



Eating right, simplified.

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

## DAY 1

### Breakfast

7:00 AM

|                                 |           |         |
|---------------------------------|-----------|---------|
| drinking water                  | 2 Cup(s)  | 0 cal   |
| fbbc cherry almond butter shake | 1 serving | 299 cal |

MEAL TOTAL: **Calories** 299 cal / **Carbs** 30 g (38%) / **Protein** 6 g (8%) / **Fat** 19 g (54%) / **Fluid** 17

NOTES:

### Snack

10:00 AM

|                               |           |        |
|-------------------------------|-----------|--------|
| smooth peanut butter, no salt | 1 Tbsp    | 94 cal |
| bananas                       | 1/3 small | 30 cal |
| drinking water                | 2 Cup(s)  | 0 cal  |
| turkey jerky                  | 1 1/8 oz  | 80 cal |

MEAL TOTAL: **Calories** 204 cal / **Carbs** 20 g (36%) / **Protein** 15 g (26%) / **Fat** 9 g (38%) / **Fluid** 17

NOTES:

### Lunch

12:00 PM

|   |          |         |
|---|----------|---------|
| drinking water  | 2 Cup(s) | 0 cal   |
| turkey breast, roasted                                | 5 oz     | 193 cal |
| romaine lettuce                                       | 2 leaf   | 2 cal   |
| almonds   | 1/8 oz   | 20 cal  |
| ezeziel 4:9 sprouted 100% whole grain bread by foo... | 2 slice  | 160 cal |
| dijon mustard   | 1 Tbsp   | 15 cal  |

MEAL TOTAL: **Calories** 390 cal / **Carbs** 31 g (33%) / **Protein** 51 g (54%) / **Fat** 6 g (13%) / **Fluid** 20

NOTES:

### Dinner

6:00 PM

|                            |             |         |
|----------------------------|-------------|---------|
| drinking water             | 2 Cup(s)    | 0 cal   |
| fbbc fiesta skillet dinner | 1/8 serving | 321 cal |

MEAL TOTAL: **Calories** 321 cal / **Carbs** 36 g (45%) / **Protein** 29 g (35%) / **Fat** 7 g (20%) / **Fluid** 20

NOTES:

**DAY 1 TOTAL: Calories** 1,214 cal / **Carbs** 117 g (38%) / **Protein** 100 g (32%) / **Fat** 41 g (30%) / **Fluid** 74



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## DAY 2

### 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

fbbc mexicali dip

1 serving

275 cal

10:00 AM

MEAL TOTAL: **Calories** 275 cal / **Carbs** 21 g (31%) / **Protein** 33 g (48%) / **Fat** 7 g (21%) / **Fluid** 8

NOTES:

### Lunch

iced tea, green

16 fl oz

0 cal

tomatoes

1/4 Cup(s)

8 cal

chicken, boneless, roasted

3 oz

142 cal

spring mix green salad by dole

4 Cup(s)

27 cal

balsamic vinegar

1 Tbsp

14 cal

MEAL TOTAL: **Calories** 191 cal / **Carbs** 8 g (19%) / **Protein** 24 g (53%) / **Fat** 6 g (28%) / **Fluid** 20

NOTES:

### Dinner

lima beans, boiled, no salt

1/4 Cup(s)

54 cal

potatoes, no salt, boiled

1 1/4 Cup(s)

170 cal

drinking water

2 Cup(s)

0 cal

beef brisket, cooked

1 1/2 oz

164 cal

MEAL TOTAL: **Calories** 387 cal / **Carbs** 49 g (50%) / **Protein** 17 g (18%) / **Fat** 14 g (32%) / **Fluid** 23

NOTES:

**DAY 2 TOTAL: Calories** 1,217 cal / **Carbs** 121 g (40%) / **Protein** 97 g (32%) / **Fat** 37 g (28%) / **Fluid** 61



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### DAY 3

#### Breakfast

7:00 AM

|                          |             |         |
|--------------------------|-------------|---------|
| almond butter, no salt   | 1 3/8 Tbsp  | 135 cal |
| drinking water           | 1 Cup(s)    | 0 cal   |
| whole wheat mini bagel   | 1 1/2 bagel | 150 cal |
| apple sauce, unsweetened | 1 Cup(s)    | 102 cal |

MEAL TOTAL: **Calories** 388 cal / **Carbs** 62 g (60%) / **Protein** 11 g (11%) / **Fat** 13 g (29%) / **Fluid** 15

NOTES:

#### Snack

10:00 AM

|                              |              |        |
|------------------------------|--------------|--------|
| blackberries                 | 1 1/2 Cup(s) | 93 cal |
| drinking water               | 2 Cup(s)     | 0 cal  |
| cultured coconut milk yogurt | 3 1/8 oz     | 63 cal |

MEAL TOTAL: **Calories** 156 cal / **Carbs** 30 g (69%) / **Protein** 3 g (7%) / **Fat** 5 g (24%) / **Fluid** 22

NOTES:

#### Lunch

12:00 PM

|                                      |            |         |
|--------------------------------------|------------|---------|
| drinking water                       | 2 Cup(s)   | 0 cal   |
| tuna fish, very low-sodium, in water | 8 oz       | 224 cal |
| romaine lettuce                      | 2 leaf     | 2 cal   |
| olive oil, mayonnaise, light         | 1 tsp      | 16 cal  |
| whole wheat tortillas                | 1 tortilla | 127 cal |

MEAL TOTAL: **Calories** 369 cal / **Carbs** 20 g (21%) / **Protein** 55 g (58%) / **Fat** 9 g (21%) / **Fluid** 17

NOTES:

#### Dinner

6:00 PM

|                              |            |         |
|------------------------------|------------|---------|
| pinto beans, no salt, boiled | 1/3 Cup(s) | 82 cal  |
| drinking water               | 2 Cup(s)   | 0 cal   |
| italian spiced pork chops    | 1 serving  | 100 cal |
| rice penne pasta, low-carb   | 1 oz       | 104 cal |

MEAL TOTAL: **Calories** 286 cal / **Carbs** 40 g (56%) / **Protein** 25 g (36%) / **Fat** 3 g (8%) / **Fluid** 19

NOTES:

**DAY 3 TOTAL: Calories** 1,199 cal / **Carbs** 151 g (49%) / **Protein** 95 g (30%) / **Fat** 29 g (21%) / **Fluid** 74



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## DAY 4

### Breakfast

7:00 AM

|                                 |           |         |
|---------------------------------|-----------|---------|
| drinking water                  | 2 Cup(s)  | 0 cal   |
| fbbc cherry almond butter shake | 1 serving | 299 cal |

MEAL TOTAL: **Calories** 299 cal / **Carbs** 30 g (38%) / **Protein** 6 g (8%) / **Fat** 19 g (54%) / **Fluid** 17

NOTES:

### Snack

10:00 AM

|                |            |         |
|----------------|------------|---------|
| drinking water | 2 Cup(s)   | 0 cal   |
| asian pears    | 5/8 medium | 72 cal  |
| almonds        | 2/3 oz     | 108 cal |

MEAL TOTAL: **Calories** 180 cal / **Carbs** 22 g (45%) / **Protein** 5 g (10%) / **Fat** 10 g (45%) / **Fluid** 21

NOTES:

### Lunch

12:00 PM

|                           |            |         |
|---------------------------|------------|---------|
| italian spiced pork chops | 1 serving  | 100 cal |
| extra virgin olive oil    | 1/2 Tbsp   | 60 cal  |
| balsamic vinegar          | 1/2 Tbsp   | 7 cal   |
| tomatoes                  | 1/4 Cup(s) | 8 cal   |
| romaine lettuce           | 1 Cup(s)   | 8 cal   |
| whole wheat dinner rolls  | 1 1/2 roll | 112 cal |
| drinking water            | 2 Cup(s)   | 0 cal   |

MEAL TOTAL: **Calories** 295 cal / **Carbs** 28 g (37%) / **Protein** 23 g (30%) / **Fat** 11 g (33%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

|                       |            |         |
|-----------------------|------------|---------|
| wild rice, cooked     | 1/2 Cup(s) | 83 cal  |
| cottage cheese, 4%    | 1/8 Cup(s) | 28 cal  |
| italian sausage links | 6 1/3 oz   | 268 cal |
| drinking water        | 2 Cup(s)   | 0 cal   |

MEAL TOTAL: **Calories** 378 cal / **Carbs** 23 g (24%) / **Protein** 35 g (37%) / **Fat** 17 g (39%) / **Fluid** 22

NOTES:

**DAY 4 TOTAL: Calories** 1,152 cal / **Carbs** 103 g (35%) / **Protein** 69 g (23%) / **Fat** 56 g (42%) / **Fluid** 83



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## DAY 5

### Breakfast

fbbc blueberry muffin smoothie

1 serving

394 cal

7:00 AM

MEAL TOTAL: **Calories** 394 cal / **Carbs** 34 g (33%) / **Protein** 34 g (33%) / **Fat** 16 g (34%) / **Fluid** 1

NOTES:

### Snack

pistachios, no salt, dry roasted

7/8 oz

141 cal

10:00 AM

drinking water

2 Cup(s)

0 cal

cantaloupe melon

1/2 cup

27 cal

MEAL TOTAL: **Calories** 168 cal / **Carbs** 14 g (31%) / **Protein** 6 g (13%) / **Fat** 11 g (56%) / **Fluid** 18

NOTES:

### Lunch

drinking water

2 Cup(s)

0 cal

12:00 PM

whole-wheat pita bread

1 small

74 cal

chicken breast, cooked

3 1/3 oz

156 cal

cucumber, peeled

3/8 small

7 cal

avocados

1/4 cup

58 cal

hummus, lower sodium

3 Tbsp

78 cal

MEAL TOTAL: **Calories** 374 cal / **Carbs** 27 g (28%) / **Protein** 37 g (39%) / **Fat** 14 g (33%) / **Fluid** 22

NOTES:

### Dinner

mediterranean chicken

1 serving

186 cal

6:00 PM

wild rice, cooked

2/3 Cup(s)

110 cal

mushrooms

1 7/8 cup

29 cal

drinking water

2 Cup(s)

0 cal

MEAL TOTAL: **Calories** 325 cal / **Carbs** 29 g (34%) / **Protein** 32 g (37%) / **Fat** 11 g (29%) / **Fluid** 26

NOTES:

DAY 5 TOTAL: **Calories** 1,261 cal / **Carbs** 103 g (31%) / **Protein** 108 g (33%) / **Fat** 52 g (36%) / **Fluid** 68



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## DAY 6

### 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

|                            |               |         |
|----------------------------|---------------|---------|
| apricots                   | 7 1/3 apricot | 123 cal |
| drinking water             | 2 Cup(s)      | 0 cal   |
| plain greek yogurt, nonfat | 6 1/4 oz      | 105 cal |

MEAL TOTAL: **Calories** 228 cal / **Carbs** 35 g (58%) / **Protein** 22 g (36%) / **Fat** 2 g (6%) / **Fluid** 29

NOTES:

### Lunch

12:00 PM

|                           |                |         |
|---------------------------|----------------|---------|
| corn tortillas, no salt   | 1 1/4 tortilla | 72 cal  |
| refried beans, low-sodium | 7/8 oz         | 23 cal  |
| drinking water            | 2 Cup(s)       | 0 cal   |
| mediterranean chicken     | 1 serving      | 186 cal |

MEAL TOTAL: **Calories** 280 cal / **Carbs** 20 g (28%) / **Protein** 26 g (37%) / **Fat** 11 g (35%) / **Fluid** 20

NOTES:

### Dinner

6:00 PM

|                          |             |         |
|--------------------------|-------------|---------|
| drinking water           | 2 Cup(s)    | 0 cal   |
| fbbc beef skillet supper | 1/3 serving | 347 cal |

MEAL TOTAL: **Calories** 347 cal / **Carbs** 22 g (27%) / **Protein** 44 g (51%) / **Fat** 8 g (22%) / **Fluid** 23

NOTES:

**DAY 6 TOTAL: Calories** 1,250 cal / **Carbs** 111 g (35%) / **Protein** 125 g (39%) / **Fat** 37 g (26%) / **Fluid** 81



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## DAY 7

### Breakfast

7:00 AM

|                        |          |         |
|------------------------|----------|---------|
| whole wheat mini bagel | 1 bagel  | 100 cal |
| whole eggs, scrambled  | 2 large  | 182 cal |
| drinking water         | 1 Cup(s) | 0 cal   |
| cream cheese           | 1 Tbsp   | 34 cal  |

MEAL TOTAL: **Calories** 316 cal / **Carbs** 22 g (29%) / **Protein** 17 g (21%) / **Fat** 17 g (50%) / **Fluid** 11

NOTES:

### Snack

10:00 AM

|                     |                |        |
|---------------------|----------------|--------|
| drinking water      | 2 Cup(s)       | 0 cal  |
| celery              | 5 medium stalk | 32 cal |
| wheat thin crackers | 5 crackers     | 40 cal |

MEAL TOTAL: **Calories** 72 cal / **Carbs** 13 g (71%) / **Protein** 2 g (10%) / **Fat** 2 g (19%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

|                  |            |         |
|------------------|------------|---------|
| salmon, cooked   | 3 oz       | 130 cal |
| romaine lettuce  | 2 leaf     | 2 cal   |
| tomatoes         | 1/4 Cup(s) | 8 cal   |
| iced tea, green  | 16 fl oz   | 0 cal   |
| balsamic vinegar | 2 Tbsp     | 28 cal  |

MEAL TOTAL: **Calories** 168 cal / **Carbs** 8 g (19%) / **Protein** 22 g (55%) / **Fat** 5 g (26%) / **Fluid** 21

NOTES:

### Dinner

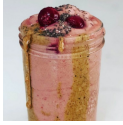
6:00 PM

|                          |             |         |
|--------------------------|-------------|---------|
| drinking water           | 2 Cup(s)    | 0 cal   |
| fbbc beef skillet supper | 2/3 serving | 695 cal |

MEAL TOTAL: **Calories** 695 cal / **Carbs** 45 g (27%) / **Protein** 87 g (51%) / **Fat** 16 g (22%) / **Fluid** 31

NOTES:

**DAY 7 TOTAL: Calories** 1,251 cal / **Carbs** 88 g (29%) / **Protein** 127 g (42%) / **Fat** 40 g (29%) / **Fluid** 85



1 Servings

# fbbc cherry almond butter shake

## Ingredients

frozen fruit dark sweet cherries by dole

1 Cup(s)

avocado

1/4 avocado

original unsweetened pure almond milk by silk

1 Cup(s)

almond butter, no salt

1 Tbsp

## Nutrition Totals

**Calories** 299 / **Carbs** 30 g / **Protein** 6 g / **Fat** 19 g / **Fluid** 1 fl oz

## Instructions

Instructions:

Blend all ingredients in a high-powered blender until smooth.

Top with optional chopped cherry pieces and serve.

Optional toppings: chopped cherry pieces





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## Nutrition Label

| Fbbc Cherry Almond Butter Shake   |         |                |
|---|---------|----------------|
| Amount Per Serving  |         |                |
| Calories  |         | 299            |
|   |         | % Daily Value* |
| Total Fat   | 18.7g   | 29%            |
| Saturated Fat   | 1.7g    | 9%             |
| Trans Fat   | 0g      |                |
| Cholesterol   | 0mg     | 0%             |
| Sodium  | 152.5mg | 6%             |
| Total Carbohydrates   | 30.2g   | 10%            |
| Dietary Fiber   | 9g      | 36%            |
| Total Sugar   | 19g     |                |
| Protein   | 6.3g    |                |
| Vitamin D   | 177.4IU | 30%            |
| Calcium   | 357.2mg | 36%            |
| Iron  | 1.5mg   | 9%             |
| Potassium   | 397.8mg |                |
| * 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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1 Servings

## fbbc fiesta skillet dinner

### Ingredients

cumin ground  
1 tsp

garlic powder  
3 tsp

gourmet collection smoked paprika by mccormick  
1/2 tsp

black pepper (ground)  
1/2 teaspoon(s)

lime juice  
1 1 fruit

sweet drops liquid stevia by sweet leaf  
2 drops

cilantro (fresh)  
1 tablespoon(s)

fresh jalapeno, seeded and minced  
1 teaspoons

chicken breast, boneless skinless  
24 oz

olive oil  
1 tsp

yellow onion  
1 whole

roma tomatoes  
2 Cup(s)

garlic  
1 Tbsp

kosher salt by morton  
2 tsp

cumin ground  
1/2 tsp

cinnamon, ground  
1/4 tsp

cayenne pepper  
1/4 tsp

organic canned black beans  
15 oz

beans pinto canned drained solids  
15 oz

great northern white beans  
1 3/4 cups

avocado  
1 avocado



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pico de gallo  
1/2 Cup(s)

fresh cilantro  
1/4 cups

## Nutrition Totals

**Calories** 2567 / **Carbs** 289 g / **Protein** 228 g / **Fat** 59 g / **Fluid** 34 fl oz

## Instructions

Combine the spice blend in a small bowl. Rub the spice blend over all of the chicken pieces. Place in a zip lock bag in the fridge to marinate for an hour, up to overnight.

Preheat the oven to 425 degrees F. Place the olive oil in a large, oven-safe skillet over medium-high heat. Add the onions and cook until soft, about 5 minutes.

Stir in the tomatoes, garlic, salt, cumin, cinnamon and cayenne. Sauté for 3 minutes. Add the rinsed beans and bring to a simmer, about 4 minutes.

Arrange the marinated chicken breasts over the top of the bean mixture. Bake, uncovered, for 20-25 minutes. Top with sliced avocado, pico de gallo and fresh cilantro and serve.



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## Nutrition Label

| Fbbc Fiesta Skillet Dinner  |      |
|---|------|
| Amount Per Serving  |      |
| Calories  |      |
|   | 2567 |
| % Daily Value*  |      |
| Total Fat 59g   | 91%  |
| Saturated Fat 9.3g  | 47%  |
| Trans Fat 0g  |      |
| Cholesterol 435.4mg   | 145% |
| Sodium 7152.8mg   | 298% |
| Total Carbohydrates 288.6g  | 96%  |
| Dietary Fiber 53.3g   | 213% |
| Total Sugar 20.5g   |      |
| Protein 228.1g  |      |
| Vitamin D 13.6IU  | 2%   |
| Calcium 642mg   | 64%  |
| Iron 58.5mg   | 325% |
| Potassium 7256mg  |      |
| * 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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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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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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2 Servings

## italian spiced pork chops

### Ingredients

sage, ground  
1/4 tsp

onions  
1/4 cup

pork tenderloin  
6 oz

black pepper  
2 dash

paprika  
1/4 tsp

### Nutrition Totals

**Calories** 199 / **Carbs** 3 g / **Protein** 36 g / **Fat** 4 g / **Fluid** 4 fl oz

### Instructions

1. Preheat oven to 425 degrees F.
2. In a small bowl, mix the, pepper, paprika, and sage together.
3. Sprinkle both sides of each pork chop with the seasoning mixture.
4. Add lard to a skillet over high heat.
5. When good and hot, brown both sides of each chop.
6. Place the browned chops on a large piece of heavy foil and layer with sliced onions.
7. Close the foil into a tight pouch and place on a baking sheet.
8. Bake for 30 minutes, or until pork reaches desired temperature.



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## Nutrition Label

| Italian Spiced Pork Chops   |         |                |
|---|---------|----------------|
| Amount Per Serving  |         |                |
| Calories  |         | 100            |
|   |         | % Daily Value* |
| Total Fat   | 1.9g    | 3%             |
| Saturated Fat   | 0.6g    | 3%             |
| Trans Fat   | 0g      |                |
| Cholesterol   | 55.2mg  | 18%            |
| Sodium  | 45.8mg  | 2%             |
| Total Carbohydrates   | 1.6g    | 1%             |
| Dietary Fiber   | 0.3g    | 2%             |
| Total Sugar   | 0.6g    |                |
| Protein   | 18g     |                |
| Vitamin D   | 6.8IU   | 1%             |
| Calcium   | 10mg    | 1%             |
| Iron  | 0.9mg   | 5%             |
| Potassium   | 368.5mg |                |
| * 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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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.



Eating right, simplified.

## 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   |     |
| * 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. |     |



Eating right, simplified.



4 Servings

## mediterranean chicken

### Ingredients

chicken breast, boneless skinless  
16 oz

olive oil  
2 Tbsp

lemon juice  
1 1/2 fl oz

garlic  
1 clove

### Nutrition Totals

**Calories 743 / Carbs 4 g / Protein 93 g / Fat 41 g / Fluid 13 fl oz**

### Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.



Eating right, simplified.

## Nutrition Label

| Mediterranean Chicken   |         |                |
|---|---------|----------------|
| Amount Per Serving  |         |                |
| Calories  |         | 186            |
|   |         | % Daily Value* |
| Total Fat   | 10.1g   | 16%            |
| Saturated Fat   | 1.5g    | 8%             |
| Trans Fat   | 0g      |                |
| Cholesterol   | 72.5mg  | 24%            |
| Sodium  | 196.5mg | 8%             |
| Total Carbohydrates   | 1g      | 0%             |
| Dietary Fiber   | 0g      | 0%             |
| Total Sugar   | 0.2g    |                |
| Protein   | 23.1g   |                |
| Vitamin D   | 2.2IU   | 0%             |
| Calcium   | 7.7mg   | 1%             |
| Iron  | 0.4mg   | 2%             |
| Potassium   | 391.3mg |                |
| * 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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Eating right, simplified.



1 Servings

## fbbc beef skillet supper

### Ingredients

ground beef, lean  
16 oz

sea salt  
1 teaspoon(s)

sweet hungarian style paprika sweet by kalocsa  
1 tsp

sweet potato  
2 cup

kale, raw  
2 cups

100% liquid egg whites  
1 Cup(s)

### Nutrition Totals

**Calories** 1042 / **Carbs** 67 g / **Protein** 131 g / **Fat** 24 g / **Fluid** 22 fl oz

### Instructions

Place a large skillet over medium high heat. Add the ground beef and cook, breaking it up until all of the pink is gone. Remove from heat.

Mix the sea salt, paprika and garlic powder into the beef. Return the heat to medium and add the sweet potato to the skillet. Cover and cook for 5 minutes.

Add the chopped kale to the skillet, cover and cook for another 5 minutes.

In another skillet over medium heat, scramble the egg whites until the curds are barely wet and starting to break apart.

Mix the egg whites into the skillet and top with optional mozzarella and cilantro.



Eating right, simplified.

## Nutrition Label

|   |             |
|---|-------------|
| <b>Fbbc Beef Skillet Supper</b>   |             |
| <b>Amount Per Serving</b>   |             |
| <b>Calories</b>   | <b>1042</b> |
| <b>% Daily Value*</b>   |             |
| <b>Total Fat</b> 24.2g  | <b>37%</b>  |
| Saturated Fat 13.2g   | <b>66%</b>  |
| Trans Fat 1.4g  |             |
| <b>Cholesterol</b> 355.2mg  | <b>118%</b> |
| <b>Sodium</b> 3659.9mg  | <b>152%</b> |
| <b>Total Carbohydrates</b> 66.9g  | <b>22%</b>  |
| Dietary Fiber 10.6g   | <b>43%</b>  |
| Total Sugar 11.1g   |             |
| <b>Protein</b> 130.7g   |             |
| <b>Vitamin D</b> 13.4IU   | <b>2%</b>   |
| <b>Calcium</b> 301.5mg  | <b>30%</b>  |
| <b>Iron</b> 14.7mg  | <b>82%</b>  |
| <b>Potassium</b> 4255.3mg   |             |
| * 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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# Shopping List

## Accompaniments

apple sauce, unsweetened

1 Cup(s)

black pepper (ground)

0.06 teaspoon(s)

dijon mustard

1 Tbsp

olive oil, mayonnaise, light

1 tsp

pico de gallo

0.06 Cup(s)

salsa, ready to serve

0.5 Cup(s)

sea salt

1 teaspoon(s)

## Beef

beef brisket, cooked

1.5 oz

ground beef, lean

20 oz

italian sausage links

6.33 oz

## Beverages

almond milk (unsweetened)

2 cup(s)

drinking water

44 Cup(s)

iced tea, green

32 fl oz

## Bread

corn tortillas, no salt

1.25 tortilla

whole-wheat pita bread

1 small

whole wheat dinner rolls

1.5 roll

whole wheat mini bagel

2.5 bagel

whole wheat tortillas



Eating right, simplified.

1 tortilla

## Cereal & Grain Products

oatmeal oatmeal old fashioned oats by quaker oats

0.5 Cup(s)

rice penne pasta, low-carb

1 oz

wild rice, cooked

1.17 Cup(s)

## Cookies & Crackers

wheat thin crackers

5 crackers

## Dairy & Egg

100% liquid egg whites

1.5 Cup(s)

cottage cheese, 4%

0.13 Cup(s)

cream cheese

1 Tbsp

plain greek yogurt, nonfat

7.25 oz

whole eggs, scrambled

2 large

## Fats & Oils

extra virgin olive oil

0.5 Tbsp

olive oil

0.13 tsp

1 Tbsp

## Finfish & Shellfish

salmon, cooked

3 oz

tuna fish, very low-sodium, in water

8 oz

## Fruits & Juices

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Eating right, simplified.

apricots  
7.33 apricot  
asian pears  
0.63 medium  
avocado  
0.63 avocado  
avocados  
0.25 cup  
bananas  
0.33 small  
blackberries  
1.5 Cup(s)  
blueberries (frozen)  
1 cup(s)  
cantaloupe melon  
0.5 cup  
lemon juice  
0.76 fl oz  
lime juice  
0.13 1 fruit

## Ingredients

balsamic vinegar  
3.5 Tbsp

## Legumes & Beans

black beans, no salt, boiled  
0.25 Cup(s)  
hummus, lower sodium  
3 Tbsp  
lima beans, boiled, no salt  
0.25 Cup(s)  
organic canned black beans  
1.88 oz  
pinto beans, no salt, boiled  
0.33 Cup(s)  
refried beans, low-sodium  
0.88 oz

## Nuts & Seeds

almond butter (unsweetened)  
2 tablespoon(s)  
almond butter, no salt  
3.38 Tbsp  
almonds

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Eating right, simplified.

0.8 oz

chia seeds

1.5 Tbsp

pistachios, no salt, dry roasted

0.88 oz

smooth peanut butter, no salt

1 Tbsp

## Pork

pork tenderloin

6 oz

## Poultry

chicken, boneless, roasted

3 oz

chicken breast, boneless skinless

11 oz

chicken breast, cooked

3.33 oz

turkey breast, roasted

5 oz

## Snacks

cultured coconut milk yogurt

3.13 oz

turkey jerky

1.13 oz

## Spices & Herbs

black pepper

0.13 tsp

2 dash

cayenne pepper

0.16 tsp

cilantro (fresh)

0.13 tablespoon(s)

cinnamon, ground

0.29 tsp

cumin ground

0.69 tsp

garlic powder

0.63 tsp

nutmeg, ground

0.26 tsp

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oregano, dried

0.25 tsp

paprika

0.26 tsp

sage, ground

0.26 tsp

salt

0.25 tsp

## Sports & Diet Nutritionals

trulean whey isolate protein frosted vanilla cake

2 Scoop

## Uncategorized

beans pinto canned drained solids

1.88 oz

ezekiel 4:9 sprouted 100% whole grain bread by food for life

2 slice

fresh cilantro

0.03 cups

fresh jalapeno, seeded and minced

0.13 teaspoons

frozen fruit dark sweet cherries by dole

2 Cup(s)

gourmet collection smoked paprika by mccormick

0.06 tsp

great northern white beans

0.22 cups

ground flaxseed

0.66 tablespoons

kosher salt by morton

0.25 tsp

old fashioned oats by quaker

0.66 Cup(s)

original unsweetened pure almond milk by silk

2 Cup(s)

spices pumpkin pie spice

0.5 tsp

spring mix green salad by dole

4 Cup(s)

sweet drops liquid stevia by sweet leaf

0.25 drops

sweet hungarian style paprika sweet by kalocsa

1 tsp

vanilla extract

1 tsp



## Vegetables

celery

5 medium stalk

cucumber, peeled

0.38 small

garlic

0.13 Tbsp

0.5 clove

kale, raw

2 cups

mushrooms

1.88 cup

onions

0.26 cup

potatoes, no salt, boiled

1.25 Cup(s)

pumpkin, no salt, canned

3 Tbsp

romaine lettuce

6 leaf

1 Cup(s)

roma tomatoes

0.25 Cup(s)

spinach

2 Cup(s)

sweet potato

2 cup

tomatoes

0.75 Cup(s)

yellow onion

0.13 whole