



Eating right, simplified.

1,200 Calorie Plan (Basic 2) 4meals/day

DAY 1

Breakfast

fbbc pumpkin chia protein oats

1 serving

364 cal

7:00 AM

MEAL TOTAL: **Calories** 364 cal / **Carbs** 42 g (48%) / **Protein** 22 g (25%) / **Fat** 11 g (27%) / **Fluid** 9

NOTES:

Snack

drinking water

2 Cup(s)

0 cal

plain greek yogurt, nonfat

6 oz

100 cal

nectarines

2 fruit

120 cal

MEAL TOTAL: **Calories** 220 cal / **Carbs** 35 g (59%) / **Protein** 20 g (35%) / **Fat** 2 g (6%) / **Fluid** 29

NOTES:

Lunch

drinking water

2 Cup(s)

0 cal

dijon mustard

1 tsp

5 cal

chicken, boneless, roasted

2 oz

95 cal

tomatoes

1/4 Cup(s)

8 cal

romaine lettuce

2 leaf

2 cal

sharp cheddar, sliced

1/2 slice

55 cal

MEAL TOTAL: **Calories** 165 cal / **Carbs** 2 g (5%) / **Protein** 18 g (46%) / **Fat** 8 g (49%) / **Fluid** 19

NOTES:

Dinner

brussels sprouts, no salt, boiled

1 Cup(s)

28 cal

sockeye salmon fish, cooked

3 oz

144 cal

drinking water

2 Cup(s)

0 cal

extra virgin olive oil

1/2 Tbsp

60 cal

quinoa, cooked

1 Cup(s)

222 cal

MEAL TOTAL: **Calories** 454 cal / **Carbs** 45 g (39%) / **Protein** 32 g (28%) / **Fat** 17 g (33%) / **Fluid** 25

NOTES:

DAY 1 TOTAL: Calories 1,202 cal / **Carbs** 124 g (41%) / **Protein** 92 g (31%) / **Fat** 37 g (28%) / **Fluid** 82



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

strawberry greek yogurt, nonfat	1/2 Cup(s)	95 cal
drinking water	1 Cup(s)	0 cal
whole grain bread	1 1/2 slice	180 cal
whole eggs, poached	1 large	72 cal

MEAL TOTAL: **Calories** 347 cal / **Carbs** 45 g (52%) / **Protein** 22 g (26%) / **Fat** 8 g (22%) / **Fluid** 9

NOTES:

Snack

10:00 AM

apples	1 medium	72 cal
drinking water	2 Cup(s)	0 cal
almond butter	1 1/2 Tbsp	150 cal

MEAL TOTAL: **Calories** 222 cal / **Carbs** 24 g (42%) / **Protein** 5 g (9%) / **Fat** 12 g (49%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
baby carrots	15 large	79 cal
tuna fish, very low-sodium, in water	3 oz	84 cal
whole-wheat pita bread	2 small	149 cal

MEAL TOTAL: **Calories** 314 cal / **Carbs** 50 g (60%) / **Protein** 26 g (32%) / **Fat** 3 g (8%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

brown rice tortillas	5/8 tortilla	81 cal
spinach, frozen no salt, boiled	1/2 Cup(s)	16 cal
butter, no salt	1/2 Tbsp	51 cal
drinking water	2 Cup(s)	0 cal
beef t-bone, broiled	3 oz	161 cal

MEAL TOTAL: **Calories** 309 cal / **Carbs** 17 g (23%) / **Protein** 25 g (33%) / **Fat** 15 g (44%) / **Fluid** 19

NOTES:

DAY 2 TOTAL: Calories 1,191 cal / **Carbs** 135 g (45%) / **Protein** 79 g (26%) / **Fat** 39 g (29%) / **Fluid** 72



Eating right, simplified.

DAY 3

Breakfast

fbbc pumpkin chia protein oats

1 serving

364 cal

7:00 AM

MEAL TOTAL: **Calories** 364 cal / **Carbs** 42 g (48%) / **Protein** 22 g (25%) / **Fat** 11 g (27%) / **Fluid** 9

NOTES:

Snack

apples

1 small

55 cal

10:00 AM

drinking water

2 Cup(s)

0 cal

MEAL TOTAL: **Calories** 55 cal / **Carbs** 15 g (95%) / **Protein** 0 g (2%) / **Fat** 0 g (3%) / **Fluid** 19

NOTES:

Lunch

beef t-bone, broiled

3 oz

161 cal

12:00 PM

tomatoes

1/4 Cup(s)

8 cal

romaine lettuce

2 Cup(s)

16 cal

extra virgin olive oil

1/2 Tbsp

60 cal

balsamic vinegar

1/2 Tbsp

7 cal

whole wheat dinner rolls

1 roll

74 cal

iced tea, green

16 fl oz

0 cal

quinoa, cooked

1/2 Cup(s)

111 cal

MEAL TOTAL: **Calories** 437 cal / **Carbs** 40 g (37%) / **Protein** 30 g (27%) / **Fat** 18 g (36%) / **Fluid** 25

NOTES:

Dinner

summer squash, no salt, boiled

1 cup

36 cal

6:00 PM

drinking water

2 Cup(s)

0 cal

whole-wheat pita bread

1 1/2 small

112 cal

chicken & quinoa with vegetables

1 serving

217 cal

MEAL TOTAL: **Calories** 365 cal / **Carbs** 54 g (58%) / **Protein** 28 g (29%) / **Fat** 5 g (13%) / **Fluid** 27

NOTES:

DAY 3 TOTAL: Calories 1,221 cal / **Carbs** 151 g (49%) / **Protein** 80 g (26%) / **Fat** 34 g (25%) / **Fluid** 81



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat tortillas	1 tortilla	127 cal
whole eggs, scrambled	1 large	91 cal
salsa, ready to serve	2 Tbsp	10 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 314 cal / **Carbs** 34 g (44%) / **Protein** 19 g (24%) / **Fat** 11 g (32%) / **Fluid** 19

NOTES:

Snack

10:00 AM

nectarines	1 fruit	60 cal
drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal

MEAL TOTAL: **Calories** 182 cal / **Carbs** 19 g (41%) / **Protein** 22 g (48%) / **Fat** 2 g (11%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

whole wheat dinner rolls	1 roll	74 cal
drinking water	2 Cup(s)	0 cal
mixed vegetables, frozen no salt, boiled	3/4 Cup(s)	44 cal
chicken & quinoa with vegetables	1 serving	217 cal

MEAL TOTAL: **Calories** 336 cal / **Carbs** 46 g (55%) / **Protein** 26 g (31%) / **Fat** 5 g (14%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

mustard greens, no salt, boiled	1/2 cup	18 cal
drinking water	2 Cup(s)	0 cal
pork tenderloin, lean, cooked	3 oz	122 cal
wild rice, cooked	1/2 Cup(s)	83 cal
navy beans, no salt, boiled	1/2 Cup(s)	127 cal

MEAL TOTAL: **Calories** 350 cal / **Carbs** 44 g (50%) / **Protein** 35 g (39%) / **Fat** 4 g (11%) / **Fluid** 24

NOTES:

DAY 4 TOTAL: Calories 1,182 cal / **Carbs** 143 g (48%) / **Protein** 102 g (35%) / **Fat** 23 g (17%) / **Fluid** 91



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat bagel	1 bagel	250 cal
bacon, low-sodium, cooked	2 slice cooked	87 cal

MEAL TOTAL: **Calories** 337 cal / **Carbs** 49 g (58%) / **Protein** 17 g (20%) / **Fat** 8 g (22%) / **Fluid** 8

NOTES:

Snack

10:00 AM

apples	1 small	55 cal
drinking water	2 Cup(s)	0 cal
almond butter	1 1/2 Tbsp	150 cal

MEAL TOTAL: **Calories** 205 cal / **Carbs** 19 g (37%) / **Protein** 5 g (9%) / **Fat** 12 g (54%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

whole wheat dinner rolls	1 roll	74 cal
pork tenderloin, lean, cooked	4 oz	162 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	1/2 Tbsp	7 cal
extra virgin olive oil	1/2 Tbsp	60 cal
sweet potato, no salt, baked	1/2 Cup(s)	90 cal

MEAL TOTAL: **Calories** 410 cal / **Carbs** 39 g (38%) / **Protein** 35 g (34%) / **Fat** 13 g (28%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

chopped kale salad with chicken	1 serving	262 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 262 cal / **Carbs** 10 g (15%) / **Protein** 33 g (49%) / **Fat** 11 g (36%) / **Fluid** 22

NOTES:

DAY 5 TOTAL: Calories 1,213 cal / **Carbs** 118 g (39%) / **Protein** 90 g (29%) / **Fat** 44 g (32%) / **Fluid** 74



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
fbbc avocado super shake	1 serving	429 cal

MEAL TOTAL: **Calories** 429 cal / **Carbs** 44 g (40%) / **Protein** 31 g (28%) / **Fat** 16 g (32%) / **Fluid** 10

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
nectarines	1 fruit	60 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal

MEAL TOTAL: **Calories** 182 cal / **Carbs** 19 g (41%) / **Protein** 22 g (48%) / **Fat** 2 g (11%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

chopped kale salad with chicken	1 serving	262 cal
iced tea, green	16 fl oz	0 cal

MEAL TOTAL: **Calories** 262 cal / **Carbs** 10 g (15%) / **Protein** 33 g (49%) / **Fat** 11 g (36%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

butter, no salt	1/2 Tbsp	51 cal
wild rice, cooked	1 Cup(s)	166 cal
drinking water	2 Cup(s)	0 cal
salmon, cooked	3 oz	130 cal
summer squash, no salt, boiled	1/2 cup	18 cal

MEAL TOTAL: **Calories** 365 cal / **Carbs** 39 g (42%) / **Protein** 28 g (31%) / **Fat** 11 g (27%) / **Fluid** 25

NOTES:

DAY 6 TOTAL: Calories 1,238 cal / **Carbs** 112 g (35%) / **Protein** 114 g (37%) / **Fat** 40 g (28%) / **Fluid** 81



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

corn tortillas, no salt	2 tortilla	115 cal
american cheese, lower fat	1/2 oz	46 cal
drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
whole eggs, scrambled	1 large	91 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 398 cal / **Carbs** 52 g (51%) / **Protein** 22 g (22%) / **Fat** 12 g (27%) / **Fluid** 22

NOTES:

Snack

10:00 AM

hummus, lower sodium	2 Tbsp	52 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 131 cal / **Carbs** 23 g (67%) / **Protein** 4 g (11%) / **Fat** 3 g (22%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	2 tsp	33 cal
beef t-bone, broiled	4 oz	214 cal
romaine lettuce	4 leaf	4 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1/4 Cup(s)	8 cal

MEAL TOTAL: **Calories** 259 cal / **Carbs** 3 g (5%) / **Protein** 30 g (48%) / **Fat** 13 g (47%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	4 oz	189 cal
quinoa, cooked	1 Cup(s)	222 cal

MEAL TOTAL: **Calories** 439 cal / **Carbs** 45 g (41%) / **Protein** 38 g (35%) / **Fat** 11 g (24%) / **Fluid** 25

NOTES:

DAY 7 TOTAL: Calories 1,228 cal / **Carbs** 123 g (40%) / **Protein** 95 g (31%) / **Fat** 40 g (29%) / **Fluid** 92



Eating right, simplified.



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	
* 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.



1 Servings

chicken & quinoa with vegetables

Ingredients

quinoa, cooked
1/2 Cup(s)

chicken broth soup, low-sodium
1 1/2 Cup(s)

mixed vegetables, frozen no salt, boiled
1/4 Cup(s)

chicken breast skinless
2 2/3 oz

Nutrition Totals

Calories 217 / **Carbs** 23 g / **Protein** 22 g / **Fat** 4 g / **Fluid** 5 fl oz

Instructions

Bring the quinoa and chicken broth to a boil in a saucepan; reduce heat to a simmer and cover the pan. Simmer until the broth is absorbed, the quinoa is fluffy, and the white line is visible in the grain, about 12 minutes. Stir in the chicken breast strips and cook until the chicken is still slightly pink in the middle, about 5 more minutes. Remove the chicken meat and set aside. Cook the mixed vegetables in the sauce pan until tender, 5 to 8 minutes. Return chicken to saucepan and sprinkle with basil leaves, and lime juice (optional). Cook until the chicken is fully cooked and hot, about 10 more minutes. Serve over hot quinoa.

Optional Addition (not included in ingredients)

Heat 2 tablespoons of olive oil in a skillet; cook and stir the garlic scapes and onion until onion is translucent, about 5 minutes. Use this base in the skillet to cook the chicken



Eating right, simplified.

Nutrition Label

Chicken & Quinoa With Vegetables		
Amount Per Serving		
Calories		217
		% Daily Value*
Total Fat	3.7g	6%
Saturated Fat	0.6g	3%
Trans Fat	0g	
Cholesterol	55.1mg	18%
Sodium	48.5mg	2%
Total Carbohydrates	22.7g	8%
Dietary Fiber	3.6g	14%
Total Sugar	1.5g	
Protein	21.7g	
Vitamin D	0.7IU	0%
Calcium	27.5mg	3%
Iron	1.8mg	10%
Potassium	453.9mg	
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Eating right, simplified.



4 Servings

chopped kale salad with chicken

Ingredients

kale
6 cup

chicken, boneless, roasted
16 oz

olive oil
2/3 Tbsp

lemon juice
2 Tbsp

black pepper
1 tsp

lemon peel
2 tsp

Nutrition Totals

Calories 1048 / **Carbs** 39 g / **Protein** 131 g / **Fat** 43 g / **Fluid** 23 fl oz

Instructions

1. Combine olive oil, lemon juice, lemon zest, and pepper in small bowl.
2. Pour over chopped kale and toss.
3. Divide kale into 4 bowls.
4. Top each bowl of kale with 4 oz of roasted chicken breast.



Eating right, simplified.

Nutrition Label

Chopped Kale Salad With Chicken		
Amount Per Serving		
Calories		262
		% Daily Value*
Total Fat	10.7g	17%
Saturated Fat	2.4g	12%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	123.5mg	5%
Total Carbohydrates	9.8g	3%
Dietary Fiber	3.8g	16%
Total Sugar	2.5g	
Protein	32.7g	
Vitamin D	0IU	0%
Calcium	168.5mg	17%
Iron	2.9mg	16%
Potassium	769.6mg	
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Eating right, simplified.



1 Servings

fbbc avocado super shake

Ingredients

spinach

2 Cup(s)

banana

1 whole

pure vanilla almond milk unsweetened by silk

12 fl. oz.

cinnamon, ground

1/4 tsp

trulean rich dutch chocolate whey isolate protein powder

1 Scoop

avocado, medium

1/2 whole avocado

cacao powder raw chocolate powder certified organic by navitas

1 Tbsp

Nutrition Totals

Calories 429 / **Carbs** 44 g / **Protein** 31 g / **Fat** 16 g / **Fluid** 2 fl oz

Instructions

Instructions:

Blend all ingredients in high-powered blender and blend until smooth.

Garnish with optional cinnamon and raw cacao powder and serve.

*Optional toppings: additional cinnamon and raw cacao powder



Eating right, simplified.

Nutrition Label

Fbbc Avocado Super Shake	
Amount Per Serving	
Calories	
	429
% Daily Value*	
Total Fat 15.8g	24%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 291.7mg	12%
Total Carbohydrates 44g	15%
Dietary Fiber 8.8g	35%
Total Sugar 14.6g	
Protein 30.5g	
Vitamin D 147.8IU	25%
Calcium 743.8mg	74%
Iron 3.1mg	18%
Potassium 551mg	
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Eating right, simplified.

Shopping List

Accompaniments

dijon mustard
1 tsp
olive oil, mayonnaise, light
2 tsp
salsa, ready to serve
2 Tbsp

Beef

beef t-bone, broiled
10 oz

Beverages

drinking water
45 Cup(s)
iced tea, green
32 fl oz

Bread

brown rice tortillas
0.63 tortilla
corn tortillas, no salt
2 tortilla
whole-wheat pita bread
3.5 small
whole grain bread
1.5 slice
whole wheat bagel
1 bagel
whole wheat dinner rolls
3 roll
whole wheat tortillas
1 tortilla

Cereal & Grain Products

oatmeal oatmeal old fashioned oats by quaker oats
1 Cup(s)
quinoa, cooked
3.5 Cup(s)
wild rice, cooked

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Eating right, simplified.

1.5 Cup(s)

Dairy & Egg

100% liquid egg whites

1 Cup(s)

american cheese, lower fat

0.5 oz

butter, no salt

1 Tbsp

low-fat cottage cheese, 1%

1.5 Cup(s)

plain greek yogurt, nonfat

6 oz

sharp cheddar, sliced

0.5 slice

skim milk with calcium

2 Cup(s)

strawberry greek yogurt, nonfat

0.5 Cup(s)

whole eggs, poached

1 large

whole eggs, scrambled

2 large

Fats & Oils

extra virgin olive oil

1.5 Tbsp

olive oil

0.34 Tbsp

Finfish & Shellfish

salmon, cooked

3 oz

sockeye salmon fish, cooked

3 oz

tuna fish, very low-sodium, in water

3 oz

Fruits & Juices

apples

1 medium

2 small

banana

1 whole

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Eating right, simplified.

lemon juice

1 Tbsp

lemon peel

1 tsp

nectarines

5 fruit

Ingredients

balsamic vinegar

1 Tbsp

Legumes & Beans

hummus, lower sodium

2 Tbsp

navy beans, no salt, boiled

0.5 Cup(s)

Nuts & Seeds

almond butter

3 Tbsp

chia seeds

3 Tbsp

Pork

bacon, low-sodium, cooked

2 slice cooked

pork tenderloin, lean, cooked

7 oz

Poultry

chicken, boneless, roasted

14 oz

chicken breast skinless

5.34 oz

Soup

chicken broth soup, low-sodium

3 Cup(s)



Spices & Herbs

black pepper
0.5 tsp
cinnamon, ground
0.25 tsp

Sports & Diet Nutritionals

trulean rich dutch chocolate whey isolate protein powder
1 Scoop

Uncategorized

avocado, medium
0.5 whole avocado
cacao powder raw chocolate powder certified organic by navitas
1 Tbsp
pure vanilla almond milk unsweetened by silk
12 fl. oz.
spices pumpkin pie spice
1 tsp
vanilla extract
2 tsp

Vegetables

baby carrots
30 large
brussels sprouts, no salt, boiled
2 Cup(s)
kale
3 cup
mixed vegetables, frozen no salt, boiled
1.25 Cup(s)
mustard greens, no salt, boiled
0.5 cup
pumpkin, no salt, canned
6 Tbsp
romaine lettuce
8 leaf
4 Cup(s)
spinach
2 Cup(s)
spinach, frozen no salt, boiled
0.5 Cup(s)
summer squash, no salt, boiled
1.5 cup



Eating right, simplified.

sweet potato, no salt, baked

0.5 Cup(s)

tomatoes

0.75 Cup(s)