



Eating right, simplified.

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

## DAY 1

### Breakfast

7:00 AM

chamomile tea, brewed	2 Cup(s)	5 cal
fbbc avocado super shake	1 serving	429 cal

MEAL TOTAL: **Calories** 434 cal / **Carbs** 45 g (41%) / **Protein** 31 g (27%) / **Fat** 16 g (32%) / **Fluid** 18

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

romaine lettuce	1 Cup(s)	8 cal
tomatoes	1/4 cup	7 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
extra virgin olive oil	1 Tbsp	120 cal
rice noodles, cooked	1/2 Cup(s)	95 cal

MEAL TOTAL: **Calories** 476 cal / **Carbs** 51 g (40%) / **Protein** 8 g (6%) / **Fat** 30 g (54%) / **Fluid** 37

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	1/2 Cup(s)	88 cal
collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 451 cal / **Carbs** 41 g (36%) / **Protein** 38 g (33%) / **Fat** 16 g (31%) / **Fluid** 27

NOTES:

**DAY 1 TOTAL: Calories** 1,694 cal / **Carbs** 168 g (38%) / **Protein** 83 g (19%) / **Fat** 85 g (43%) / **Fluid** 103

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## DAY 2

### Breakfast

7:00 AM

chamomile tea, brewed	2 Cup(s)	5 cal
cashew butter, no salt	1 1/2 Tbsp	141 cal
plain soy yogurt	6 oz	150 cal
strawberries	1 Cup(s)	46 cal
bread oat bran	2 slice	142 cal

MEAL TOTAL: **Calories** 483 cal / **Carbs** 62 g (49%) / **Protein** 19 g (16%) / **Fat** 19 g (35%) / **Fluid** 21

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
almonds	1 oz	162 cal
mangos	1 fruit	124 cal

MEAL TOTAL: **Calories** 286 cal / **Carbs** 37 g (47%) / **Protein** 8 g (10%) / **Fat** 15 g (43%) / **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 Cup(s)	190 cal
cauliflower, no salt, boiled	1 1/2 Cup(s)	43 cal

MEAL TOTAL: **Calories** 451 cal / **Carbs** 67 g (58%) / **Protein** 19 g (17%) / **Fat** 13 g (25%) / **Fluid** 29

NOTES:

**DAY 2 TOTAL: Calories** 1,692 cal / **Carbs** 216 g (49%) / **Protein** 79 g (18%) / **Fat** 64 g (33%) / **Fluid** 99



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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	6 oz	150 cal
cashew butter, no salt	1 1/2 Tbsp	141 cal
strawberries	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 479 cal / **Carbs** 61 g (49%) / **Protein** 19 g (16%) / **Fat** 19 g (35%) / **Fluid** 21

NOTES:

#### Snack

10:00 AM

walnuts	1/2 oz	92 cal
mangos	1 fruit	124 cal
chamomile tea, brewed	2 Cup(s)	5 cal

MEAL TOTAL: **Calories** 220 cal / **Carbs** 34 g (57%) / **Protein** 4 g (6%) / **Fat** 10 g (37%) / **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 Cup(s)	190 cal
eggplant, no salt, boiled	1 cup	35 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal

MEAL TOTAL: **Calories** 474 cal / **Carbs** 57 g (48%) / **Protein** 26 g (21%) / **Fat** 17 g (31%) / **Fluid** 29

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** 1,721 cal / **Carbs** 240 g (54%) / **Protein** 70 g (16%) / **Fat** 59 g (30%) / **Fluid** 102



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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	1/2 oz	92 cal
tangerines/ mandarin oranges	2 large	104 cal
cherries	1 Cup(s)	74 cal

MEAL TOTAL: **Calories** 269 cal / **Carbs** 47 g (63%) / **Protein** 5 g (7%) / **Fat** 10 g (30%) / **Fluid** 25

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	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 473 cal / **Carbs** 55 g (45%) / **Protein** 33 g (27%) / **Fat** 16 g (28%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

salmon, cooked	3 oz	130 cal
black tea brewed	2 Cup(s)	5 cal
red lentils	3/4 Cup(s)	113 cal
couscous, cooked	3/4 Cup(s)	132 cal
collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 429 cal / **Carbs** 58 g (54%) / **Protein** 38 g (35%) / **Fat** 5 g (11%) / **Fluid** 27

NOTES:

**DAY 4 TOTAL: Calories** 1,675 cal / **Carbs** 242 g (56%) / **Protein** 93 g (21%) / **Fat** 44 g (23%) / **Fluid** 99



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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 oz	162 cal
tangerines/ mandarin oranges	2 large	104 cal

MEAL TOTAL: **Calories** 266 cal / **Carbs** 32 g (44%) / **Protein** 8 g (10%) / **Fat** 15 g (46%) / **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	2 Tbsp	52 cal
bread oat bran	2 slice	142 cal

MEAL TOTAL: **Calories** 412 cal / **Carbs** 36 g (34%) / **Protein** 45 g (42%) / **Fat** 11 g (24%) / **Fluid** 28

NOTES:

### Dinner

6:00 PM

extra virgin olive oil	1 Tbsp	120 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** 479 cal / **Carbs** 52 g (42%) / **Protein** 31 g (25%) / **Fat** 18 g (33%) / **Fluid** 30

NOTES:

**DAY 5 TOTAL: Calories** 1,724 cal / **Carbs** 208 g (47%) / **Protein** 103 g (23%) / **Fat** 60 g (30%) / **Fluid** 104



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## DAY 6

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
ground flaxseed	1 Tbsp	70 cal
cashew butter, no salt	1 Tbsp	94 cal
plain soy yogurt	3 oz	75 cal
strawberries	1 Cup(s)	46 cal
bread oat bran	2 slice	142 cal

MEAL TOTAL: **Calories** 427 cal / **Carbs** 53 g (47%) / **Protein** 17 g (15%) / **Fat** 19 g (38%) / **Fluid** 21

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	1 oz	183 cal
tangerines/ mandarin oranges	2 large	104 cal

MEAL TOTAL: **Calories** 287 cal / **Carbs** 30 g (38%) / **Protein** 6 g (7%) / **Fat** 19 g (55%) / **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	1 Tbsp	14 cal
pork tenderloin, lean, cooked	3 oz	122 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 478 cal / **Carbs** 53 g (43%) / **Protein** 29 g (24%) / **Fat** 18 g (33%) / **Fluid** 31

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
cod fish, cooked	3 oz	89 cal
mexican bean stew	1/2 serving	172 cal
whole grain tortillas	1 tortilla	170 cal
collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 481 cal / **Carbs** 66 g (54%) / **Protein** 37 g (29%) / **Fat** 10 g (17%) / **Fluid** 27

NOTES:

**DAY 6 TOTAL: Calories** 1,673 cal / **Carbs** 202 g (46%) / **Protein** 88 g (20%) / **Fat** 66 g (34%) / **Fluid** 101



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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	2 Tbsp	52 cal
celery	6 medium stalk	38 cal
whole wheat crackers, low-sodium	6 cracker, square	106 cal

MEAL TOTAL: **Calories** 224 cal / **Carbs** 34 g (57%) / **Protein** 8 g (13%) / **Fat** 8 g (30%) / **Fluid** 29

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	1/2 Tbsp	60 cal
mushrooms, no salt, boiled	1 Cup(s)	29 cal
garden veggie tempeh	3 oz	188 cal

MEAL TOTAL: **Calories** 467 cal / **Carbs** 61 g (52%) / **Protein** 22 g (19%) / **Fat** 15 g (29%) / **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 Cup(s)	29 cal
whole grain tortillas	1 tortilla	170 cal

MEAL TOTAL: **Calories** 573 cal / **Carbs** 92 g (62%) / **Protein** 29 g (19%) / **Fat** 13 g (19%) / **Fluid** 26

NOTES:

**DAY 7 TOTAL: Calories** 1,698 cal / **Carbs** 231 g (52%) / **Protein** 80 g (18%) / **Fat** 58 g (30%) / **Fluid** 101



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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





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## 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	
* 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.	



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	
* 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

# 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	
* 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

# 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	
* 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

salsa, ready to serve

2 Tbsp

soy sauce, low-sodium

1 Tbsp

sriracha, hot chili sauce

1 tsp

sweetener syrup agave

0.5 Tbsp

## Beverages

almond beverage with calcium

4 Tbsp

1 Cup(s)

black tea brewed

2 Cup(s)

chamomile tea, brewed

6 Cup(s)

drinking water

42 Cup(s)

iced tea, green

6 Cup(s)

## Bread

whole grain tortillas

3 tortilla

## Cereal & Grain Products

couscous, cooked

1.25 Cup(s)

oats

1 Cup(s)

rice noodles, cooked

5 Cup(s)

## Cookies & Crackers

whole wheat crackers, low-sodium

6 cracker, square

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## Dairy & Egg

egg, hard boiled  
1 large

## Desserts

plain soy yogurt  
19 oz

## Fats & Oils

extra virgin olive oil  
6.38 Tbsp  
1 tsp  
sesame oil, salad or cooking  
0.26 tsp  
1 Tbsp

## Finfish & Shellfish

cod fish, cooked  
7 oz  
salmon, cooked  
3 oz  
shrimp, cooked  
3 oz  
tuna in water, canned  
3 oz

## Fruits & Juices

avocados  
0.75 avocado  
banana  
1 whole  
cherries  
1 Cup(s)  
lemon juice  
1 Tbsp  
mangos  
3 fruit  
strawberries  
4 Cup(s)  
tangerines/ mandarin oranges  
8 large



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## Ingredients

balsamic vinegar  
2 Tbsp

## Legumes & Beans

black beans, no salt, boiled  
0.88 Cup(s)  
garbanzo beans, no salt, boiled  
0.38 Cup(s)  
hummus, lower sodium  
4 Tbsp  
pinto beans, no salt, boiled  
0.38 Cup(s)  
red lentils  
2.25 Cup(s)

## Nuts & Seeds

almonds  
2.13 oz  
ground flaxseed  
3 Tbsp  
walnuts  
3.25 oz

## Pork

pork tenderloin, lean, cooked  
6 oz

## Poultry

chicken breast, boneless skinless  
10 oz

## Spices & Herbs

black pepper  
0.19 tsp  
cayenne pepper  
0.05 tsp  
cinnamon, ground  
0.44 tsp  
cumin ground  
0.38 tsp

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## Sports & Diet Nutritionals

trulean rich dutch chocolate whey isolate protein powder

1 Scoop

## Uncategorized

avocado, medium

0.5 whole avocado

bread oat bran

10.5 slice

cacao powder raw chocolate powder certified organic by navitas

1 Tbsp

corn sweet yellow raw

0.75 Cup(s)

pure vanilla almond milk unsweetened by silk

12 fl. oz.

seeds chia dried

1 oz

vanilla extract

1 tsp

## Vegetables

carrots

1 medium

cashew butter, no salt

4.5 Tbsp

cauliflower, no salt, boiled

4.5 Cup(s)

celery

14 medium stalk

cilantro leaves raw, coriander

1.5 Tbsp

collards, boiled, no salt

3 Cup(s)

crushed tomatoes, no salt

0.75 Cup(s)

eggplant, no salt, boiled

2 cup

garlic

3.5 clove

ginger root

1 Tbsp

green onions/scallions

1 medium

mushrooms, no salt, boiled

3.5 Cup(s)

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onions

0.38 medium

romaine lettuce

7 Cup(s)

2 outer leaf

spinach

2 Cup(s)

sweet potato, no salt, baked

2 Cup(s)

tomatoes

4.25 cup

## Vegetarian Products

garden veggie tempeh

7 oz