



Eating right, simplified.

1,700 Calorie Plan (Protein 2) 4 meals/day

DAY 1

Breakfast

7:00 AM

drinking water	1 1/2 Cup(s)	0 cal
whole eggs, poached	2 large	143 cal
orange juice	1/2 Cup(s)	56 cal
whole grain rolled oats, dry	1/2 Cup(s)	150 cal

MEAL TOTAL: **Calories** 348 cal / **Carbs** 41 g (49%) / **Protein** 13 g (16%) / **Fat** 13 g (35%) / **Fluid** 18

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
fbbc mexicali dip	1 serving	275 cal
blue corn tortilla chips	1 serving	140 cal

MEAL TOTAL: **Calories** 415 cal / **Carbs** 21 g (31%) / **Protein** 33 g (48%) / **Fat** 7 g (21%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

romaine lettuce	2 leaf	2 cal
whole wheat bread	1 slice	100 cal
tomatoes	1/4 Cup(s)	8 cal
chicken, boneless, roasted	4 oz	189 cal
dijon mustard	2 tsp	10 cal
drinking water	2 Cup(s)	0 cal
sharp cheddar, sliced	1 slice	110 cal
pretzel sticks, no salt	1 1/2 oz	162 cal

MEAL TOTAL: **Calories** 581 cal / **Carbs** 56 g (39%) / **Protein** 45 g (31%) / **Fat** 19 g (30%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
drinking water	2 Cup(s)	0 cal
quinoa, cooked	1/2 Cup(s)	111 cal
halibut fish, cooked	6 oz	189 cal
brussels sprouts, no salt, boiled	1/2 Cup(s)	14 cal

MEAL TOTAL: **Calories** 374 cal / **Carbs** 22 g (24%) / **Protein** 43 g (47%) / **Fat** 12 g (29%) / **Fluid** 24

NOTES:

DAY 1 TOTAL: Calories 1,719 cal / **Carbs** 141 g (36%) / **Protein** 135 g (35%) / **Fat** 50 g (29%) / **Fluid** 87

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DAY 2

Breakfast

7:00 AM

egg whites, cooked	6 large	103 cal
wheat chex cereal	1 Cup(s)	160 cal
italian turkey sausage, lower sodium	3 1/2 oz	157 cal
pure vanilla almond milk unsweetened by silk	1 1/2 Cup(s)	44 cal

MEAL TOTAL: **Calories** 464 cal / **Carbs** 47 g (38%) / **Protein** 43 g (36%) / **Fat** 14 g (26%) / **Fluid** 8

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
almond butter	2 Tbsp	200 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 35 g (45%) / **Protein** 7 g (8%) / **Fat** 16 g (47%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	2 tsp	33 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 large	170 cal
romaine lettuce	2 leaf	2 cal
tuna fish, very low-sodium, in water	7 oz	196 cal

MEAL TOTAL: **Calories** 480 cal / **Carbs** 55 g (44%) / **Protein** 53 g (42%) / **Fat** 8 g (14%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

beef t-bone, broiled	6 oz	321 cal
drinking water	2 Cup(s)	0 cal
baked potato, no salt	1/2 small	64 cal
mustard greens, no salt, boiled	1/2 cup	18 cal
butter, no salt	1/3 Tbsp	34 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 18 g (16%) / **Protein** 48 g (44%) / **Fat** 19 g (40%) / **Fluid** 24

NOTES:

DAY 2 TOTAL: Calories 1,692 cal / **Carbs** 154 g (35%) / **Protein** 150 g (35%) / **Fat** 57 g (30%) / **Fluid** 78



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DAY 3

Breakfast

7:00 AM

fbbc cherry almond butter shake	1 serving	299 cal
whole eggs	2 extra large	166 cal

MEAL TOTAL: **Calories** 465 cal / **Carbs** 31 g (26%) / **Protein** 21 g (18%) / **Fat** 30 g (56%) / **Fluid** 2,989

NOTES:

Snack

10:00 AM

nut and raisin granola bars	1 bar	127 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 237 cal / **Carbs** 47 g (74%) / **Protein** 3 g (4%) / **Fat** 6 g (22%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

beef t-bone, broiled	8 oz	429 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	2 Tbsp	28 cal
whole wheat dinner rolls	1 roll	74 cal
iced tea, green	16 fl oz	0 cal

MEAL TOTAL: **Calories** 555 cal / **Carbs** 25 g (18%) / **Protein** 63 g (47%) / **Fat** 21 g (35%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

summer squash, no salt, boiled	2 cup	72 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 large	170 cal
chicken & quinoa with vegetables	1 serving	217 cal

MEAL TOTAL: **Calories** 459 cal / **Carbs** 73 g (62%) / **Protein** 31 g (26%) / **Fat** 7 g (12%) / **Fluid** 33

NOTES:

DAY 3 TOTAL: Calories 1,717 cal / **Carbs** 176 g (40%) / **Protein** 118 g (27%) / **Fat** 64 g (33%) / **Fluid** 3,070



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	2 large	182 cal
salsa, ready to serve	1 Tbsp	5 cal
egg whites, cooked	4 large	69 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 469 cal / **Carbs** 35 g (30%) / **Protein** 39 g (34%) / **Fat** 18 g (36%) / **Fluid** 24

NOTES:

Snack

10:00 AM

nectarines	2 fruit	120 cal
drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal

MEAL TOTAL: **Calories** 282 cal / **Carbs** 35 g (48%) / **Protein** 31 g (42%) / **Fat** 3 g (10%) / **Fluid** 30

NOTES:

Lunch

12:00 PM

mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal
drinking water	2 Cup(s)	0 cal
chicken & quinoa with vegetables	1 1/2 serving	325 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 46 g (49%) / **Protein** 35 g (37%) / **Fat** 6 g (14%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

mustard greens, no salt, boiled	2 cup	73 cal
navy beans, no salt, boiled	1/2 Cup(s)	127 cal
pork tenderloin, lean, cooked	8 oz	324 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 525 cal / **Carbs** 36 g (27%) / **Protein** 74 g (56%) / **Fat** 10 g (17%) / **Fluid** 32

NOTES:

DAY 4 TOTAL: **Calories** 1,660 cal / **Carbs** 152 g (37%) / **Protein** 179 g (43%) / **Fat** 37 g (20%) / **Fluid** 112



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DAY 5

Breakfast

7:00 AM

wheat chex cereal	1 1/2 Cup(s)	240 cal
italian turkey sausage, lower sodium	3 oz	134 cal
pure vanilla almond milk unsweetened by silk	2 Cup(s)	59 cal

MEAL TOTAL: **Calories** 434 cal / **Carbs** 64 g (55%) / **Protein** 23 g (19%) / **Fat** 14 g (26%) / **Fluid** 2

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
almond butter	2 Tbsp	200 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 35 g (45%) / **Protein** 7 g (8%) / **Fat** 16 g (47%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

extra virgin olive oil	1 Tbsp	120 cal
balsamic vinegar	1/2 Tbsp	7 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
pork tenderloin, lean, cooked	8 oz	324 cal
baked potato, no salt	1/2 small	64 cal

MEAL TOTAL: **Calories** 532 cal / **Carbs** 19 g (14%) / **Protein** 62 g (48%) / **Fat** 22 g (38%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

chopped kale salad with chicken	1 serving	262 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 large	170 cal

MEAL TOTAL: **Calories** 432 cal / **Carbs** 45 g (40%) / **Protein** 39 g (35%) / **Fat** 12 g (25%) / **Fluid** 22

NOTES:

DAY 5 TOTAL: Calories 1,708 cal / **Carbs** 164 g (37%) / **Protein** 131 g (30%) / **Fat** 65 g (33%) / **Fluid** 73



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DAY 6

Breakfast

7:00 AM

almond butter	2 Tbsp	200 cal
whole wheat bread	1/2 slice	50 cal
bananas	1/2 extra large	68 cal
whole eggs, poached	1 large	72 cal

MEAL TOTAL: **Calories** 389 cal / **Carbs** 34 g (34%) / **Protein** 16 g (16%) / **Fat** 22 g (50%) / **Fluid** 3

NOTES:

Snack

10:00 AM

vanilla yogurt, low-fat	8 oz	193 cal
drinking water	2 Cup(s)	0 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 296 cal / **Carbs** 33 g (45%) / **Protein** 33 g (45%) / **Fat** 3 g (10%) / **Fluid** 28

NOTES:

Lunch

12:00 PM

chopped kale salad with chicken	1 serving	262 cal
iced tea, green	16 fl oz	0 cal
whole wheat dinner rolls	2 roll	149 cal

MEAL TOTAL: **Calories** 411 cal / **Carbs** 38 g (37%) / **Protein** 38 g (35%) / **Fat** 13 g (28%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

salmon, cooked	8 oz	347 cal
drinking water	2 Cup(s)	0 cal
butter, no salt	1/2 Tbsp	51 cal
summer squash, no salt, boiled	2 cup	72 cal

MEAL TOTAL: **Calories** 470 cal / **Carbs** 16 g (13%) / **Protein** 59 g (51%) / **Fat** 19 g (36%) / **Fluid** 33

NOTES:

DAY 6 TOTAL: Calories 1,566 cal / **Carbs** 120 g (31%) / **Protein** 145 g (36%) / **Fat** 57 g (33%) / **Fluid** 86



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DAY 7

Breakfast

7:00 AM

whole grain bread	1 slice	120 cal
whole eggs, scrambled	1 large	91 cal
drinking water	1 Cup(s)	0 cal
coconut water	1 1/2 Cup(s)	68 cal
egg whites, cooked	6 large	103 cal
italian turkey sausage, lower sodium	2 oz	90 cal

MEAL TOTAL: **Calories** 472 cal / **Carbs** 38 g (33%) / **Protein** 44 g (38%) / **Fat** 15 g (29%) / **Fluid** 28

NOTES:

Snack

10:00 AM

hummus, lower sodium	4 Tbsp	105 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
pretzel sticks, no salt	1 oz	108 cal

MEAL TOTAL: **Calories** 291 cal / **Carbs** 50 g (67%) / **Protein** 9 g (12%) / **Fat** 7 g (21%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

dijon mustard	1 tsp	5 cal
drinking water	2 Cup(s)	0 cal
whole wheat tortillas	1 1/2 tortilla	191 cal
turkey breast, roasted	8 oz	308 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 leaf	2 cal

MEAL TOTAL: **Calories** 514 cal / **Carbs** 30 g (24%) / **Protein** 73 g (57%) / **Fat** 11 g (19%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

chicken, boneless, roasted	6 oz	284 cal
drinking water	2 Cup(s)	0 cal
avocados	1/3 avocado	107 cal
quinoa, cooked	1/3 Cup(s)	74 cal

MEAL TOTAL: **Calories** 465 cal / **Carbs** 19 g (16%) / **Protein** 47 g (40%) / **Fat** 22 g (44%) / **Fluid** 23

NOTES:

DAY 7 TOTAL: Calories 1,742 cal / **Carbs** 138 g (32%) / **Protein** 173 g (40%) / **Fat** 55 g (28%) / **Fluid** 99



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.

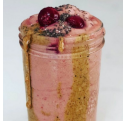
Optional toppings: shredded cheese, chopped jalapenos, minced red or white onion, chopped cilantro, smoked paprika



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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.		



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	
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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



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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	
* 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

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.



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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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Shopping List

Accompaniments

dijon mustard
3 tsp
olive oil, mayonnaise, light
2 tsp
salsa, ready to serve
0.5 Cup(s)
1 Tbsp

Beef

beef t-bone, broiled
14 oz
ground beef, lean
4 oz
italian turkey sausage, lower sodium
8.5 oz

Beverages

coconut water
1.5 Cup(s)
drinking water
41.5 Cup(s)
iced tea, green
32 fl oz

Bread

whole-wheat pita bread
3 large
whole grain bread
1 slice
whole wheat bread
1.5 slice
whole wheat dinner rolls
3 roll
whole wheat tortillas
2.5 tortilla

Cereal & Grain Products

quinoa, cooked
2.08 Cup(s)



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wheat chex cereal
2.5 Cup(s)
whole grain rolled oats, dry
0.5 Cup(s)

Dairy & Egg

butter, no salt
0.83 Tbsp
egg whites, cooked
22 large
low-fat cottage cheese, 1%
1 Cup(s)
plain greek yogurt, nonfat
1 oz
sharp cheddar, sliced
1 slice
skim milk with calcium
1 Cup(s)
vanilla yogurt, low-fat
8 oz
whole eggs
2 extra large
whole eggs, poached
3 large
whole eggs, scrambled
3 large

Fats & Oils

extra virgin olive oil
1.5 Tbsp
olive oil
0.34 Tbsp

Finfish & Shellfish

halibut fish, cooked
6 oz
salmon, cooked
8 oz
tuna fish, very low-sodium, in water
7 oz

Fruits & Juices

apples
3 large

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avocado
0.25 avocado
avocados
0.33 avocado
bananas
0.5 extra large
lemon juice
1 Tbsp
lemon peel
1 tsp
nectarines
2 fruit
orange juice
0.5 Cup(s)

Ingredients

balsamic vinegar
2.5 Tbsp

Legumes & Beans

black beans, no salt, boiled
0.25 Cup(s)
hummus, lower sodium
4 Tbsp
navy beans, no salt, boiled
0.5 Cup(s)

Nuts & Seeds

almond butter
6 Tbsp
almond butter, no salt
1 Tbsp

Pork

pork tenderloin, lean, cooked
16 oz

Poultry

chicken, boneless, roasted
18 oz
chicken breast skinless
6.67 oz

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Eating right, simplified.

turkey breast, roasted
8 oz

Snacks

nut and raisin granola bars
1 bar
pretzel sticks, no salt
2.5 oz

Soup

chicken broth soup, low-sodium
3.75 Cup(s)

Spices & Herbs

black pepper
0.63 tsp
cayenne pepper
0.13 tsp
cumin ground
0.5 tsp
garlic powder
0.25 tsp
oregano, dried
0.25 tsp
salt
0.25 tsp

Uncategorized

blue corn tortilla chips
1 serving
frozen fruit dark sweet cherries by dole
1 Cup(s)
original unsweetened pure almond milk by silk
1 Cup(s)
pure vanilla almond milk unsweetened by silk
3.5 Cup(s)

Vegetables

baby carrots
30 large
baked potato, no salt
1 small

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Eating right, simplified.

brussels sprouts, no salt, boiled

0.5 Cup(s)

kale

3 cup

mixed vegetables, frozen no salt, boiled

1.63 Cup(s)

mustard greens, no salt, boiled

2.5 cup

romaine lettuce

6 leaf

4 Cup(s)

summer squash, no salt, boiled

4 cup

tomatoes

0.75 Cup(s)