Dietary Fiber	15.8g	63%
Total Sugar	11.9g	
Protein	14.4g	
Vitamin D	0IU	0%
Calcium	69mg	7%
Iron	4.9mg	27%
Potassium	1068.2mg	
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# Shopping List

## Accompaniments

salsa, ready to serve

0.5 Cup(s)

2 Tbsp

soy sauce, low-sodium

1 Tbsp

sriracha, hot chili sauce

1 tsp

sweetener syrup agave

0.5 Tbsp

## Beef

ground beef, lean

4 oz

## Beverages

almond beverage with calcium

4 Tbsp

1 Cup(s)

black tea brewed

2 Cup(s)

chamomile tea, brewed

6 Cup(s)

drinking water

41 Cup(s)

iced tea, green

6 Cup(s)

## Bread

whole grain tortillas

2.5 tortilla

## Cereal & Grain Products

couscous, cooked

1.75 Cup(s)

oatmeal oatmeal old fashioned oats by quaker oats

0.5 Cup(s)

oats

1 Cup(s)

rice noodles, cooked



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6 Cup(s)

## Cookies & Crackers

whole wheat crackers, low-sodium

10 cracker

8 cracker, square

## Dairy & Egg

100% liquid egg whites

0.5 Cup(s)

egg, hard boiled

1 large

plain greek yogurt, nonfat

1 oz

whole eggs, scrambled

1 large

## Desserts

plain soy yogurt

18 oz

## Fats & Oils

extra virgin olive oil

8 Tbsp

1 tsp

sesame oil, salad or cooking

0.26 tsp

1.5 Tbsp

## Finfish & Shellfish

cod fish, cooked

6 oz

salmon, cooked

3 oz

shrimp, cooked

3 oz

tuna in water, canned

3 oz

## Fruits & Juices

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Eating right, simplified.

avocados  
1.25 avocado  
cherries  
1.25 Cup(s)  
lemon juice  
1 Tbsp  
mangos  
3 fruit  
strawberries  
5 Cup(s)  
tangerines/ mandarin oranges  
6 large

## Ingredients

balsamic vinegar  
3 Tbsp

## Legumes & Beans

black beans, no salt, boiled  
1.25 Cup(s)  
garbanzo beans, no salt, boiled  
0.5 Cup(s)  
hummus, lower sodium  
6 Tbsp  
pinto beans, no salt, boiled  
0.5 Cup(s)  
red lentils  
2.5 Cup(s)

## Nuts & Seeds

almonds  
2.51 oz  
chia seeds  
1.5 Tbsp  
ground flaxseed  
2 Tbsp  
walnuts  
3 oz

## Pork

pork tenderloin, lean, cooked  
7 oz



Eating right, simplified.

## Poultry

chicken breast, boneless skinless

10 oz

## Spices & Herbs

black pepper

0.39 tsp

cayenne pepper

0.19 tsp

cinnamon, ground

0.26 tsp

cumin ground

1 tsp

garlic powder

0.25 tsp

oregano, dried

0.25 tsp

salt

0.25 tsp

## Uncategorized

bread oat bran

10.5 slice

corn sweet yellow raw

1 Cup(s)

seeds chia dried

1 oz

spices pumpkin pie spice

0.5 tsp

vanilla extract

2 tsp

## Vegetables

carrots

1 medium

cashew butter, no salt

4 Tbsp

cauliflower, no salt, boiled

5 Cup(s)

celery

14 medium stalk

cilantro leaves raw, coriander

2 Tbsp

collards, boiled, no salt

4 Cup(s)

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Eating right, simplified.

**crushed tomatoes, no salt**

**1 Cup(s)**

**eggplant, no salt, boiled**

**2 cup**

**garlic**

**6 clove**

**ginger root**

**1 Tbsp**

**green onions/scallions**

**1 medium**

**mushrooms, no salt, boiled**

**3.5 Cup(s)**

**onions**

**0.5 medium**

**pumpkin, no salt, canned**

**3 Tbsp**

**red peppers**

**1 Cup(s)**

**romaine lettuce**

**7 Cup(s)**

**2 outer leaf**

**sweet potato, no salt, baked**

**2 Cup(s)**

**tomatoes**

**5 cup**

## Vegetarian Products

**garden veggie tempeh**

**8 oz**