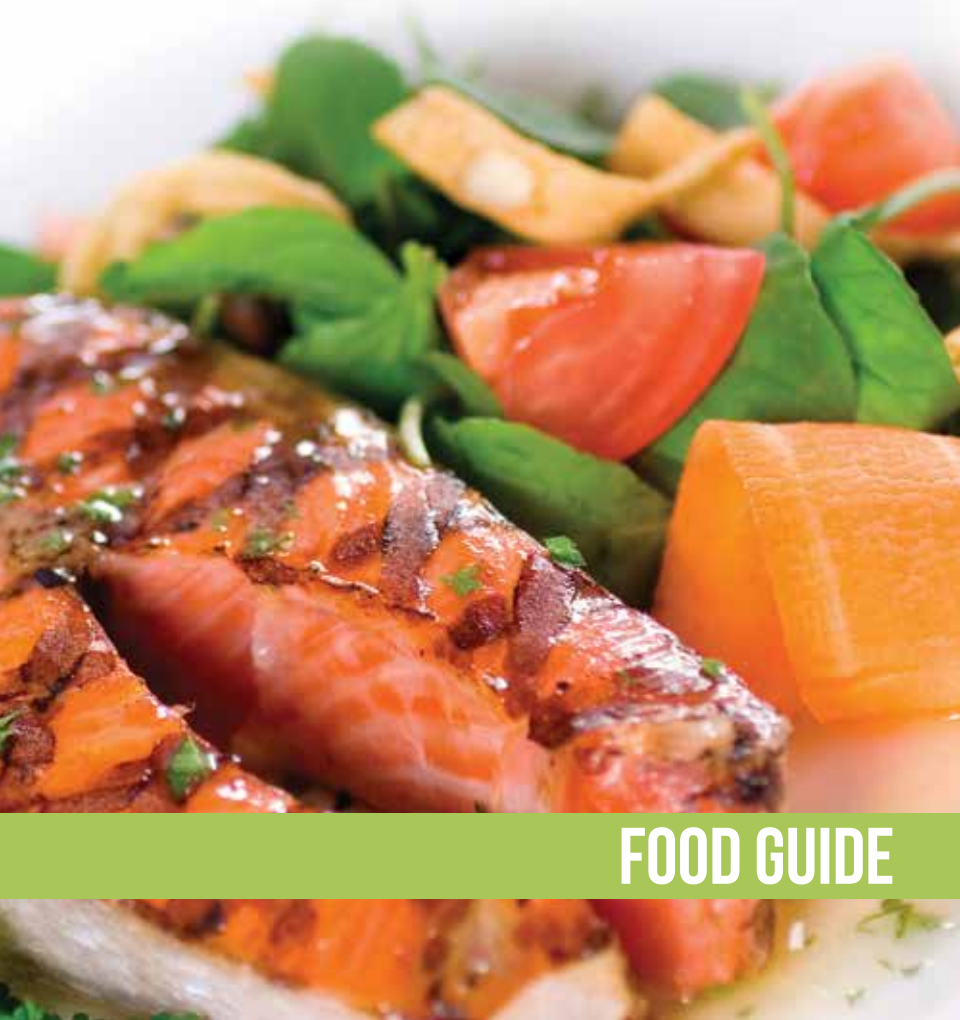


# HEALTHY CALORIES FOR A FIT BODY



**FOOD GUIDE**

## HOW TO USE THIS MEAL PLAN:

Designed for general weight control and overall improved health, this 30-day meal plan can be repeated every month until you achieve your desired results. It is also a great way to maintain a healthy diet regimen.

This plan maps out exactly what you need for three meals and two snacks each day, complete with recipes and grocery lists.

The daily calorie count is approximately 1,400 to 1,500 calories. Your calorie goals are 400 calories per meal, 200 calories for each morning snack, and 100 calories for your afternoon snack.

If you want to accelerate your weight loss, you may choose to drop to 1,200 calories per day by simply eliminating the snacks or 200 to 300 calories of your choice.

If you are male or feel you need more calories to fuel your workouts, try adding more snacks into your day. There is a snack list at the back of this guide to help you make healthy selections.

Feel free to try other snacks from the list at the back of this guide or choose your own. But stick to the calorie guidelines of 200 snack calories in the morning and 100 snack calories in the afternoon (if your goal is weight loss).

The recipes serve four, but you will eat each meal twice during the week: once as the original meal and once as a leftover. The purpose is to help you grocery shop and cook efficiently.

Because this meal plan is designed to be cost-efficient, you'll see repeats of snacks, meals and ingredients in one-week increments. This way, you buy fewer ingredients, learn to master new food combinations, and then learn new recipes and combinations as each week progresses.

Use the grocery lists as a guide. You don't have to buy everything on the list each week, just use it as a checklist/reminder.

Unless otherwise specified, drink water with each meal or snack.

## TIPS FOR SUCCESSFUL WEIGHT LOSS:

Use a food scale and/or measuring cups to accurately consume what the meal plan recommends. Even if it's just for the first week - measure your food. This makes all the difference and teaches you true portion control - one of the greatest contributors to long-lasting, healthy weight control.

Portion sizes are small, but the foods are high-volume and high nutrient density to help you feel full and healthy. You will likely experience some hunger in the beginning, and it's absolutely normal and actually a necessary part of weight loss and changing your body. Hunger means your body is changing. And as long as you are eating every four to six hours, your body will be fine. Just remember, it goes away after the first week or so, and you'll start feeling lighter and more energetic as you continue to follow the meal plan and complete your daily workouts.

If you find yourself eating away from home, or unable to follow the meal plan for a period, don't stress. Just stick to your calorie goals (400 calories per meal) and get back on your meal plan as soon as you can.

Give this plan a full 30 days. Don't quit. Changing your eating habits is not going to be easy, but it will be worth it. And when you finish 30 days of healthy eating, you'll have a stockpile of your favorite healthy meals, snacks and recipes that you can then add into your life as you start to create your own healthy options.



## FRESH PRODUCE

1-2 lbs. broccoli  
 4-6 bell peppers  
 1 lb. asparagus  
 1 small white onion  
 1-2 large celery bunches  
 1-2 large English cucumbers  
 1 large jicama  
 2 lbs. baby spinach  
 2 lbs. carrots  
 3 hearts of romaine lettuce  
 4 roma tomatos  
 1 small avocado  
 1-2 lbs. strawberries  
 2 lemons  
 2, 3-inch diameter oranges  
 2, 3-inch diameter grapefruits  
 3, 7-inch bananas  
 1 pint blueberries (if using)  
 1 bunch red grapes  
 6, 3-inch diameter apples

## STAPLE FOODS / CONDIMENTS

Apricot preserves  
 Balsamic vinegar  
 Bottled chili sauce  
 Cider vinegar  
 Dijon mustard  
 Extra-virgin olive oil and canola oil  
 Fat-free Italian vinaigrette  
 Honey  
 Natural peanut butter  
 No added sugar jam  
 Nonstick cooking spray  
 Olive oil based mayo  
 Pepperoncini peppers  
 Pure maple syrup  
 Seasoned bread crumbs  
 Vinaigrette of choice with ~60 cal/serving  
 Prepared hummus

## CANNED GOODS

1 small bottle chili sauce  
 8 oz. canned, chunk light tuna in water  
 1 medium can olives

Please view specific quantities only as a guideline.  
 Product availability may vary.

## MILK, CHEESE, AND OTHER DAIRY PRODUCTS

3 mozzarella cheese sticks  
 5, 5.3-oz. cartons fat-free, high protein Greek yogurt  
 4 oz. feta cheese  
 1 small block/package shreddable, slicable cheese  
 1 gallon skim OR light vanilla soy milk  
 1 small container grated parmesan/romano cheese

## MEAT, POULTRY, FISH

4 lbs. boneless, skinless chicken breast  
 6 eggs  
 6 oz. high quality freshly sliced turkey  
 2 lbs. pork tenderloin (1 lb. ground, ask the butcher)

## GRAINS

1 medium bag brown rice  
 1 loaf 100% whole wheat bread  
 16 oz. whole wheat spaghetti noodles  
 1, 7-oz. box whole grain couscous  
 1 package of 2-oz. whole wheat wraps  
 1 large canister of dry oats

## BAKING / BULK / SNACK SECTIONS

1 cup chopped pecans (optional)  
 1 lb. raw almonds  
 3 oz. beef jerky  
 1 box fiber granola bars (120 cal.)  
 1 box whole wheat crackers (130 cal./serving)  
 1, 6-oz. bag unsweetened raisins  
 8, 3-inch dried mango strips

## SEASONINGS

Black pepper  
 Cinnamon  
 Curry powder  
 Fennel seeds  
 Garlic salt  
 Sage  
 Salt



## BREAKFAST

### 1 Vanilla Berry Oatmeal Parfait:

- ½ cup dry oats, cooked with water according to package directions
- ½ cup blueberries OR ¾ cup sliced strawberries
- 5 oz. fat-free, vanilla Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 5 oz. light vanilla soymilk OR skim milk

\*Layer yogurt, berries, and nuts over the cooked oatmeal. Splash with milk until desired consistency is achieved. Consume any extra milk on the side.

CAL	CHO	FAT	PRO	SOD	FIB
150	27	3	5	0	4
41	11	0	1	1	2
80	9	0	12	50	0
45	1	4	2	0	1
88	9	2	8	125	0
404	57	9	28	176	7

## MORNING SNACK

- ½, 3-inch diameter grapefruit
- ½ TBSP honey
- 1-oz. mozzarella cheese stick

CAL	CHO	FAT	PRO	SOD	FIB
65	16	0	1	0	2
32	9	0	0	0	0
80	1	6	6	200	0
127	26	6	7	200	2

## LUNCH

- 6 whole wheat crackers
- Lemon Fresh Tuna Salad:**
- 4 oz. chunk light tuna, drained
- 2 cups shredded romaine lettuce
- 6 black olives, sliced
- 1 roma tomato, diced
- 2 tsp extra-virgin olive oil
- 1 TBSP lemon juice
- Dash of garlic salt
- Black pepper to taste

\*Toss all ingredients together.

CAL	CHO	FAT	PRO	SOD	FIB
120	20	4	3	160	3
100	0	1	24	360	0
16	3	0	1	8	2
40	0	4	0	210	0
16	4	0	2	5	1
80	0	9	0	0	0
4	1	0	0	0	0
0	0	0	0	60	0
0	0	0	0	0	0
276	28	18	30	803	6

## AFTERNOON SNACK

- 15 almonds

CAL	CHO	FAT	PRO	SOD	FIB
104	4	9	4	0	2
104	4	9	4	0	2

## DINNER

### 1, 4-oz. serving Seared Pork Tenderloin with Maple-Mustard Glaze

- 2/3 cup brown rice
- 1 cup chopped, steamed broccoli

CAL	CHO	FAT	PRO	SOD	FIB
230	8	6	24	339	0
144	30	1	3	7	2
55	11	1	4	64	5
429	49	8	31	410	7

## BREAKFAST

### Toast and Jam:

- 1 slice 100% whole wheat bread
- 1 TBSP no sugar added jam

### Veggie and Egg Scramble:

- 1 whole egg
- 3 egg whites
- 2 cups chopped vegetables
- Nonstick cooking spray, if necessary for cooking process

- 1, 3-inch diameter orange

CAL	CHO	FAT	PRO	SOD	FIB
90	18	1	4	135	2
10	5	0	0	4	0
101	1	7	7	171	0
51	1	0	11	165	0
75	15	0	3	63	5
0	0	0	0	0	0
69	18	0	1	1	3
396	58	8	26	539	10

## MORNING SNACK

- 4, 3-inch dried mango strips
- 10 almonds

CAL	CHO	FAT	PRO	SOD	FIB
130	31	0	1	100	1
67	1	10	4	0	2
197	32	10	5	100	3

## LUNCH

### 1 Fresh Spinach Salad:

- 2 cups baby spinach
- 1, 3-inch diameter apple, sliced into thin wedges
- 4 oz. grilled chicken, cut into strips
- 2 TBSP craisins
- 2 TBSP crumbled feta cheese
- 2 TBSP light vinaigrette dressing

\*Toss all ingredients together.

CAL	CHO	FAT	PRO	SOD	FIB
20	1	0	2	65	2
110	29	0	1	2	5
130	3	2	27	470	0
49	9	0	0	0	1
45	1	4	4	195	0
60	6	4	0	220	0
414	49	10	34	952	8

## AFTERNOON SNACK

- 1, 3-inch diameter apple

CAL	CHO	FAT	PRO	SOD	FIB
72	19	0	1	1	3
72	19	0	1	1	3

## DINNER

### 1 serving Italian Chicken and Vegetables

- ½ cup cooked whole wheat spaghetti noodles
- 2 TBSP shredded cheese
- ½ cup red grapes

CAL	CHO	FAT	PRO	SOD	FIB
255	26	5	27	799	3
86	17	1	3	1	3
21	0	1	2	85	0
52	14	0	0	2	1
414	57	7	32	887	7

CAL	CHO	FAT	PRO	SOD	FIB
1490	164	50	100	1589	24

## DAY 1 BASE TOTALS

CAL	CHO	FAT	PRO	SOD	FIB
1493	215	35	97	2479	31

## DAY 2 BASE TOTALS



## BREAKFAST

- 20 almonds
- 1 "Keeps the Doctor Away" Green Smoothie:
- 1 ½ cups baby spinach
- ½, 3-inch diameter apple with skin
- 1, 7-inch banana
- ½ cup grapes
- 5 oz. fat-free, vanilla Greek yogurt

\*Put all ingredients in blender and process until desired texture is achieved.

CAL	CHO	FAT	PRO	SOD	FIB
133	3	20	8	0	4
15	0	0	2	49	2
55	15	0	0	1	3
72	23	0	1	1	2
52	14	0	0	2	1
80	9	0	12	50	0
407	64	20	23	103	12

## MORNING SNACK

- 1 TBSP natural peanut butter
- 6, 4-inch celery sticks
- 1 high-fiber granola bar

CAL	CHO	FAT	PRO	SOD	FIB
95	3	8	4	75	1
3	1	0	0	19	0
120	26	4	2	55	9
218	30	12	6	149	10

## LUNCH

- 1 Turkey and Veggie Stack:
- 2 slices 100% whole wheat bread
- 3 oz. high quality, freshly sliced turkey
- ½ TBSP olive oil based mayo
- 1 cup shredded romaine
- 1 slice of tomato
- 1/2 cup baby spinach
- 1, 19g (~1/8-inch thick) slice of reduced fat cheese

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
90	2	1	18	720	0
30	0	3	0	60	0
8	2	0	1	4	1
10	2	0	1	3	1
5	0	0	1	16	1
60	1	5	5	135	0
383	43	11	34	1208	7

## AFTERNOON SNACK

- 3 oz. carrot sticks
- 1 cup sliced cucumbers
- 1 oz. beef jerky

CAL	CHO	FAT	PRO	SOD	FIB
35	8	0	1	65	2
16	4	0	1	2	1
70	3	1	12	680	0
121	15	1	14	747	3

## DINNER

- 1 serving Apricot Chicken
- ½ cup cooked whole grain couscous
- 7 Roasted Asparagus Spears

CAL	CHO	FAT	PRO	SOD	FIB
239	15	2	24	250	0
95	19	1	4	255	2
22	4	0	2	2	2
356	38	3	30	507	4

CAL	CHO	FAT	PRO	SOD	FIB
1485	190	47	107	2714	36

## DAY 3 BASE TOTALS

## BREAKFAST

### 1 Vanilla Berry Oatmeal Parfait:

- ½ cup dry oats, cooked with water according to package directions
- ½ cup blueberries OR ¾ cup sliced strawberries
- 5 oz. fat-free, vanilla Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 5 oz. light vanilla soymilk OR skim milk

\*Layer yogurt, berries, and nuts over the cooked oatmeal. Splash with milk until desired consistency is achieved. Consume any extra milk on the side.

CAL	CHO	FAT	PRO	SOD	FIB
150	27	3	5	0	4
41	11	0	1	1	2
80	9	0	12	50	0
45	1	4	2	0	1
88	9	2	8	125	0
404	57	9	28	176	7

## MORNING SNACK

- ½, 3-inch diameter grapefruit
- ½ TBSP honey
- 1-oz. mozzarella cheese stick

CAL	CHO	FAT	PRO	SOD	FIB
65	16	0	1	0	2
32	9	0	0	0	0
80	1	6	6	200	0
127	26	6	7	200	2

## LUNCH

- 6 whole wheat crackers
- Lemon Fresh Tuna Salad:
- 4 oz. chunk light tuna, drained
- 2 cups shredded romaine lettuce
- 6 black olives, sliced
- 1 roma tomato, diced
- 2 tsp extra-virgin olive oil
- 1 TBSP lemon juice
- Dash of garlic salt
- Black pepper to taste

\*Toss all ingredients together.

CAL	CHO	FAT	PRO	SOD	FIB
120	20	4	3	160	3
100	0	1	24	360	0
16	3	0	1	8	2
40	0	4	0	210	0
16	4	0	2	5	1
80	0	9	0	0	0
4	1	0	0	0	0
0	0	0	0	60	0
0	0	0	0	0	0
276	28	18	30	803	6

## AFTERNOON SNACK

- 2, 8-inch stalks of celery
- ¾ cup jicama slices
- 2 TBSP hummus

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
37	9	0	1	4	5
50	5	3	2	80	3
97	15	3	4	84	9

## DINNER

### 1 serving (9) Feisty Pork Meatballs

- ½ cup cooked whole wheat spaghetti noodles
- ½ cup prepared marinara sauce

CAL	CHO	FAT	PRO	SOD	FIB
230	11	4	24	512	1
87	19	0	4	2	3
90	12	4	2	480	3
407	42	8	30	994	7

CAL	CHO	FAT	PRO	SOD	FIB
1461	168	44	99	2257	31

## DAY 4 BASE TOTALS

## BREAKFAST

- 20 almonds
- 1 "Keeps the Doctor Away" Green Smoothie:
  - 1 ½ cups baby spinach
  - ½, 3-inch diameter apple with skin
  - 1, 7-inch banana
  - ½ cup grapes
  - 5 oz. fat-free, vanilla Greek yogurt

\*Put all ingredients in blender and process until desired texture is achieved.

CAL	CHO	FAT	PRO	SOD	FIB
133	3	20	8	0	4
15	0	0	2	49	2
55	15	0	0	1	3
72	23	0	1	1	2
52	14	0	0	2	1
80	9	0	12	50	0
407	64	20	23	103	12

## MORNING SNACK

- 1 TBSP natural peanut butter
- 6, 4-inch celery sticks
- 1 high-fiber granola bar

CAL	CHO	FAT	PRO	SOD	FIB
95	3	8	4	75	1
3	1	0	0	19	0
120	26	4	2	55	9
218	30	12	6	149	10

## LUNCH

- 1 Turkey and Veggie Stack:
  - 2 slices 100% whole wheat bread
  - 3 oz. high quality, freshly sliced turkey
  - ½ TBSP olive oil based mayo
  - 1 cup shredded romaine
  - 1 slice of tomato
  - 1/2 cup baby spinach
  - 1, 19g (~1/8-inch thick) slice of reduced fat cheese

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
90	2	1	18	720	0
30	0	3	0	60	0
8	2	0	1	4	1
10	2	0	1	3	1
5	0	0	1	16	1
60	1	5	5	135	0
383	43	11	34	1208	7

## AFTERNOON SNACK

- 3 oz. carrot sticks
- 1 cup sliced cucumbers
- 1 oz. beef jerky

CAL	CHO	FAT	PRO	SOD	FIB
35	8	0	1	65	2
16	4	0	1	2	1
70	3	1	12	680	0
121	15	1	14	747	3

## DINNER

- 1 serving Strawberry Avocado Salad:
  - 1 ¼ cups halved strawberries
  - 2 cups shredded romaine
  - 2 TBSP light vinaigrette
  - 3 oz. grilled chicken
  - 1 oz. avocado slices
  - ½ cup cooked whole grain couscous

CAL	CHO	FAT	PRO	SOD	FIB
61	15	1	1	2	4
14	2	0	1	4	1
60	6	4	0	220	0
98	0	2	20	56	0
50	3	5	1	0	2
95	19	1	4	255	2
378	45	13	27	537	9

CAL	CHO	FAT	PRO	SOD	FIB
1507	197	57	104	2744	41

## DAY 5 BASE TOTALS

## BREAKFAST

- Toast and Jam:
  - 1 slice 100% whole wheat bread
  - 1 TBSP no sugar added jam

### Veggie and Egg Scramble:

- 1 whole egg
- 3 egg whites
- 2 cups chopped vegetables
- Nonstick cooking spray, if necessary for cooking process

- 1, 3-inch diameter orange

CAL	CHO	FAT	PRO	SOD	FIB
90	18	1	4	135	2
10	5	0	0	4	0

CAL	CHO	FAT	PRO	SOD	FIB
101	1	7	7	171	0
51	1	0	11	165	0
75	15	0	3	63	5
0	0	0	0	0	0

CAL	CHO	FAT	PRO	SOD	FIB
69	18	0	1	1	3
396	58	8	26	539	10

## MORNING SNACK

- 4, 3-inch diameter mango strips
- 10 almonds

CAL	CHO	FAT	PRO	SOD	FIB
130	31	0	1	100	1
67	1	10	4	0	2
197	32	10	5	100	3

## LUNCH

### 1 Fresh Spinach Salad:

- 2 cups baby spinach
- 1, 3-inch diameter apple, sliced into thin wedges
- 4 oz. grilled chicken, cut into strips
- 2 TBSP craisins
- 2 TBSP crumbled feta cheese
- 2 TBSP light vinaigrette dressing

\*Toss all ingredients together.

CAL	CHO	FAT	PRO	SOD	FIB
20	1	0	2	65	2
110	29	0	1	2	5
130	3	2	27	470	0
49	9	0	0	0	1
45	1	4	4	195	0
60	6	4	0	220	0
414	49	10	34	952	8

## AFTERNOON SNACK

- 1, 3-inch diameter apple

CAL	CHO	FAT	PRO	SOD	FIB
72	19	0	1	1	3
72	19	0	1	1	3

## DINNER

- 1 serving Apricot Chicken
  - ½ cup cooked whole grain couscous
- 7 Roasted Asparagus Spears

CAL	CHO	FAT	PRO	SOD	FIB
239	15	2	24	250	0
95	19	1	4	255	2
22	4	0	2	2	2
356	38	3	30	507	4

CAL	CHO	FAT	PRO	SOD	FIB
1435	196	31	95	2099	28

## DAY 6 BASE TOTALS

## BREAKFAST

### 1 Vanilla Berry Oatmeal Parfait:

- ½ cup dry oats, cooked with water according to package directions
- ½ cup blueberries OR ¾ cup sliced strawberries
- 5 oz. fat-free, vanilla Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 5 oz. light vanilla soy milk OR skim milk

\*Layer yogurt, berries, and nuts over the cooked oatmeal. Splash with milk until desired consistency is achieved. Consume any extra milk on the side.

CAL	CHO	FAT	PRO	SOD	FIB
150	27	3	5	0	4
41	11	0	1	1	2
80	9	0	12	50	0
45	1	4	2	0	1
88	9	2	8	125	0
404	57	9	28	176	7

## MORNING SNACK

- ½, 3-inch diameter grapefruit
- 1-oz. mozzarella cheese stick

CAL	CHO	FAT	PRO	SOD	FIB
65	16	0	1	0	2
80	1	6	6	200	0
145	17	6	7	200	2

## LUNCH

- 4 oz. skim milk
- 1 Cinnamon Banana Roll-Up:
  - 1, 2-oz. whole wheat wrap
  - 2 TBSP crunchy natural peanut butter
  - 2 tsp honey
  - ½, 7-inch banana, sliced
  - Dash of cinnamon

\*Spread peanut butter over wrap, top with honey, banana, and cinnamon. Roll-up.

CAL	CHO	FAT	PRO	SOD	FIB
40	6	0	4	60	0
110	17	3	10	370	7
190	8	16	7	65	2
32	9	0	0	0	0
36	12	0	1	1	1
0	0	0	0	0	0
408	52	19	22	496	10

## AFTERNOON SNACK

- 3 oz. carrot sticks
- 1 cup sliced cucumbers
- 1 oz. beef jerky

CAL	CHO	FAT	PRO	SOD	FIB
35	8	0	1	65	2
16	4	0	1	2	1
70	3	1	12	680	0
121	15	1	14	747	3

## DINNER

### 1 serving (9) Feisty Pork Meatballs

- ½ cup cooked whole wheat spaghetti noodles
- ½ cup prepared marinara sauce

CAL	CHO	FAT	PRO	SOD	FIB
230	11	4	24	512	1
87	19	0	4	2	3
90	12	4	2	480	3
407	42	8	30	994	7

## FRESH PRODUCE

- 1 large zucchini or summer squash
- 1 small white onion
- 1 red onion
- 2 lbs. broccoli
- 6 large bell peppers
- 2 jalapeño peppers
- 1 bunch green onions
- 2 large celery bunches
- 1/2 lb. tomatillos
- 1-2 large English cucumbers
- 2 large jicamas
- 2 lbs. (32 oz.) baby spinach
- 2 lbs. carrots
- 3 hearts of romaine lettuce
- 2 lbs. tomatos AND 1 roma tomato
- 2 small avocados
- 1-2 lbs. strawberries
- 3 lemons AND 6 limes
- 1, 3-inch diameter orange
- 2, 3-inch diameter grapefruits
- 4, 7-inch bananas
- 1 pint blueberries
- 2, 3-inch diameter apples
- 4 kiwi fruits
- 1 bunch cilantro
- 1 bulb of fresh garlic

## STAPLE FOODS / CONDIMENTS

- Prepared chunky salsa
- Distilled white vinegar
- Red wine vinegar
- Tabasco sauce
- Extra-virgin olive oil and canola oil\*
- Cider vinegar\*
- Honey\*
- Natural peanut butter\*
- No added sugar jam\*
- Olive oil based mayo\*
- Nonstick cooking spray\*
- Vinaigrette of choice with ~ 60 cal./serving\*
- Prepared hummus\*

## CANNED GOODS

- 4 oz. canned, chunk light tuna in water
- 1 small can olives
- 1 can EACH of red, white, and black beans
- 1 can petite diced tomatoes, with jalapeños
- 1 small can chipotle peppers in adobe sauce
- 2, 15-oz. cans low sodium chicken broth

Please view specific quantities only as a guideline. Product availability may vary. \*Items will likely already be on hand from Week 1 list.

## MILK, CHEESE, AND OTHER DAIRY PRODUCTS

- 3 mozzarella cheese sticks
- 2, 16-oz. containers 1% cottage cheese
- 2, 5.3-oz. cartons fat-free, high protein Greek yogurt
- 4-oz. container reduced fat sour cream
- 1 gallon skim OR light vanilla soy milk
- 2 TBSP feta cheese\*
- 1 small block/package shreddable, slicable cheese\*

## FROZEN FOODS

- 3 cups edamame in pods
- 1 small bag frozen corn

## MEAT, POULTRY, FISH

- 6-7 lbs. boneless skinless chicken breast
- 3 eggs
- 1 small container liquid egg substitute
- 3 oz. high quality freshly sliced turkey
- 4, 6-oz. tilapia fillets

## GRAINS

- 1 loaf 100% whole wheat bread with 4g protein and ~100 cal./per slice
- 1 small bag 100% whole wheat bagels with ~250 cal./each
- 1 large package 6-inch corn tortillas
- 1 package of 2-oz. whole wheat wraps
- 1 large canister of dry oats\*
- Brown rice\*

## BAKING / BULK / SNACK SECTIONS

- 1 cup chopped pecans
- 1 lb. raw almonds
- 2 oz. beef jerky
- 1 box fiber granola bars (120 calories each)
- 1, 6-oz. bag unsweetened raisins
- 12, 3-inch dried mango strips
- 1/4 cup flaxseed

## SEASONINGS

- Black pepper/Lemon pepper
- Cinnamon • Salt • Garlic salt
- Oregano • Cumin • Red pepper flakes
- Garlic powder
- Paprika
- Vanilla extract

CAL	CHO	FAT	PRO	SOD	FIB
1441	178	42	97	2550	29

## DAY 7 BASE TOTALS

## BREAKFAST

### Veggie and Egg Scramble:

- 1 whole egg
- 3 egg whites
- 2 cups chopped vegetables
- Nonstick cooking spray, if necessary for cooking process

CAL	CHO	FAT	PRO	SOD	FIB
101	1	7	7	171	0
51	1	0	11	165	0
75	15	0	3	63	5
0	0	0	0	0	0
69	18	0	1	1	3
69	35	7	22	400	8

- 1, 3-inch diameter orange

## MORNING SNACK

- 4, 3-inch dried mango strips
- 10 almonds

CAL	CHO	FAT	PRO	SOD	FIB
130	31	0	1	100	1
67	1	10	4	0	2
197	32	10	5	100	3

## LUNCH

- ½ toasted 100% whole wheat bagel
- 1 serving **Chicken and Vegetable Topper:**
- ½ cup diced tomatoes
- ½ cup chopped carrots
- ½ large bell pepper, chopped
- 1/5 (~2 oz.) medium avocado, chopped (spritz with lime juice)
- 2 oz. chopped, cooked chicken
- 1/3 cup 1% cottage cheese
- Black pepper OR lemon pepper to taste
- Sliced green onions, if desired

\*Mix first 5 ingredients together, serve with cottage cheese, pepper, and onions over toasted bagel.

CAL	CHO	FAT	PRO	SOD	FIB
125	25	1	6	170	4
15	3	0	1	0	1
26	6	0	1	44	2
15	4	0	0	0	2
100	6	9	1	0	4
55	0	1	12	23	0
60	3	1	9	300	0
0	0	0	0	0	0
2	0	0	0	0	0
398	47	12	537	30	13

## AFTERNOON SNACK

- 3 oz. carrot sticks
- 1 cup sliced cucumbers
- 1 oz. beef jerky

CAL	CHO	FAT	PRO	SOD	FIB
35	8	0	1	65	2
16	4	0	1	2	1
70	3	1	12	680	0
121	15	1	14	747	3

## DINNER

### 1 serving Fiesta Chicken Tostadas

CAL	CHO	FAT	PRO	SOD	FIB
412	44	11	30	1056	11
412	44	11	30	1056	11

CAL	CHO	FAT	PRO	SOD	FIB
1424	173	41	101	2840	38

## DAY 8 BASE TOTALS

## BREAKFAST

- 20 almonds
- 1 "Keeps the Doctor Away" Green Smoothie:
- 1 ½ cups baby spinach
- ½, 3-inch diameter apple with skin
- 1, 7-inch banana
- ½ cup grapes
- 5 oz. fat-free, vanilla Greek yogurt

\*Put all ingredients in blender and process until desired texture is achieved.

## MORNING SNACK

- 1 TBSP natural peanut butter
- 6, 4-inch celery sticks
- 1 high-fiber granola bar

CAL	CHO	FAT	PRO	SOD	FIB
133	3	20	8	0	4
15	0	0	2	49	2
55	15	0	0	1	3
72	23	0	1	1	2
52	14	0	0	2	1
80	9	0	12	50	0
407	64	20	23	103	12

## LUNCH

- 1 **Turkey and Veggie Stack:**
- 2 slices 100% whole wheat bread
- 3 oz. high quality, freshly sliced turkey
- ½ TBSP olive oil based mayo
- 1 cup shredded romaine
- 1 slice of tomato
- 1/2 cup baby spinach
- 1, 19g (~1/8-inch thick) slice of reduced fat cheese

CAL	CHO	FAT	PRO	SOD	FIB
95	3	8	4	75	1
3	1	0	0	19	0
120	26	4	2	55	9
218	30	12	6	149	10

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
90	2	1	18	720	0
30	0	3	0	60	0
8	2	0	1	4	1
10	2	0	1	3	1
5	0	0	1	16	1
60	1	5	5	135	0
383	43	11	34	1208	7

## AFTERNOON SNACK

- 2, 8-inch stalks of celery
- ¾ cup jicama slices
- 2 TBSP hummus

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
37	9	0	1	4	5
50	5	3	2	80	3
97	15	3	4	84	9

## DINNER

- 2 **Baja Tilapia Tacos**
- 1 **Cinnamon Honey Grapefruit:**
- 1/2, 3-inch diameter grapefruit
- 1/2 tsp honey
- Cinnamon as desired

CAL	CHO	FAT	PRO	SOD	FIB
343	21	10	34	211	4
65	16	0	1	0	2
10	2	0	0	0	0
0	0	0	0	0	0
418	39	10	35	211	6

CAL	CHO	FAT	PRO	SOD	FIB
1523	191	56	102	1755	44

## DAY 9 BASE TOTALS



## BREAKFAST

### 1 Vanilla Berry Oatmeal Parfait:

- ½ cup dry oats, cooked with water according to package directions
- ½ cup blueberries OR ¾ cup sliced strawberries
- 5 oz. fat-free, vanilla Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 5 oz. light vanilla soy milk OR skim milk

\*Layer yogurt, berries, and nuts over the cooked oatmeal. Splash with milk until desired consistency is achieved. Consume any extra milk on the side.

CAL	CHO	FAT	PRO	SOD	FIB
150	27	3	5	0	4
41	11	0	1	1	2
80	9	0	12	50	0
45	1	4	2	0	1
88	9	2	8	125	0
404	57	9	28	176	7

## MORNING SNACK

- ½, 3-inch diameter grapefruit
- ½ TBSP honey
- 1-oz. mozzarella cheese stick

CAL	CHO	FAT	PRO	SOD	FIB
65	16	0	1	0	2
32	9	0	0	0	0
80	1	6	6	200	0
127	26	6	7	200	2

## LUNCH

- ½ toasted 100% whole wheat bagel
- 1 serving **Chicken and Vegetable Topper:**
- ½ cup diced tomatoes
- ½ cup chopped carrots
- ½ large bell pepper, chopped
- 1/5 (~2 oz.) medium avocado, chopped (spritz with lime juice)
- 2 oz. chopped, cooked chicken
- 1/3 cup 1% cottage cheese
- Black pepper OR lemon pepper to taste
- Sliced green onions, if desired

\*Mix first 5 ingredients together, serve with cottage cheese, pepper, and onions over toasted bagel.

CAL	CHO	FAT	PRO	SOD	FIB
125	25	1	6	170	4
15	3	0	1	0	1
26	6	0	1	44	2
15	4	0	0	0	2
100	6	9	1	0	4
55	0	1	12	23	0
60	3	1	9	300	0
0	0	0	0	0	0
2	0	0	0	0	0
398	47	12	537	30	13

## AFTERNOON SNACK

- 1 ½ cup steamed edamame in pods
- Pinch of kosher salt

CAL	CHO	FAT	PRO	SOD	FIB
101	9	3.5	9	23	4
0	0	0	0	295	0
101	9	3.5	9	318	4

## DINNER

### 1 serving Fiesta Chicken Tostadas

CAL	CHO	FAT	PRO	SOD	FIB
412	44	11	30	1056	11
412	44	11	30	1056	11

## BREAKFAST

- 2 kiwi fruits
- Quick Egg Tacos:
- 2 corn tortillas
- ¼ cup shredded cheese
- ¼ cup fat-free liquid egg substitute
- Nonstick cooking spray
- 2 TBSP chunky salsa
- 1 green onion, sliced
- ½ large bell pepper, diced

\*Sprinkle tortillas with cheese. Heat in microwave about 30 seconds. Meanwhile, heat a small nonstick skillet coated with cooking spray over medium heat. Add egg substitute and cook, stirring until eggs are cooked through. Divide evenly over cheesy tortillas and top with salsa and vegetables.

## MORNING SNACK

- 4, 3-inch dried mango strips
- 10 almonds

## LUNCH

- 4 oz. skim milk
- 1 **Cinnamon Banana Roll-Up:**
- 1, 2-oz. whole wheat wrap
- 2 TBSP crunchy natural peanut butter
- 2 tsp honey
- ½, 7-inch banana, sliced
- Dash of cinnamon

\*Spread peanut butter over wrap, top with honey, banana, and cinnamon. Roll-up.

## AFTERNOON SNACK

- 3 oz. carrot sticks
- 1 cup sliced cucumbers
- 1 oz. beef jerky

## DINNER

- 1 serving **Grilled Cumin Chicken with Tomatillo-Jalapeño Sauce**
- 1/3 cup **Cilantro-Lime Rice**
- 1 cup steamed broccoli

CAL	CHO	FAT	PRO	SOD	FIB
80	31	2	4	18	10
100	20	2	2	10	3
110	0	9	7	180	0
60	1	0	12	240	0
0	0	0	0	0	0
10	2	0	0	170	0
10	0	0	0	1	0
23	5	0	1	3	2
393	59	13	26	622	15

CAL	CHO	FAT	PRO	SOD	FIB
130	31	0	1	100	1
67	1	10	4	0	2
197	32	10	5	100	3

CAL	CHO	FAT	PRO	SOD	FIB
40	6	0	4	60	0
110	17	3	10	370	7
190	8	16	7	65	2
32	9	0	0	0	0
36	12	0	1	1	1
0	0	0	0	0	0
408	52	19	22	496	10

CAL	CHO	FAT	PRO	SOD	FIB
35	8	0	1	65	2
16	4	0	1	2	1
70	3	1	12	680	0
121	15	1	14	747	3

CAL	CHO	FAT	PRO	SOD	FIB
245.5	5.75	7.5	37.25	284.4	1.5
121	25	1	3	23	0
30	4	0	2	200	2
396.5	34.75	8.5	42.25	507.4	3.5

CAL	CHO	FAT	PRO	SOD	FIB
1492	183	41.5	104	2287	35

## DAY 10 BASE TOTALS

CAL	CHO	FAT	PRO	SOD	FIB
1515.5	192.75	51.5	109.25	2472.4	34.5

## DAY 11 BASE TOTALS



## BREAKFAST

### 1 Vanilla Berry Oatmeal Parfait:

- ½ cup dry oats, cooked with water according to package directions
- ½ cup blueberries OR ¾ cup sliced strawberries
- 5 oz. fat-free, vanilla Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 5 oz. light vanilla soymilk OR skim milk

\*Layer yogurt, berries, and nuts over the cooked oatmeal. Splash with milk until desired consistency is achieved. Consume any extra milk on the side.

CAL	CHO	FAT	PRO	SOD	FIB
150	27	3	5	0	4
41	11	0	1	1	2
80	9	0	12	50	0
45	1	4	2	0	1
88	9	2	8	125	0
404	57	9	28	176	7

## MORNING SNACK

- ½, 3-inch diameter grapefruit
- ½ TBSP honey
- 1-oz. mozzarella cheese stick

CAL	CHO	FAT	PRO	SOD	FIB
65	16	0	1	0	2
32	9	0	0	0	0
80	1	6	6	200	0
127	26	6	7	200	2

## LUNCH

- 6 whole wheat crackers
- Lemon Fresh Tuna Salad:**
- 4 oz. chunk light tuna, drained
- 2 cups shredded romaine lettuce
- 6 black olives, sliced
- 1 roma tomato, diced
- 2 tsp extra-virgin olive oil
- 1 TBSP lemon juice
- Dash of garlic salt
- Black pepper to taste

\*Toss all ingredients together.

CAL	CHO	FAT	PRO	SOD	FIB
120	20	4	3	160	3
100	0	1	24	360	0
16	3	0	1	8	2
40	0	4	0	210	0
16	4	0	2	5	1
80	0	9	0	0	0
4	1	0	0	0	0
0	0	0	0	60	0
0	0	0	0	0	0
276	28	18	30	803	6

## AFTERNOON SNACK

- 2, 8-inch stalks of celery
- ¾ cup jicama slices
- 2 TBSP hummus

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
37	9	0	1	4	5
50	5	3	2	80	3
97	15	3	4	84	9

## DINNER

- 1 serving **Grilled Cumin Chicken with Tomatillo-Jalapeño Sauce**
- 1/3 cup **Cilantro-Lime Rice**
- 1 cup steamed broccoli

CAL	CHO	FAT	PRO	SOD	FIB
245.5	5.75	7.5	37.25	284.4	1.5
121	25	1	3	23	0
30	4	0	2	200	2
396.5	34.75	8.5	42.25	507.4	3.5

CAL	CHO	FAT	PRO	SOD	FIB
1450.5	160.75	44.5	111.25	1770.4	27.5

## DAY 12 BASE TOTALS

## BREAKFAST

### 1 Creamy Berry Banana Smoothie:

- 1 cup blueberries
- ½, 7-inch banana
- 2/3 cup 1% cottage cheese
- ½ cup light vanilla soymilk OR skim milk + ½ tsp vanilla extract
- 2 TBSP flaxseed
- 1 tsp honey
- 1 tsp lime juice
- 1 cup ice

\*Put all ingredients in blender and process until desired texture is achieved.

CAL	CHO	FAT	PRO	SOD	FIB
83	21	0	1	1	3
53	14	0	1	1	2
120	7	2	17	600	0
45	4	2	5	83	0
93	6	6	4	0	5
20	6	0	0	0	0
2	0	0	0	1	0
0	0	0	0	0	0
416	58	10	28	686	10

## MORNING SNACK

- 1 TBSP natural peanut butter
- 6, 4-inch celery sticks

CAL	CHO	FAT	PRO	SOD	FIB
95	3	8	4	75	1
3	1	0	0	19	0
98	4	8	4	94	1

## LUNCH

### 1 Fresh Spinach Salad:

- 2 cups baby spinach
- 1, 3-inch diameter apple, sliced into thin wedges
- 4 oz. grilled chicken, cut into strips
- 2 TBSP craisins
- 2 TBSP crumbled feta cheese
- 2 TBSP light vinaigrette dressing

\*Toss all ingredients together.

CAL	CHO	FAT	PRO	SOD	FIB
20	1	0	2	65	2
110	29	0	1	2	5
130	3	2	27	470	0
49	9	0	0	0	1
45	1	4	4	195	0
60	6	4	0	220	0
414	49	10	34	952	8

## AFTERNOON SNACK

- 1 ½ cup steamed edamame in pods
- Pinch of kosher salt

CAL	CHO	FAT	PRO	SOD	FIB
101	9	3.5	9	23	4
0	0	0	0	295	0
101	9	3.5	9	318	4

## DINNER

### 1 California Veggie Wrap

CAL	CHO	FAT	PRO	SOD	FIB
389	51	13.5	15	728	9.5
389	51	13.5	15	728	9.5

CAL	CHO	FAT	PRO	SOD	FIB
1418	171	46.5	88.5	2778	32.5

## DAY 13 BASE TOTALS



## BREAKFAST

- 2 kiwi fruits
- **Quick Egg Tacos:**
- 2 corn tortillas
- ¼ cup shredded cheese
- ¼ cup fat-free liquid egg substitute
- Nonstick cooking spray
- 2 TBSP chunky salsa
- 1 green onion, sliced
- ½ large bell pepper, diced

\*Sprinkle tortillas with cheese. Heat in microwave about 30 seconds. Meanwhile, heat a small nonstick skillet coated with cooking spray over medium heat. Add egg substitute and cook, stirring until eggs are cooked through. Divide evenly over cheesy tortillas and top with salsa and vegetables.

CAL	CHO	FAT	PRO	SOD	FIB
80	31	2	4	18	10
100	20	2	2	10	3
110	0	9	7	180	0
60	1	0	12	240	0
0	0	0	0	0	0
10	2	0	0	170	0
10	0	0	0	1	0
23	5	0	1	3	2

393	59	13	26	622	15
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## MORNING SNACK

- 4, 3-inch dried mango strips
- 10 almonds

CAL	CHO	FAT	PRO	SOD	FIB
130	31	0	1	100	1
67	1	10	4	0	2
197	32	10	5	100	3

## LUNCH

- 4 oz. skim milk
- **1 Cinnamon Banana Roll-Up:**
- 1, 2-oz. whole wheat wrap
- 2 TBSP crunchy natural peanut butter
- 2 tsp honey
- ½, 7-inch banana, sliced
- Dash of cinnamon

\*Spread peanut butter over wrap, top with honey, banana, and cinnamon. Roll-up.

CAL	CHO	FAT	PRO	SOD	FIB
40	6	0	4	60	0
110	17	3	10	370	7
190	8	16	7	65	2
32	9	0	0	0	0
36	12	0	1	1	1
0	0	0	0	0	0
408	52	19	22	496	10

## AFTERNOON SNACK

- 2 cups shredded romaine lettuce
- 1 TBSP light vinaigrette dressing
- ¼ cup red beans, drained and rinsed

CAL	CHO	FAT	PRO	SOD	FIB
16	4	0	2	8	2
30	2	3.5	0.5	140	0
80	14	0	5	83	5
126	20	3.5	7.5	231	7

## DINNER

- **1 California Veggie Wrap**

CAL	CHO	FAT	PRO	SOD	FIB
389	51	13.5	15	728	9.5
389	51	13.5	15	728	9.5

CAL	CHO	FAT	PRO	SOD	FIB
1513	214	60.5	74	2177	44.5

## DAY 14 BASE TOTALS

## BREAKFAST

- **1 Creamy Berry Banana Smoothie:**

- 1 cup blueberries
- ½, 7-inch banana
- 2/3 cup 1% cottage cheese
- ½ cup light vanilla soymilk OR skim milk + ½ tsp vanilla extract
- 2 TBSP flaxseed
- 1 tsp honey
- 1 tsp lime juice
- 1 cup ice

\*Put all ingredients in blender and process until desired texture is achieved.

CAL	CHO	FAT	PRO	SOD	FIB
83	21	0	1	1	3
53	14	0	1	1	2
120	7	2	17	600	0
45	4	2	5	83	0
93	6	6	4	0	5
20	6	0	0	0	0
2	0	0	0	1	0
0	0	0	0	0	0

416	58	10	28	686	10
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## MORNING SNACK

- 1 TBSP natural peanut butter
- 6, 4-inch celery sticks

CAL	CHO	FAT	PRO	SOD	FIB
95	3	8	4	75	1
3	1	0	0	19	0
98	4	8	4	94	1

## LUNCH

- ½ toasted 100% whole wheat bagel
- **1 serving Chicken and Vegetable Topper:**
- ½ cup diced tomatoes
- ½ cup chopped carrots
- ½ large bell pepper, chopped
- 1/5 (~2 oz.) medium avocado, chopped (spritz with lime juice)
- 2 oz. chopped, cooked chicken
- 1/3 cup 1% cottage cheese
- Black pepper OR lemon pepper to taste
- Sliced green onions, if desired

\*Mix first 5 ingredients together, serve with cottage cheese, pepper, and onions over toasted bagel.

CAL	CHO	FAT	PRO	SOD	FIB
125	25	1	6	170	4
15	3	0	1	0	1
26	6	0	1	44	2
15	4	0	0	0	2
100	6	9	1	0	4
55	0	1	12	23	0
60	3	1	9	300	0
0	0	0	0	0	0
2	0	0	0	0	0
398	47	12	537	30	13

## AFTERNOON SNACK

- 2 cups shredded romaine lettuce
- 1 TBSP light vinaigrette dressing
- ¼ cup red beans, drained and rinsed

CAL	CHO	FAT	PRO	SOD	FIB
16	4	0	2	8	2
30	2	3.5	0.5	140	0
80	14	0	5	83	5
126	20	3.5	7.5	231	7

## DINNER

- **2 ¼ cups Dressed-Up Black Beans and Rice**

CAL	CHO	FAT	PRO	SOD	FIB
394	48	9	28	294	9
394	48	9	28	294	9

CAL	CHO	FAT	PRO	SOD	FIB
1432	177	46	97.5	1842	40

## DAY 15 BASE TOTALS





## FRESH PRODUCE

2 large bell peppers  
2-3 lbs. asparagus  
1 small white onion  
1 watermelon  
1 bunch green onions  
2 large celery bunches  
1 bunch grapes  
2 large English cucumbers  
1 small container mixed spring greens  
12-16 oz. leafy greens  
3 hearts of romaine lettuce  
5-6 tomatos  
3 cups snap peas  
1-2 lbs. strawberries  
3 lemons  
1, 3-inch diameter orange  
5, 3-inch diameter apples  
1 bunch cilantro  
1 bulb fresh garlic  
Fresh ginger root

## FROZEN FOODS

1 1/2 cups edamame in pods  
4, ~3-oz. real fruit frozen bars  
Green peas  
Broccoli, carrot, cauliflower blend

## STAPLE FOODS / CONDIMENTS

Rice vinegar  
Balsamic vinegar  
Toasted sesame seed oil  
Almond butter  
Prepared chunky salsa\*  
Honey\*  
No added sugar jam\*  
Nonstick cooking spray\*  
Vinaigrette of choice with ~60 cal./serving\*  
Prepared hummus\*  
Red wine vinegar\*

## CANNED GOODS

1, 4-6-oz. can mandarin oranges  
1, 15-oz. can low sodium vegetable broth

Please view specific quantities only as a guideline. Product availability may vary. \*Items will likely already be on hand from previous list.

## MILK, CHEESE, AND OTHER DAIRY PRODUCTS

1 small tub reduced fat cream cheese  
1 gallon skim AND 1/2 gallon light vanilla soy milk  
1/2 pint feta cheese  
1 small block/package shreddable, slicable cheese  
4, 6-oz. containers light yogurt  
Parmesan cheese\*

## MEAT, POULTRY, FISH

4 lbs. boneless skinless chicken breast  
6 eggs  
6 oz. oven roasted turkey from deli  
4 oz. smoked salmon  
1 small container liquid egg substitute  
1 lb. lean ground turkey  
1 lb. shrimp  
1, 4-oz. sirloin steak

## GRAINS

1 loaf 100% whole wheat bread with 4g protein and ~100 cal./slice  
1 small bag 100% whole wheat bagels with ~250 cal./each  
1 small bag whole wheat English muffins ~120 cal./each  
Instant brown rice  
Popcorn kernels  
Quinoa  
1 package 2-oz. whole wheat wraps\*

## BAKING / BULK / SNACK SECTIONS

3/4 cup tropical trail mix, no sulfur  
1/2 cup unsalted, roasted hulled sunflower seeds  
1/2 lb. slivered almonds  
Lightly salted rice cakes\*  
1/4 cup pinenuts  
1, 6-oz. bag dried cranberries

## SEASONINGS

Black pepper/lemon pepper  
Cinnamon  
Salt  
Oregano  
Thyme  
Sage

## BREAKFAST

- 40 red grapes
- 1 Smoked Salmon and Egg Sandwich:**
- 1, 100% whole wheat English muffin, toasted
- 2 oz. smoked salmon
- 1, 1/4-inch tomato slice
- 1/2 cup leafy greens
- 1/2 cup fat-free liquid egg substitute, cooked with oil and onion (below)
- 1/2 tsp extra-virgin olive oil
- 1 TBSP minced onion

CAL	CHO	FAT	PRO	SOD	FIB
64	22	0	1	2	1
120	23	1	5	220	3
107	1	5	15	513	0
3	1	0	0	1	0
5	1	0	0	5	1
60	1	0	12	240	0
40	0	5	0	0	0
4	1	0	0	0	0
<b>403</b>	<b>50</b>	<b>11</b>	<b>33</b>	<b>981</b>	<b>5</b>

## MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1
<b>200</b>	<b>30</b>	<b>9</b>	<b>5</b>	<b>2</b>	<b>6</b>

## LUNCH

- Apricot Turkey Sandwich:**
- 2 slices 100% whole wheat bread
- 1, 19g (~1/8-inch) slice cheese
- 1 TBSP apricot preserves
- 1/2 cup leafy greens
- 1/4 tsp extra-virgin olive oil, drizzled over spinach
- 2 oz. oven roasted turkey from deli

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
70	0	6	5	340	0
48	13	0	0	8	0
5	1	0	1	16	1
30	0	3	0	0	0
77	0	4	17	30	0
<b>410</b>	<b>50</b>	<b>15</b>	<b>31</b>	<b>664</b>	<b>5</b>

## AFTERNOON SNACK

- 1 lightly salted rice cake
- 1/2 TBSP crunchy almond butter
- 1 tsp honey

CAL	CHO	FAT	PRO	SOD	FIB
40	8	0	1	10	0
45	2	4	2	0	1
20	6	0	0	0	0
<b>105</b>	<b>16</b>	<b>4</b>	<b>3</b>	<b>10</b>	<b>1</b>

## DINNER

- 4-oz. grilled/broiled sirloin steak
- 3/4 cup cooked quinoa
- 2 cups steamed broccoli, carrot, cauliflower blend
- 1 tsp extra-virgin olive oil
- 1 TBSP fresh lemon juice

CAL	CHO	FAT	PRO	SOD	FIB
134	0	4	22	47	0
160	29	2	6	10	3
75	12	0	3	90	6
40	0	5	0	0	0
4	1	0	0	0	0
<b>413</b>	<b>42</b>	<b>11</b>	<b>31</b>	<b>147</b>	<b>9</b>

## DAY 16 BASE TOTALS

CAL	CHO	FAT	PRO	SOD	FIB
1531	188	50	103	1804	26



## BREAKFAST

- 1, 100% whole wheat bagel, toasted
- 2 TBSP reduced fat cream cheese
- 3 hard boiled egg whites
- 2 TBSP no added sugar jam

CAL	CHO	FAT	PRO	SOD	FIB
250	49	2	12	340	7
70	2	6	2	105	0
51	1	0	11	150	0
20	10	0	0	8	6
<b>391</b>	<b>62</b>	<b>8</b>	<b>25</b>	<b>603</b>	<b>13</b>

## MORNING SNACK

- 1/4 cup tropical trail mix

CAL	CHO	FAT	PRO	SOD	FIB
240	30	12	6	149	10
<b>240</b>	<b>30</b>	<b>12</b>	<b>6</b>	<b>149</b>	<b>10</b>

## LUNCH

- 10 large grapes
- Feta Chicken Wrap:**
- 1, 2-oz. whole wheat wrap
- 1 tsp olive oil based mayo
- 2 TBSP crumbled feta cheese
- 1 small handful of diced tomatoes
- 1/2 cup chopped cucumber
- 2 oz. chopped chicken breast
- 1 cup leafy greens

CAL	CHO	FAT	PRO	SOD	FIB
68	18	0	0	0	0
110	17	3	10	370	7
67	0	7	0	57	0
70	2	4	6	340	0
8	0	0	0	0	0
7	1	0	0	0	0
60	0	1	13	38	0
8	2	0	1	5	1
<b>398</b>	<b>40</b>	<b>15</b>	<b>30</b>	<b>810</b>	<b>8</b>

## AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
16	4	0	1	2	1
70	14	0	6	40	4
<b>96</b>	<b>19</b>	<b>0</b>	<b>8</b>	<b>42</b>	<b>6</b>

## DINNER

- 1 serving Sesame-Ginger Tuna Salad**
- 1/4 cup mandarin orange segments

CAL	CHO	FAT	PRO	SOD	FIB
355	35	22	27	1007	7
40	10	0	0	3	1
<b>395</b>	<b>45</b>	<b>22</b>	<b>27</b>	<b>1010</b>	<b>8</b>

## DAY 17 BASE TOTALS

CAL	CHO	FAT	PRO	SOD	FIB
1520	196	57	96	2614	45



## BREAKFAST

- 1 serving of Good Morning Couscous
- 6 oz. fat-free yogurt

CAL	CHO	FAT	PRO	SOD	FIB
280	52	5	10	81	8
90	16	0	5	80	0
370	68	5	15	161	8

## MORNING SNACK

- 1 1/2 cups air popped popcorn
- 1 TBSP grated parmesan cheese
- 2 tsp extra-virgin olive oil

CAL	CHO	FAT	PRO	SOD	FIB
87	8	5	1	123	3
20	0	1	2	40	0
80	0	9	0	0	0
187	8	15	3	163	3

## LUNCH

- 1 serving Sesame-Ginger Tuna Salad
- 1/4 cup mandarin orange segments

CAL	CHO	FAT	PRO	SOD	FIB
355	35	22	27	1006	7
40	9	0	1	0	2
395	44	22	28	1006	9

## AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
16	4	0	1	2	1
70	14	0	6	40	4
96	19	0	8	42	6

## DINNER

- 1 Cranberry Turkey Burger
- 3 cups mixed spring greens
- 1 TBSP light vinaigrette dressing
- 1/2, 3-inch diameter apple

CAL	CHO	FAT	PRO	SOD	FIB
294	19	15	25	251	2
20	3	0	2	95	2
30	3	2	0	110	0
55	15	0	0	1	3
399	40	17	27	457	7

CAL	CHO	FAT	PRO	SOD	FIB
1447	179	59	81	1829	33

DAY 18 BASE TOTALS

## BREAKFAST

- 1 serving of Good Morning Couscous
- 6 oz. fat-free yogurt

CAL	CHO	FAT	PRO	SOD	FIB
280	52	5	10	81	8
90	16	0	5	80	0
370	68	5	15	161	8

## MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1
200	30	9	5	2	6

## LUNCH

- 10 large grapes
- Feta Chicken Wrap:**
- 1, 2-oz. whole wheat wrap
- 1 tsp olive oil based mayo
- 2 TBSP crumbled feta cheese
- 1 small handful of diced tomatos
- 1/2 cup chopped cucumber
- 2 oz. chopped chicken breast
- 1 cup leafy greens

CAL	CHO	FAT	PRO	SOD	FIB
68	18	0	0	0	0
110	17	3	10	370	7
67	0	7	0	57	0
70	2	4	6	340	0
8	0	0	0	0	0
7	1	0	0	0	0
60	0	1	13	38	0
8	2	0	1	5	1
398	40	15	30	810	8

## AFTERNOON SNACK

- 1 lightly salted rice cake
- 1/2 TBSP crunchy almond butter
- 1 tsp honey

CAL	CHO	FAT	PRO	SOD	FIB
40	8	0	1	10	0
45	2	4	2	0	1
20	6	0	0	0	0
105	16	4	3	10	1

## DINNER

- 1 serving Maple-Citrus Wilted Spinach Salad

CAL	CHO	FAT	PRO	SOD	FIB
400	44	15	26	275	0
400	44	15	26	275	0

CAL	CHO	FAT	PRO	SOD	FIB
1473	198	48	79	1258	23

DAY 19 BASE TOTALS

## BREAKFAST

- 1, 100% whole wheat bagel, toasted
- 2 TBSP reduced fat cream cheese
- 3 hard boiled egg whites
- 2 TBSP no added sugar jam

CAL	CHO	FAT	PRO	SOD	FIB
250	49	2	12	340	7
70	2	6	2	105	0
51	1	0	11	150	0
20	10	0	0	8	6
<b>391</b>	<b>62</b>	<b>8</b>	<b>25</b>	<b>603</b>	<b>13</b>

## MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1
<b>200</b>	<b>30</b>	<b>9</b>	<b>5</b>	<b>2</b>	<b>6</b>

## LUNCH

- 1 serving Maple-Citrus Wilted Spinach Salad

CAL	CHO	FAT	PRO	SOD	FIB
400	44	15	26	275	0
<b>400</b>	<b>44</b>	<b>15</b>	<b>26</b>	<b>275</b>	<b>0</b>

## AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
16	4	0	1	2	1
70	14	0	6	40	4
<b>96</b>	<b>19</b>	<b>0</b>	<b>8</b>	<b>42</b>	<b>6</b>

## DINNER

- 1 Cranberry Turkey Burger
- 3 cups mixed spring greens
- 1 TBSP light vinaigrette dressing
- 1/2, 3-inch diameter apple

CAL	CHO	FAT	PRO	SOD	FIB
294	19	15	25	251	2
20	3	0	2	95	2
30	3	2	0	110	0
55	15	0	0	1	3
<b>399</b>	<b>40</b>	<b>17</b>	<b>27</b>	<b>457</b>	<b>7</b>

CAL	CHO	FAT	PRO	SOD	FIB
1486	195	49	91	1379	32

## DAY 20 BASE TOTALS

## BREAKFAST

- 1 serving of Good Morning Couscous
- 6 oz. fat-free yogurt

CAL	CHO	FAT	PRO	SOD	FIB
280	52	5	10	81	8
90	16	0	5	80	0
<b>370</b>	<b>68</b>	<b>5</b>	<b>15</b>	<b>161</b>	<b>8</b>

## MORNING SNACK

- 1/4 cup tropical trail mix

CAL	CHO	FAT	PRO	SOD	FIB
240	30	12	6	149	10
<b>240</b>	<b>30</b>	<b>12</b>	<b>6</b>	<b>149</b>	<b>10</b>

## LUNCH

### Apricot Turkey Sandwich:

- 2 slices 100% whole wheat bread
- 1, 19g (~1/8-inch) slice cheese
- 1 TBSP apricot preserves
- 1/2 cup leafy greens
- 1/4 tsp extra-virgin olive oil, drizzled over spinach
- 2 oz. oven roasted turkey from deli

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
70	0	6	5	340	0
48	13	0	0	8	0
5	1	0	1	16	1
30	0	3	0	0	0
77	0	4	17	30	0
<b>410</b>	<b>50</b>	<b>15</b>	<b>31</b>	<b>664</b>	<b>5</b>

## AFTERNOON SNACK

- 1 1/2 cup steamed edamame in pods
- Pinch of kosher salt

CAL	CHO	FAT	PRO	SOD	FIB
101	9	3.5	9	23	4
0	0	0	0	295	0
<b>101</b>	<b>9</b>	<b>3.5</b>	<b>9</b>	<b>318</b>	<b>4</b>

## DINNER

- 1 serving Asian Chicken and Vegetable Rice

CAL	CHO	FAT	PRO	SOD	FIB
404	41	16	28	948	7
<b>404</b>	<b>41</b>	<b>16</b>	<b>28</b>	<b>948</b>	<b>7</b>

CAL	CHO	FAT	PRO	SOD	FIB
1525	198	51.5	89	2240	34

## DAY 21 BASE TOTALS

## BREAKFAST

- 40 red grapes
- **1 Smoked Salmon and Egg Sandwich:**
- 1, 100% whole wheat English muffin, toasted
- 2 oz. smoked salmon
- 1, 1/4-inch tomato slice
- 1/2 cup leafy greens
- 1/2 cup fat-free liquid egg substitute, cooked with oil and onion (below)
- 1/2 tsp extra-virgin olive oil
- 1 TBSP minced onion

CAL	CHO	FAT	PRO	SOD	FIB
64	22	0	1	2	1
120	23	1	5	220	3
107	1	5	15	513	0
3	1	0	0	1	0
5	1	0	0	5	1
60	1	0	12	240	0
40	0	5	0	0	0
4	1	0	0	0	0
403	50	11	33	981	5

## MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1
200	30	9	5	2	6

## LUNCH

- 10 large grapes
- **Feta Chicken Wrap:**
- 1, 2-oz. whole wheat wrap
- 1 tsp olive oil based mayo
- 2 TBSP crumbled feta cheese
- 1 small handful of diced tomatoes
- 1/2 cup chopped cucumber
- 2 oz. chopped chicken breast
- 1 cup leafy greens

CAL	CHO	FAT	PRO	SOD	FIB
68	18	0	0	0	0
110	17	3	10	370	7
67	0	7	0	57	0
70	2	4	6	340	0
8	0	0	0	0	0
7	1	0	0	0	0
60	0	1	13	38	0
8	2	0	1	5	1
398	40	15	30	810	8

## AFTERNOON SNACK

- 1 lightly salted rice cake
- 1/2 TBSP crunchy almond butter
- 1 tsp honey

CAL	CHO	FAT	PRO	SOD	FIB
40	8	0	1	10	0
45	2	4	2	0	1
20	6	0	0	0	0
105	16	4	3	10	1

## DINNER

- **1 serving Shrimp, Feta, and Watermelon Salad**

CAL	CHO	FAT	PRO	SOD	FIB
395	26	21	19	260	9
395	26	21	19	260	9

CAL	CHO	FAT	PRO	SOD	FIB
1501	162	60	89	2063	29

## DAY 22 BASE TOTALS

## FRESH PRODUCE

- 2-3 lbs. asparagus
- 1 small white onion
- 2 lbs. broccoli
- 6 large bell peppers
- 1 watermelon
- 1 bunch green onions
- 2 large celery bunches
- 1 bunch black seedless grapes
- 2 large English cucumbers
- 4 cups leafy greens
- 2-4 cups baby spinach
- 3 hearts of romaine lettuce
- 2 tomatos
- 5 cups snap peas
- 1-2 lbs. strawberries
- 3 lemons AND 3 limes
- 1, 3-inch diameter orange
- 4, 7-inch bananas
- 7-8, 3-inch diameter apples
- 1 bunch cilantro
- 1 bulb fresh garlic\*
- 1, 5-oz. red potato

## FROZEN FOODS

- 1/2 cups edamame in pods
- 4, ~3-oz. real fruit frozen bars\*

## STAPLE FOODS / CONDIMENTS

- Steak sauce
- Almond butter
- Prepared chunky salsa\*
- Honey\*
- No added sugar jam\*
- Nonstick cooking spray\*
- Vinaigrette of choice with ~ 60 cal./serving\*
- Prepared hummus\*
- Red wine vinegar\*

## CANNED GOODS

- 1 small jar artichoke hearts packed in water
- 1 medium can olives
- 1 can black beans
- 2, 15-oz. cans low sodium chicken broth
- 1 can low sodium, light soup
- 1 small can low sodium cut green beans

Please view specific quantities only as a guideline. Product availability may vary. \*Items will likely already be on hand from previous list.

## MILK, CHEESE, AND OTHER DAIRY PRODUCTS

- 2 mozzarella cheese sticks
- 1 small tub reduced fat cream cheese
- 1 gallon skim OR light vanilla soy milk
- 1/2 pint feta cheese\*
- 1 small block/package shreddable, slicable cheese\*
- 4, 6-oz. containers light yogurt

## MEAT, POULTRY, FISH

- 6 lbs. boneless skinless chicken breast
- 1 dozen eggs
- 6 oz. oven roasted turkey from deli
- 2, 4-oz. flank or sirloin steak
- 2 oz. smoked salmon\*
- 1, 3-oz. pork chop
- 1 small container liquid egg substitute\*

## GRAINS

- 1 small bag ~6 1/2-inch diameter pitas
- 1 loaf 100% whole wheat bread with 4g protein and ~100 cal./slice
- 1 small bag 100% whole wheat bagels with ~250 cal./each
- 1 small bag whole wheat English muffins ~120 cal./each\*
- Brown rice\*
- Popcorn kernels\*
- Quinoa\*

## BAKING / BULK / SNACK SECTIONS

- 3/4 cup tropical trail mix, no sulfur
- 6 oz. dark chocolate roasted almonds
- 1/2 cup unsalted, roasted hulled sunflower seeds
- 1 small pag of pretzel sticks
- 1/2 lb. almonds
- Lightly salted rice cakes\*

## SEASONINGS

- Black pepper/lemon pepper
- Cinnamon
- Salt
- Oregano
- Cumin
- Red pepper flakes
- Cayenne pepper



## BREAKFAST

- 40 red grapes
- **1 Smoked Salmon and Egg Sandwich:**
  - 1, 100% whole wheat English muffin, toasted
  - 2 oz. smoked salmon
  - 1, 1/4-inch tomato slice
  - 1/2 cup leafy greens
  - 1/2 cup fat-free liquid egg substitute, cooked with oil and onion (below)
  - 1/2 tsp extra-virgin olive oil
  - 1 TBSP minced onion

CAL	CHO	FAT	PRO	SOD	FIB
64	22	0	1	2	1
120	23	1	5	220	3
107	1	5	15	513	0
3	1	0	0	1	0
5	1	0	0	5	1
60	1	0	12	240	0
40	0	5	0	0	0
4	1	0	0	0	0
<b>403</b>	<b>50</b>	<b>11</b>	<b>33</b>	<b>981</b>	<b>5</b>

## MORNING SNACK

- 1/4 cup tropical trail mix

CAL	CHO	FAT	PRO	SOD	FIB
240	30	12	6	149	10
240	30	12	6	149	10

## LUNCH

- **Apricot Turkey Sandwich:**
  - 2 slices 100% whole wheat bread
  - 1, 19g (~1/8-inch) slice cheese
  - 1 TBSP apricot preserves
  - 1/2 cup leafy greens
  - 1/4 tsp extra-virgin olive oil, drizzled over spinach
  - 2 oz. oven roasted turkey from deli

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
70	0	6	5	340	0
48	13	0	0	8	0
5	1	0	1	16	1
30	0	3	0	0	0
77	0	4	17	30	0
<b>410</b>	<b>50</b>	<b>15</b>	<b>31</b>	<b>664</b>	<b>5</b>

## AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
16	4	0	1	2	1
70	14	0	6	40	4
<b>96</b>	<b>19</b>	<b>0</b>	<b>8</b>	<b>42</b>	<b>6</b>

## DINNER

- 1 serving Lemon Chicken Quinoa

CAL	CHO	FAT	PRO	SOD	FIB
399	37	65	31	222	5.5
399	37	65	31	222	5.5

## BREAKFAST

- 1, 100% whole wheat bagel, toasted
- 2 TBSP reduced fat cream cheese
- 3 hard boiled egg whites
- 2 TBSP no added sugar jam

CAL	CHO	FAT	PRO	SOD	FIB
250	49	2	12	340	7
70	2	6	2	105	0
51	1	0	11	150	0
20	10	0	0	8	6
<b>391</b>	<b>62</b>	<b>8</b>	<b>25</b>	<b>603</b>	<b>13</b>

## MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1
200	30	9	5	2	6

## LUNCH

- 1 serving Lemon Chicken Quinoa

CAL	CHO	FAT	PRO	SOD	FIB
399	37	65	31	222	5.5
399	37	65	31	222	5.5

## AFTERNOON SNACK

- 1-oz. mozzarella cheese stick
- 15 small pretzel sticks

CAL	CHO	FAT	PRO	SOD	FIB
70	0	5	5	170	0
42	9	0	1	115	0
112	9	5	6	285	0

## DINNER

- 1 serving The "Med" Salad
- 1/2, 1 large (6 1/2-inch) pita bread, warmed
- 1 cup fresh strawberries

CAL	CHO	FAT	PRO	SOD	FIB
256	12	9	30	580	4
83	17	0	3	161	1
45	11	0	1	2	3
384	40	9	34	743	8

CAL	CHO	FAT	PRO	SOD	FIB
1428	171	97	106	1984	26.5

## DAY 23 BASE TOTALS

CAL	CHO	FAT	PRO	SOD	FIB
1486	178	96	101	1855	32.5

## DAY 24 BASE TOTALS



## BREAKFAST

- 25 large black seedless grapes
- 1 cup cubed watermelon
- Spinach and Feta Scrambled Eggs:**
- 2 cups baby spinach
- 1/2 lb. asparagus spears, cut into 1-inch pieces
- 2 TBSP feta cheese
- 2 whole eggs
- 1 egg white

\* Cut the asparagus and cover with water. Microwave for 3 minutes. Drain and set aside. Scramble eggs and toss in spinach, asparagus, and cheese.

CAL	CHO	FAT	PRO	SOD	FIB
85	22	0	1	25	1
40	21	0	1	0	1
20	3	0	2	70	2
46	9	0	5	5	5
40	0	4	3	175	1
148	1	10	12	140	0
17	0	0	4	55	0
<b>396</b>	<b>56</b>	<b>14</b>	<b>28</b>	<b>470</b>	<b>10</b>

## MORNING SNACK

- 1/4 cup tropical trail mix

CAL	CHO	FAT	PRO	SOD	FIB
240	30	12	6	149	10
240	30	12	6	149	10

## LUNCH

- 1 serving The “Med” Salad
- 1/2, 1 large (6 1/2-inch) pita bread, warmed
- 1 cup fresh strawberries

CAL	CHO	FAT	PRO	SOD	FIB
256	12	9	30	580	4
83	17	0	3	161	1
45	11	0	1	2	3
<b>384</b>	<b>40</b>	<b>9</b>	<b>34</b>	<b>743</b>	<b>8</b>

## AFTERNOON SNACK

- 1-oz. mozzarella cheese stick
- 15 small pretzel sticks

CAL	CHO	FAT	PRO	SOD	FIB
70	0	5	5	170	0
42	9	0	1	115	0
<b>112</b>	<b>9</b>	<b>5</b>	<b>6</b>	<b>285</b>	<b>0</b>

## DINNER

- 4-oz. grilled/broiled sirloin steak
- 3/4 cup cooked quinoa
- 2 cups steamed broccoli, carrot, cauliflower blend
- 1 tsp extra-virgin olive oil
- 1 TBSP fresh lemon juice

CAL	CHO	FAT	PRO	SOD	FIB
134	0	4	22	47	0
160	29	2	6	10	3
75	12	0	3	90	6
40	0	5	0	0	0
4	1	0	0	0	0
<b>413</b>	<b>42</b>	<b>11</b>	<b>31</b>	<b>147</b>	<b>9</b>

CAL	CHO	FAT	PRO	SOD	FIB
1425	162	45	102	1720	32

## DAY 25 BASE TOTALS

## BREAKFAST

- 1 Apple Cinnamon Green Smoothie:
- 3 cups chopped romaine
- 2 TBSP chunky almond butter
- 1, 3-inch diameter apple
- 1/2, 7-inch banana
- 1/2 tsp ground cinnamon
- 1/2 cup light vanilla soy milk
- 1 cup water (more if desired)
- 1 cup ice

\*Blend until desired texture is achieved.

## MORNING SNACK

- 1 1/2 cups air popped popcorn
- 1 TBSP grated parmesan cheese
- 2 tsp extra-virgin olive oil

CAL	CHO	FAT	PRO	SOD	FIB
9	2	0	1	0	2
180	6	16	7	0	4
99	26	0	0	2	5
89	23	0	1	1	3
0	0	0	0	0	0
40	5	1	3	48	1
0	0	0	0	0	0
0	0	0	0	0	0
<b>417</b>	<b>62</b>	<b>17</b>	<b>12</b>	<b>51</b>	<b>15</b>

## LUNCH

- **Apricot Turkey Sandwich:**
- 2 slices 100% whole wheat bread
- 1, 19g (~1/8-inch) slice cheese
- 1 TBSP apricot preserves
- 1/2 cup leafy greens
- 1/4 tsp extra-virgin olive oil, drizzled over spinach
- 2 oz. oven roasted turkey from deli

CAL	CHO	FAT	PRO	SOD	FIB
87	8	5	1	123	3
20	0	1	2	40	0
80	0	9	0	0	0
<b>187</b>	<b>8</b>	<b>15</b>	<b>3</b>	<b>163</b>	<b>3</b>

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
70	0	6	5	340	0
48	13	0	0	8	0
5	1	0	1	16	1
30	0	3	0	0	0
77	0	4	17	30	0
<b>410</b>	<b>50</b>	<b>15</b>	<b>31</b>	<b>664</b>	<b>5</b>

## AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
16	4	0	1	2	1
70	14	0	6	40	4
<b>96</b>	<b>19</b>	<b>0</b>	<b>8</b>	<b>42</b>	<b>6</b>

## DINNER

- 4-oz. grilled flank steak
- 1, 5-oz. red potato, roasted
- 1 tsp unsalted butter
- 1 TBSP steak sauce
- 1/2 cup low sodium canned green beans

CAL	CHO	FAT	PRO	SOD	FIB
216	0	8	32	64	0
125	28	0	5	15	5
34	0	4	0	1	0
15	3	0	0	280	0
20	4	0	0	15	2
<b>410</b>	<b>35</b>	<b>12</b>	<b>37</b>	<b>375</b>	<b>7</b>

CAL	CHO	FAT	PRO	SOD	FIB
1520	174	59	91	1295	36

## DAY 26 BASE TOTALS



## BREAKFAST

- 25 large black seedless grapes
- 1 cup cubed watermelon
- Spinach and Feta Scrambled Eggs:**
- 2 cups baby spinach
- 1/2 lb. asparagus spears, cut into 1-inch pieces
- 2 TBSP feta cheese
- 2 whole eggs
- 1 egg white

\* Cut the asparagus and cover with water. Microwave for 3 minutes. Drain and set aside. Scramble eggs and toss in spinach, asparagus, and cheese.

CAL	CHO	FAT	PRO	SOD	FIB
85	22	0	1	25	1
40	21	0	1	0	1
20	3	0	2	70	2
46	9	0	5	5	5
40	0	4	3	175	1
148	1	10	12	140	0
17	0	0	4	55	0
<b>396</b>	<b>56</b>	<b>14</b>	<b>28</b>	<b>470</b>	<b>10</b>

## MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1
<b>200</b>	<b>30</b>	<b>9</b>	<b>5</b>	<b>2</b>	<b>6</b>

## LUNCH

### Fajita Chicken Medley:

- 3 oz. grilled chicken strips
- 2 TBSP chunky salsa
- 1 cup chopped bell peppers
- 2 cups shredded lettuce
- 2 lime wedges for spritzing
- 2 TBSP chopped cilantro
- 1/3 cup cooked brown rice
- 1/2 cup black beans, drained and rinsed

CAL	CHO	FAT	PRO	SOD	FIB
98	0	1	20	58	0
10	2	0	0	170	0
46	9	0	1	6	3
10	2	0	1	10	1
2	0	0	0	0	0
1	0	0	0	1	0
100	22	1	3	0	1
110	21	0	7	10	7
<b>377</b>	<b>56</b>	<b>2</b>	<b>32</b>	<b>255</b>	<b>12</b>

## AFTERNOON SNACK

- 1 lightly salted rice cake
- 1/2 TBSP crunchy almond butter
- 1 tsp honey

CAL	CHO	FAT	PRO	SOD	FIB
40	8	0	1	10	0
45	2	4	2	0	1
20	6	0	0	0	0
<b>105</b>	<b>16</b>	<b>4</b>	<b>3</b>	<b>10</b>	<b>1</b>

## DINNER

- 1, 3-oz. grilled pork chop
- 1/4 cup couscous
- 4 quartered artichoke hearts, packed in water
- 1 large lemon wedge for spritzing
- 1 tsp extra-virgin olive oil
- 2 cups baby spinach

CAL	CHO	FAT	PRO	SOD	FIB
215	0	14	23	53	0
53	11	0	2	0	2
60	10	0	4	940	6
1	0	0	0	0	0
40	0	5	0	0	0
20	3	0	2	95	2
<b>389</b>	<b>24</b>	<b>19</b>	<b>31</b>	<b>1088</b>	<b>10</b>

CAL	CHO	FAT	PRO	SOD	FIB
1467	111	29	68	325	24

## DAY 27 BASE TOTALS

## BREAKFAST

- 1, 100% whole wheat bagel, toasted
- 2 TBSP reduced fat cream cheese
- 3 hard boiled egg whites
- 2 TBSP no added sugar jam

CAL	CHO	FAT	PRO	SOD	FIB
250	49	2	12	340	7
70	2	6	2	105	0
51	1	0	11	150	0
20	10	0	0	8	6
<b>391</b>	<b>62</b>	<b>8</b>	<b>25</b>	<b>603</b>	<b>13</b>

## MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1
<b>200</b>	<b>30</b>	<b>9</b>	<b>5</b>	<b>2</b>	<b>6</b>

## LUNCH

### Apricot Turkey Sandwich:

- 2 slices 100% whole wheat bread
- 1, 19g (~1/8-inch) slice cheese
- 1 TBSP apricot preserves
- 1/2 cup leafy greens
- 1/4 tsp extra-virgin olive oil, drizzled over spinach
- 2 oz. oven roasted turkey from deli

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
70	0	6	5	340	0
48	13	0	0	8	0
5	1	0	1	16	1
30	0	3	0	0	0
77	0	4	17	30	0
<b>410</b>	<b>50</b>	<b>15</b>	<b>31</b>	<b>664</b>	<b>5</b>

## AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
16	4	0	1	2	1
70	14	0	6	40	4
<b>96</b>	<b>19</b>	<b>0</b>	<b>8</b>	<b>42</b>	<b>6</b>

## DINNER

### Artichoke Olive Pita Pizza:

- 1 tsp extra-virgin olive oil
- 1, 6 1/2-inch pita
- 4 quartered artichoke hearts, packed in water
- 1/4 cup shredded mozzarella
- 2 TBSP sliced black olives
- 1/4 cup diced tomatos

CAL	CHO	FAT	PRO	SOD	FIB
40	0	5	0	0	0
165	33	1	5	322	1
60	10	0	4	940	6
107	0	8	9	267	0
25	1	3	0	125	0
8	2	0	0	0	10
<b>405</b>	<b>46</b>	<b>17</b>	<b>18</b>	<b>1654</b>	<b>8</b>

CAL	CHO	FAT	PRO	SOD	FIB
1502	207	49	87	2965	38

## DAY 28 BASE TOTALS



## BREAKFAST

### 1 Apple Cinnamon Green Smoothie:

- 3 cups chopped romaine
- 2 TBSP chunky almond butter
- 1, 3-inch diameter apple
- 1/2, 7-inch banana
- 1/2 tsp ground cinnamon
- 1/2 cup light vanilla soy milk
- 1 cup water (more if desired)
- 1 cup ice

\*Blend until desired texture is achieved.

CAL	CHO	FAT	PRO	SOD	FIB
9	2	0	1	0	2
180	6	16	7	0	4
99	26	0	0	2	5
89	23	0	1	1	3
0	0	0	0	0	0
40	5	1	3	48	1
0	0	0	0	0	0
0	0	0	0	0	0
417	62	17	12	51	15

## MORNING SNACK

- 1/4 cup tropical trail mix

CAL	CHO	FAT	PRO	SOD	FIB
240	30	12	6	149	10
240	30	12	6	149	10

## LUNCH

### Fajita Chicken Medley:

- 3 oz. grilled chicken strips
- 2 TBSP chunky salsa
- 1 cup chopped bell peppers
- 2 cups shredded lettuce
- 2 lime wedges for spritzing
- 2 TBSP chopped cilantro
- 1/3 cup cooked brown rice
- 1/2 cup black beans, drained and rinsed

CAL	CHO	FAT	PRO	SOD	FIB
98	0	1	20	58	0
10	2	0	0	170	0
46	9	0	1	6	3
10	2	0	1	10	1
2	0	0	0	0	0
1	0	0	0	1	0
100	22	1	3	0	1
110	21	0	7	10	7
377	56	2	32	255	12

## AFTERNOON SNACK

- 1 1/2 cup steamed edamame in pods
- Pinch of kosher salt

CAL	CHO	FAT	PRO	SOD	FIB
101	9	3.5	9	23	4
0	0	0	0	295	0
101	9	3.5	9	318	4

## DINNER

- 2 cups light, low sodium soup
- 2 cups leafy greens
- 1 TBSP light vinaigrette dressing
- 1 TBSP chopped nuts
- 1, 3-inch diameter orange

CAL	CHO	FAT	PRO	SOD	FIB
180	28	3	12	940	2
16	4	0	2	8	2
30	3	2	0	110	0
45	2	4	2	0	1
69	18	0	1	1	3
340	55	9	17	1059	8

CAL	CHO	FAT	PRO	SOD	FIB
1475	212	43.5	76	1832	49

## DAY 29 BASE TOTALS

## BREAKFAST

- 25 large black seedless grapes
- 1 cup cubed watermelon
- Spinach and Feta Scrambled Eggs:
- 2 cups baby spinach
- 1/2 lb. asparagus spears, cut into 1-inch pieces
- 2 TBSP feta cheese
- 2 whole eggs
- 1 egg white

\* Cut the asparagus and cover with water. Microwave for 3 minutes. Drain and set aside. Scramble eggs and toss in spinach, asparagus, and cheese.

CAL	CHO	FAT	PRO	SOD	FIB
85	22	0	1	25	1
40	21	0	1	0	1
20	3	0	2	70	2
46	9	0	5	5	5
40	0	4	3	175	1
148	1	10	12	140	0
17	0	0	4	55	0
396	56	14	28	470	10

## MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1
200	30	9	5	2	6

## LUNCH

### Fajita Chicken Medley:

- 3 oz. grilled chicken strips
- 2 TBSP chunky salsa
- 1 cup chopped bell peppers
- 2 cups shredded lettuce
- 2 lime wedges for spritzing
- 2 TBSP chopped cilantro
- 1/3 cup cooked brown rice
- 1/2 cup black beans, drained and rinsed

CAL	CHO	FAT	PRO	SOD	FIB
98	0	1	20	58	0
10	2	0	0	170	0
46	9	0	1	6	3
10	2	0	1	10	1
2	0	0	0	0	0
1	0	0	0	1	0
100	22	1	3	0	1
110	21	0	7	10	7
377	56	2	32	255	12

## AFTERNOON SNACK

- 1 lightly salted rice cake
- 1/2 TBSP crunchy almond butter
- 1 tsp honey

CAL	CHO	FAT	PRO	SOD	FIB
40	8	0	1	10	0
45	2	4	2	0	1
20	6	0	0	0	0
105	16	4	3	10	1

## DINNER

Go out to eat and celebrate.  
Be aware of nutrition targets.

CAL	CHO	FAT	PRO	SOD	FIB
450	56	12.5	28	500	10
450	56	12.5	28	500	10

CAL	CHO	FAT	PRO	SOD	FIB
1528	214	41.5	96	1237	39

## DAY 30 BASE TOTALS



DAY 1

PREP TIME: 20-30 Minutes

YIELD: 4 Servings

SEARED PORK TENDERLOIN WITH MAPLE-MUSTARD GLAZE

INGREDIENTS:

- 3 TBSP Dijon mustard, divided
- 1/4 tsp kosher salt
- 1/2 tsp freshly ground pepper
- 1 lb. pork tenderloin, trimmed
- 2 tsp olive oil
- 1/4 cup cider vinegar
- 3 TBSP maple syrup
- 1 1/2 tsp chopped fresh sage (or 1/2 tsp dried sage)

CAL	CHO	FAT	PRO	SOD	FIB	
36	4	2	2	603	2	
0	0	0	0	230	0	
0	0	0	0	0	0	
700	0	12	92	192	0	
80	0	9	0	0	0	
0	0	0	0	0	0	
105	27	0	0	3	0	
0	0	0	0	0	0	
921	30	23	94	1028	2	TOTALS
230.25	7.75	5.75	23.5	257	0.5	PER SERVING

DIRECTIONS:

1. Preheat oven to 425°F.
2. Combine 1-2 TBSP mustard and pepper in a small bowl; rub all over pork. Heat oil in a large oven-proof skillet over medium-high heat. Add pork and brown on all sides; 3-5 minutes. Transfer the pan to the oven and roast until a meat thermometer inserted in the center registers 145°F, about 20 minutes. Transfer to a cutting board and let rest for 5 minutes.
3. Place the skillet over medium-high heat (take care, the handle will still be hot), add vinegar and boil, scraping up any browned bits with a wooden spoon; about 30 seconds. Whisk in maple syrup and the remaining 2 TBSP mustard. Bring to a boil, reduce heat to a simmer and cook until the sauce is thickened; about 5 minutes.
4. Slice the pork. Add any accumulated juices to the sauce along with sage. Serve the pork topped with the sauce.



## DAY 2

PREP TIME: 20-30 Minutes

YIELD: 4 Servings

### ITALIAN CHICKEN AND VEGETABLES

#### INGREDIENTS:

- 1/2 cup bottled fat-free Italian salad dressing
- 4 TBSP balsamic vinegar
- 1/8 to 1/4 tsp crushed red pepper
- 2 TBSP honey
- 1 TBSP extra-virgin olive oil
- 4, 4-oz. pieces of boneless, skinless chicken breast
- 3 cups evenly chopped veggies of choice: asparagus, peppers, zucchini, etc.
- 1 cup shredded carrots
- 2 small tomatos, seeded and diced

	CAL	CHO	FAT	PRO	SOD	FIB	
	133	27	0	0	2880	0	
	40	8	0	0	0	0	
	0	0	0	0	0	0	
	128	35	0	0	2	0	
	120	0	14	0	0	0	
	440	0	6	96	180	0	
	90	18	0	6	41	7	
	47	11	0	1	87	3	
	22	4	2	2	6	2	
	1020	103	22	105	3196	12	TOTALS
	255	25.75	5.5	26.25	799	3	PER SERVING

#### DIRECTIONS:

1. In a small bowl, stir together salad dressing, balsamic vinegar, honey, and crushed red pepper. Set aside.
2. In a large skillet, heat olive oil over medium-high heat. Add chicken, cook for 5-6 minutes or until chicken is tender and no longer pink, turning once. Transfer from skillet to a serving platter, cover with aluminum foil to keep warm.
3. Add vegetables to skillet. Cook and stir for 3 to 4 minutes or until tender, transfer to serving platter.
4. Stir dressing mixture, add to skillet. Cook and stir for 1 minute, scraping up browned bits. Drizzle over chicken and vegetables. Sprinkle with tomato.

## DAYS 3, 6

PREP TIME: 20 Minutes

YIELD: 4 Servings

### APRICOT CHICKEN

#### INGREDIENTS:

- 1 tsp curry powder
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 4, 6-oz. skinless, boneless chicken breast halves
- Nonstick cooking spray

#### FOR THE SAUCE:

- 1/3 cup apricot preserves
- 2 TBSP fresh lemon juice
- 2 TBSP water
- 2 tsp grated lemon rind

	CAL	CHO	FAT	PRO	SOD	FIB
	0	0	0	0	0	0
	0	0	0	0	280	0
	0	0	0	0	0	0
	720	0	6	96	0	0
	0	0	0	0	0	0

	CAL	CHO	FAT	PRO	SOD	FIB
	220	55	0	0	0	0
	15	5	0	0	1	0
	0	0	0	0	0	0
	0	0	0	0	0	0
	955	60	6	96	281	0
	238.75	15	1.5	24	70.25	0

TOTALS  
PER SERVING

#### DIRECTIONS:

1. Combine first 3 ingredients in a small bowl, rub mixture over chicken.
2. Place a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Cook chicken 6 minutes on each side or until done. Remove chicken from pan, and keep warm.
3. Add apricot preserves, lemon juice, and 2 TBSP water to pan, stirring until smooth. Cook over medium heat 1 minute. Spoon sauce over chicken, sprinkle with lemon rind.

## DAYS 4, 7

PREP TIME: 30-45 Minutes

YIELD: 4 Servings

### FEISTY PORK MEATBALLS

#### INGREDIENTS:

- Nonstick cooking spray
- 1 TBSP finely chopped, drained pepperoncini salad peppers
- ¼ cup bottled chili sauce
- ¼ cup seasoned bread crumbs
- 2 TBSP finely chopped onion
- 1 TBSP grated parmesan or romano cheese
- 1 ½ tsp fennel seeds, crushed (optional)
- 1-lb. ground pork tenderloin (ask the butcher to help you)

CAL	CHO	FAT	PRO	SOD	FIB
0	0	0	0	0	0
10	2	0	0	390	1
80	20	0	0	920	0
50	8	1	1	450	1
60	14	0	2	10	0
21	0	1	2	85	0
0	0	0	0	0	0
700	0	12	92	192	0
921	44	14	97	2047	2
230.25	11	3.5	24.25	511.75	0.5

TOTALS  
PER SERVING

#### DIRECTIONS:

Preheat oven to 350°F. Lightly coat a baking sheet with nonstick cooking spray, set aside. In a large bowl, combine the chopped pepper, chili sauce, bread crumbs, onion, cheese, and fennel seeds. Add pork, mix well. Shape pork mixture into 36 meatballs, place in prepared baking pan and bake uncovered for 20-25 minutes or until done (160°F). Remove from oven, drain off fat. Serve baked meatballs with warmed marinara sauce.

## DAYS 3, 6

PREP TIME: 10-15 Minutes

YIELD: 4 Servings

### ROASTED ASPARAGUS SPEARS

#### INGREDIENTS:

- 3/4 lb. fresh asparagus, woody stems removed
- 1 1/2 TBSP extra-virgin olive oil
- 1/4 tsp kosher salt and freshly ground black pepper

CAL	CHO	FAT	PRO	SOD	FIB
88	32	0	8	8	8
160	0	20	0	0	0
0	0	0	0	230	0
248	32	20	8	238	8
62	8	5	2	59.5	2

TOTALS  
PER SERVING

#### DIRECTIONS:

1. Preheat the oven to 400°F.
2. In a large bowl, toss the asparagus in the olive oil and season with salt and pepper. Spread the asparagus out on a baking sheet in a single layer and roast until tender but still firm and moist; about 10 minutes.
3. Transfer the asparagus to a serving platter.

## DAYS 8, 10

**PREP TIME:** 20-30 Minutes

**YIELD:** 4 Servings,  
2 Tostadas each

### FIESTA CHICKEN TOSTADAS

**INGREDIENTS:**

- 1, 14-oz. can petite diced tomatoes, preferably with jalapeños
- 1 medium onion, thinly sliced
- 16 oz. (1 lb.) cooked chicken, shredded or chopped
- Canola or olive oil cooking spray
- 1/2 cup prepared salsa
- 2 TBSP chopped fresh cilantro
- 2 cups shredded romaine lettuce
- 1/2 cup shredded monterey jack or cheddar cheese
- Sweet and Tangy Vegetables (see below)
- 8 corn tortillas

	CAL	CHO	FAT	PRO	SOD	FIB
1, 14-oz. can petite diced tomatoes, preferably with jalapeños	105	21	0	4	53	7
1 medium onion, thinly sliced	46	11	0	1	3	2
16 oz. (1 lb.) cooked chicken, shredded or chopped	448	0	10	77	800	0
Canola or olive oil cooking spray	0	0	0	0	0	0
1/2 cup prepared salsa	60	12	0	0	680	4
2 TBSP chopped fresh cilantro	1	0	0	0	2	0
2 cups shredded romaine lettuce	14	2	0	1	4	1
1/2 cup shredded monterey jack or cheddar cheese	330	0	27	21	540	0
Sweet and Tangy Vegetables (see below)						
8 corn tortillas	440	88	6	8	40	12

**SWEET AND TANGY VEGETABLES:**

- 2 cups diced carrots (can add peppers, celery, etc.)
- 1 diced summer squash (or zucchini)
- 2 cups chopped bell pepper
- 1/4 cup distilled white vinegar
- 1 tsp dried oregano
- 1 tsp sugar
- 1/2 tsp freshly ground pepper, add more to taste
- 1/4 tsp kosher salt

	CAL	CHO	FAT	PRO	SOD	FIB
2 cups diced carrots (can add peppers, celery, etc.)	105	25	1	2	177	7
1 diced summer squash (or zucchini)	31	5	0	2	20	2
2 cups chopped bell pepper	20	4	0	1	6	3
1/4 cup distilled white vinegar	0	0	0	0	0	0
1 tsp dried oregano	0	0	0	0	0	0
1 tsp sugar	15	4	0	0	0	0
1/2 tsp freshly ground pepper, add more to taste	0	0	0	0	0	0
1/4 tsp kosher salt	0	0	0	0	0	590

1615 172 44 117 2325 628 **TOTALS**  
403.75 43 11 29.25 581.25 157 **PER SERVING**

**DIRECTIONS:**

1. Position racks in the upper and lower thirds of the oven; preheat to 375°F.
2. To prepare Sweet and Tangy Vegetables: Bring 2 cups water to a boil in a large saucepan. Add carrots and cook for 7 minutes. Add squash, vinegar, oregano, 1 tsp sugar, 1/2 tsp pepper and 1/4 tsp salt. Continue cooking until the vegetables are just tender; 2 to 3 minutes more. Drain, transfer to a bowl and season with more pepper to taste. Set aside to cool.
3. Bring tomatoes and their juice to a boil in a medium saucepan over medium heat. Add onion and cook, stirring occasionally until the onion is soft and most of the liquid has evaporated; 15 to 20 minutes. Add turkey (or chicken) and cook until heated through; 1 to 2 minutes.
4. Meanwhile, coat tortillas on both sides with cooking spray. Divide the tortillas between two large baking sheets. Bake, turning once, until crisped and lightly brown; about 10 minutes.
5. To assemble tostadas, sprinkle each crisped tortilla with cheese and then top with chicken mixture, Sweet and Tangy Vegetables, lettuce, salsa, and cilantro. Serve with lime wedges, if desired.



DAY 9

PREP TIME: 20 Minutes

YIELD: 4 Servings, 2 Tacos each

BAJA TILAPIA TACOS

INGREDIENTS:

- 1/4 cup reduced fat sour cream
- 2 TBSP chopped fresh cilantro
- 2 TBSP fresh lime juice
- 1 jalapeño pepper, seeded and chopped
- 1 cup thinly sliced white onion
- 1 1/2 tsp paprika
- 1 1/2 tsp brown sugar
- 1 tsp dried oregano
- 3/4 tsp garlic powder
- 1/4 tsp salt
- 1/2 tsp ground cumin
- 1/4 tsp ground red pepper
- 4, 6-oz. tilapia fillets
- 1 TBSP canola oil
- 8, 6-inch corn tortillas
- 1/2 ripe peeled avocado, thinly sliced
- 4 lime wedges

	CAL	CHO	FAT	PRO	SOD	FIB	
	70	4	4	4	50	0	
	1	0	0	0	2	0	
	5	2	0	0	0	0	
	4	1	0	0	0	0	
	40	38	0	5	15	8	
	0	0	0	0	0	0	
	23	6	0	0	0	0	
	0	0	0	0	0	0	
	0	0	0	0	590	0	
	0	0	0	0	0	0	
	0	0	0	0	0	0	
	540	0	6	126	180	0	
	120	0	14	0	0	0	
	440	88	6	8	40	12	
	125	9	13	0	0	6	
	4	2	0	0	0	0	
	1372	150	43	143	877	26	TOTALS
	343	37.5	10.75	35.75	219.25	6.5	PER SERVING

DIRECTIONS:

- Combine first 4 ingredients in a food processor, process until smooth. Combine jalapeño sauce and onion in a small bowl.
- Combine paprika and other dry seasonings, then sprinkle evenly over fish. Heat oil in a large cast iron skillet over medium-high heat. Add fish to pan, cook 3 minutes on each side or until desired degree of doneness.
- Warm tortillas according to package directions. Divide fish, onion mixture, and avocado evenly among tortillas. Serve with lime wedges.

DAYS 11, 12

PREP TIME: 30-40 Minutes

YIELD: 4 servings, 1 chicken breast half and about 1/4 cup sauce

GRILLED CUMIN CHICKEN WITH TOMATILLO-JALAPEÑO SAUCE

INGREDIENTS:

- 2 tsp olive oil
- 1/2 tsp ground cumin
- 1/8 tsp freshly ground black pepper
- 2 garlic cloves, minced
- 4, 6-oz. skinless, boneless chicken breast halves
- 1/2 pound tomatillos
- 1/2 cup low sodium chicken broth
- 1/4 cup cilantro leaves
- 1/4 cup chopped green onions
- 2 TBSP fresh lime juice
- 1/2 tsp sugar
- 1/4 tsp salt
- 1 garlic clove, chopped
- 1 jalapeño pepper, seeded and chopped
- Nonstick cooking spray

	CAL	CHO	FAT	PRO	SOD	FIB	
	80	0	9	0	0	0	
	0	0	0	0	0	0	
	0	0	0	0	0	0	
	2	0	0	0	0	0	
	780	0	18	144	1080	0	
	73	13	2	2	3	4	
	5	1	0	1	35	0	
	0	0	0	0	0	0	
	40	8	0	2	20	0	
	0	0	0	0	0	0	
	8	2	0	0	0	0	
	0	0	0	0	590	0	
	0	0	0	0	0	0	
	4	1	1	0	0	2	
	0	0	0	0	0	0	
	992	25	30	149	1728	6	TOTALS
	248	6.25	7.5	37.25	432	1.5	PER SERVING

DIRECTIONS:

- In a large sealable plastic bag, combine chicken with olive oil, black pepper, cumin, and minced garlic. Seal the bag and let stand for 15 minutes.
- Discard husks and stems from tomatillos, then add tomatillos and broth to a small saucepan. Cover the pan and cook over medium-high heat for 8 minutes. Drain and cool slightly.
- Combine tomatillos, cilantro, green onions, lime juice, sugar, salt, garlic and jalapeño in a food processor, process until smooth.
- Prepare grill to a medium-high heat.
- Remove chicken from bag and discard the marinade mixture. Sprinkle chicken evenly with 1/4 tsp salt. Place on a grill rack coated with cooking spray, grill 6 minutes on each side or until chicken is done. Serve topped with Tomatillo-Jalapeño Sauce.



DAYS 11, 12

PREP TIME: 30-40 Minutes

YIELD: 6 servings, 1/3 cup each

CILANTRO-LIME RICE

INGREDIENTS:

- 1 cup uncooked rice, preferably brown
- 1 tsp olive oil
- 2 cloves garlic, minced
- 1 tsp freshly squeezed lime juice
- 1, 15-oz. can low sodium chicken broth
- 1 cup water
- 1 TBSP freshly squeezed lime juice
- 1 tsp sugar
- 3 TBSP fresh chopped cilantro

CAL	CHO	FAT	PRO	SOD	FIB	
640	144	0	12	0	0	
40	0	5	0	0	0	
2	0	0	0	0	0	
3	1	0	0	0	0	
30	1	1	3	140	0	
0	0	0	0	0	0	
3	1	0	0	0	0	
15	4	0	0	0	0	
1	0	0	0	1	0	
734	151	6	15	141	0	TOTALS
122.3	25.2	1	2.5	23.5	0	PER SERVING

DIRECTIONS:

In a saucepan combine rice, olive oil, garlic, 1 tsp lime, chicken broth, and water. Bring to a boil. Cover and cook on low for time indicated on package directions, until rice is tender. Remove from heat. In a small bowl combine lime juice, sugar, and cilantro. Pour over hot cooked rice and mix in as you fluff the rice.

DAYS 13, 14

PREP TIME: 15-20 Minutes

YIELD: 4 Wraps

CALIFORNIA VEGGIE WRAP

INGREDIENTS:

- 1, 15-oz. can white beans, rinsed
- 1 medium ripe avocado
- 2 TBSP minced red onion
- 2 TBSP cider vinegar
- 1 TBSP olive oil
- 2 tsp finely chopped chipotle chili in adobe sauce
- 1/4 tsp salt
- 1 cup baby spinach
- 1 cup chopped romaine
- 1 cup shredded carrots
- 1/4 cup chopped fresh cilantro
- 4, 2-oz. whole wheat wraps, or tortillas

CAL	CHO	FAT	PRO	SOD	FIB	
385	67	0	25	980	4	
250	15	23	0	0	10	
7	2	0	0	1	0	
0	0	0	0	0	0	
120	0	14	0	0	0	
7	1	0	0	128	1	
0	0	0	0	590	0	
20	6	0	1	25	2	
10	2	0	0	0	0	
47	11	0	1	87	3	
1	0	0	0	2	0	
600	100	14	20	920	4	
1447	204	51	47	2733	24	TOTALS
361.75	51	12.75	11.75	683.25	6	PER SERVING

DIRECTIONS:

1. Whisk vinegar, oil, chipotle chile, and salt in a medium bowl. Add baby spinach, carrots, and cilantro; toss to combine.
2. Mash beans and avocado in another medium bowl with a potato masher or fork. Fold in cheese and onion as well as a small drizzle of the vinegar mixture to prevent browning.
3. To assemble the wraps, spread about 1/2 cup of the bean/avocado mixture onto a wrap (or tortilla) and top with about 2/3 cup of the lettuce/spinach mixture. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.
4. Can be stored up to 1 day tightly wrapped in refrigerator.

## DAY 15

**PREP TIME:** 20-30 Minutes

**YIELD:** 4 servings,  
about 2 1/4 cups each

### DRESSED-UP BLACK BEANS AND RICE

#### INGREDIENTS:

- 2 cups cooked and chilled brown rice
- 1, 15-oz. cans black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 2 cups celery, chopped
- 1/4 cup green onion, chopped
- 2 cups tomatoes, chopped
- 1 green bell pepper, chopped
- 1/4 cup fresh cilantro, minced
- 1 1/2 lbs. chopped, cooked chicken

CAL	CHO	FAT	PRO	SOD	FIB
453	94	3	11	0	3
385	74	0	25	35	25
75	23	1	3.5	0	1
32	2	0	0	40	0
9	2	0	0	4	0
64	2	0	0	0	0
30	7	0	1	5	3
1	0	0	0	2	0
390	0	9	72	540	0

#### DRESSING:

- 1 1/2 TBSP red wine vinegar
- 1 1/2 TBSP extra-virgin olive oil
- 1/2-1 tsp Tabasco sauce
- 1/4 tsp ground cumin
- 1/8 tsp salt
- 1/4 tsp black pepper

CAL	CHO	FAT	PRO	SOD	FIB
0	0	0	0	0	0
180	0	21	0	0	0
0	0	0	0	0	0
0	0	0	0	0	0
0	0	0	0	395	0
0	0	0	0	0	0
1619	204	34	112.5	1021	32
404.75	51	8.5	28.125	255.25	8

**TOTALS PER SERVING**

#### DIRECTIONS:

Combine vegetables and chicken in a medium bowl. Whisk dressing ingredients in a small bowl and pour over vegetable chicken mixture. Fold in chilled rice. Allow to sit in refrigerator for 10-15 minutes before serving.

## DAY 18

**PREP TIME:** 20 Minutes

**YIELD:** 4 Servings

### SESAME-GINGER TUNA SALAD

#### INGREDIENTS:

- 2, 5-6 oz. cans chunk light tuna, drained
- 1 cup sugar snap peas, sliced
- 2 TBSP chopped green onion
- 6 cups shredded romaine lettuce or napa cabbage
- 1/4 cup chopped cilantro
- 2 TBSP toasted sesame seeds
- 1/4 cup rice wine vinegar
- 3 TBSP canola oil
- 2 TBSP reduced sodium soy sauce
- 1 TBSP toasted sesame oil
- 1 1/4 tsp sugar
- 1 tsp grated fresh ginger

CAL	CHO	FAT	PRO	SOD	FIB
200	0	2	52	720	0
47	9	0	4	27	3
4	1	0	0	2	0
48	12	0	6	24	6
1	0	0	0	2	0
180	6	15	6	0	0
25	84	0	0	1800	0
360	0	42	0	0	0
30	2	0	4	1400	0
126	0	14	0	0	0
38	0	0	0	0	0
3	0	0	0	0	0
1062	114	73	72	3975	9
265.5	28.5	18.25	18	993.75	2.25

**TOTALS PER SERVING**

#### DIRECTIONS:

1. Combine tuna, peas, and green onion in a bowl.
2. Whisk oil, soy sauce, sesame oil, sugar, and ginger in a bowl. Add 3 TBSP of mixture to the tuna bowl, toss to combine.
3. 1 1/2 cups of shredded lettuce on a plate, top with 1/2 cup of the dressed tuna mixture and drizzle with about 2 TBSP of remaining dressing.

DAYS 18, 20

PREP TIME: 15-20 Minutes

YIELD: 4 servings

CRANBERRY TURKEY BURGERS

INGREDIENTS:

- 1 cup cooked whole grain couscous
- 2 TBSP extra-virgin olive oil
- 1 small onion, finely chopped
- 1 stalk celery, minced
- 1 TBSP chopped fresh thyme
- 1 1/2 teaspoons chopped fresh sage
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/4 cup dried cranberries, finely chopped
- 1 lb. 93% lean ground turkey

CAL	CHO	FAT	PRO	SOD	FIB	
210	45	1	9	0	7	
240	0	28	0	0	0	
23	5	0	1	0	0	
6	1	0	0	32	1	
0	0	0	0	0	0	
0	0	0	0	0	0	
0	0	0	0	590	0	
0	0	0	0	0	0	
97	25	0	0	0	2	
600	0	32	88	380	0	
1176	76	61	98	1002	10	TOTALS
294	19	15.25	24.5	250.5	2.5	PER SERVING

DIRECTIONS:

Preheat grill to medium-high.

Meanwhile, heat oil in a large skillet over medium heat. Add onion and cook, stirring for 1 minute. Add celery. Cook, stirring until softened; about 3 minutes. Add herbs, salt and pepper. Cook until fragrant; about 30 seconds. Transfer the mixture to a medium bowl. Add cooked couscous and cranberries, then toss to combine. Let cool for 5 minutes. Add turkey and stir until combined, do not overmix. Form the mixture into 6 patties.

Oil the grill rack and grill the burgers for 5 to 6 minutes per side, flipping carefully to avoid breaking them. Cook until an instant read thermometer reads 165°F when inserted into the meat. Serve burgers immediately after cooking.

DAYS 18, 19, 21

PREP TIME: 10-15 Minutes

YIELD: 4 Servings, about 1 1/4 cups each

GOOD MORNING COUSCOUS

INGREDIENTS:

- 1 cup skim milk
- 1 cups dry couscous
- 1/3 cup slivered almonds
- 1/3 cup chopped fried fruit
- 1 TBSP honey
- 1 1/2 tsp cinnamon
- ½ cup light vanilla soymilk with each portion

CAL	CHO	FAT	PRO	SOD	FIB	
90	13	0	8	0	0	
525	112	1.5	22.5	0	17.5	
213	8	19	8	0	4	
173	43	0	0	27	3	
120	34	0	0	0	0	
0	0	0	0	0	0	
280	40	6	24	340	8	
1121	210	20.5	38.5	367	32.5	TOTALS
280.25	52.5	5.125	9.625	91.75	8.125	PER SERVING

DIRECTIONS:

Whisk milk, honey, and cinnamon in a medium saucepan over medium heat. Stir in couscous right when it boils. Turn off heat, cover pan and let stand for 5 minutes. Fold in dried fruit. Scoop one portion (~1 ¼ cups) into a bowl and serve with ½ cup light vanilla soymilk. Store extra portions in the refrigerator.

DAY 21

PREP TIME: 20-30 Minutes

YIELD: 4 servings  
about 3 cups each

ASIAN CHICKEN AND VEGETABLE RICE

INGREDIENTS:

- 2, 4-oz. pieces of boneless skinless grilled chicken
- 1 1/2 cups instant brown rice
- 1 1/2 cups low sodium vegetable broth
- 3/4 cups fat-free liquid egg substitute
- 2 TBSP extra-virgin olive oil
- 2 cups frozen green peas
- 14 asparagus spears, trimmed and cut into 1-inch pieces
- 2 large red bell peppers, thinly sliced into 1-inch pieces
- 1/2 cup green onions, cut into 1-inch pieces
- 1 clove garlic, minced
- 2 TBSP minced fresh ginger
- 2 1/2 TBSP reduced sodium soy sauce
- 4 TBSP rice vinegar
- 1 1/2 TBSP toasted sesame oil
- Hot red pepper sauce, to taste

CAL	CHO	FAT	PRO	SOD	FIB
260	0	6	48	360	0
450	99	3	12	0	6
15	3	0	0	165	0
90	2	0	18	360	0
240	0	28	0	0	0
210	36	0	14	600	12
30	5	0	2	2	2
66	15	6	3	10	6
16	4	0	1	8	2
4	1	0	0	0	0
9	2	0	0	0	0
38	3	0	5	1750	0
0	0	0	0	0	0
186	0	21	0	0	0
2	0	0	0	23	0

1616	170	64	103	3278	28	TOTALS PER SERVING
404	42.5	16	25.75	819.5	7	

DIRECTIONS:

Dice precooked grilled chicken into small squares, set aside. Combine rice and broth in a small saucepan. Bring to a boil over high heat. Cover, reduce heat and simmer until the liquid is absorbed; 12 to 14 minutes. Spread the rice out on a large plate and let stand for 5 minutes.

As the rice cools, coat a large nonstick wok or skillet with cooking spray and place over medium heat. Pour in egg substitute and cook, stirring gently, until just set; 30 seconds to 1 minute. Transfer to a small bowl.

Heat oil in the pan over medium-high. Add the vegetables, onion, garlic, and ginger. Cook, stirring until the vegetables are just tender; about 2-4 minutes. Add the cooked rice, soy sauce, and vinegar to the pan. Cook until the liquid is absorbed; 30 seconds to 1 minute. Fold in the cooked eggs. Remove from the heat. Stir in sesame oil and hot sauce.

DAYS 19, 20

PREP TIME: 20-30 Minutes

YIELD: 4 Servings,  
about 2 1/4 cups each

MAPLE-CITRUS WILTED SPINACH SALAD

INGREDIENTS:

- 2 cups water
- 1 cup quinoa, rinsed
- 8 cups fresh baby spinach, torn
- 1/2 cup dried cranberries
- 1/2 cup chopped pecans or almonds
- 4, 4-oz. pieces grilled chicken

CAL	CHO	FAT	PRO	SOD	FIB
0	0	0	0	0	0
432	90	4	10	0	6
40	12	0	8	260	8
195	51	0	0	0	4
320	12	28	12	0	6
390	0	9	72	540	0

MAPLE-CITRUS VINAIGRETTE:

- 1 1/2 TBSP extra-virgin olive oil
- 1 TBSP orange juice
- 1/2 TBSP red wine vinegar
- 1/2 TBSP maple syrup
- 1/8 tsp salt
- 1/8 tsp pepper
- 1 green onion, finely chopped

CAL	CHO	FAT	PRO	SOD	FIB
180	0	21	0	0	0
14	3	0	0	3	0
0	0	0	0	0	0
26	7	0	0	1	0
0	0	0	0	295	0
0	0	0	0	0	0
4	1	0	0	2	0

180	176	62	102	1101	24	TOTALS PER SERVING
400.25	44	15.5	25.5	275.25	6	

DIRECTIONS:

For dressing: in a small bowl, whisk the oil, orange juice, vinegar, maple syrup, salt and pepper. Stir in onion.

In a small saucepan, bring water to a boil. Add quinoa. Reduce heat, cover and simmer for 12-15 minutes or until water is absorbed. Remove from the heat, fluff with a fork.

In a large bowl, combine the warm quinoa, spinach, and cranberries. Pour over quinoa mixture; toss to coat. Sprinkle with nuts.



DAY 23

PREP TIME: 10-15 Minutes

YIELD: 4 servings

SHRIMP, FETA, WATERMELON SALAD

INGREDIENTS:

- 12 cups leafy spring greens
- 4 TBSP feta cheese
- 4 cups cubed watermelon
- 1 lb. shrimp
- 4 TBSP pine nuts, toasted
- 2 TBSP balsamic vinegar
- 2 TBSP extra-virgin olive oil

CAL	CHO	FAT	PRO	SOD	FIB	
360	36	0	24	360	24	
140	4	8	12	680	0	
160	42	0	2	0	2	
280	0	16	28	0	0	
380	18	30	8	0	8	
20	5	0	0	0	0	
240	0	28	0	0	0	
1580	105	82	74	1040	34	TOTALS
395	26.25	20.5	18.5	260	8.5	PER SERVING

DIRECTIONS:

Saute the shrimp in a small amount of the olive oil (about 1 tsp).

Then toast the pinenuts in a hot pan (no oil, or wipe the oil from the shrimp pan) for 3 minutes.

Whisk together the remaining olive oil and 2 TBSP balsamic vinegar.

Toss all ingredients together.

DAYS 23, 24

PREP TIME: 20-30 Minutes

YIELD: 4 Servings

LEMON CHICKEN QUINOA

INGREDIENTS:

- 16 oz. boneless, skinless chicken breasts
- 2 TBSP extra-virgin olive oil
- ½ tsp red pepper flakes
- 1 tsp cumin
- 2 TBSP lemon juice
- 1 ½ cups water
- 1 cup quinoa, rinsed
- Zest of 1 lemon
- Pinch of cayenne pepper
- ¼ cup toasted almond slivers
- ½ cup chopped red or green onion
- 1/4 cup chopped cilantro
- ½ cup celery, diced
- 1 large, juicy apple, diced

CAL	CHO	FAT	PRO	SOD	FIB	
520	0	12	96	720	0	
240	0	28	0	0	0	
0	0	0	0	0	0	
0	0	0	0	0	0	
0	0	0	0	0	0	
0	0	0	0	0	0	
480	90	8	18	30	9	
6	2	0	0	2	0	
0	0	0	0	0	0	
210	7	17	8	10	4	
16	4	0	1	8	2	
1	0	0	0	2	0	
15	4	0	0	115	2	
110	29	0	1	2	5	
1598	136	65	124	889	22	TOTALS
399.5	34	16.25	31	222.25	5.5	PER SERVING

DIRECTIONS:

Pound the chicken under plastic wrap until thin. Place in a large plastic bag. Combine oil, red pepper flakes, cumin, and lemon juice. Pour over chicken and allow to marinate for at least 30 minutes and up to 2 hours.

Spray pot with cooking spray. Add lemon zest, cayenne pepper, water, and quinoa. Salt and pepper to taste. Bring to a simmer. Reduce heat to low and cook until all liquid is absorbed; around 30 minutes. Let sit covered for an additional 5 minutes.

Meanwhile, cook chicken on grill over medium-high heat. Remove from heat and let rest. Cut into cubes.

Combine quinoa, chicken, almonds, apples, celery, onions, and cilantro. Serve warm or chilled.

DAYS 24, 25

PREP TIME: 15-20 Minutes

YIELD: 4 servings,  
2 cups salad, 3oz. chicken

THE "MED" SALAD

INGREDIENTS:

- 1/4 cup fat-free, low sodium chicken broth
- 2 TBSP red wine vinegar
- 1 tsp sugar
- 1 tsp dried oregano
- 2 tsp olive oil
- 1/4 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 garlic clove, minced
- 4, 4-oz. skinless boneless chicken breast halves
- Cooking spray
- 8 cups torn romaine lettuce
- 1 cup sliced cucumber (1 small)
- 8 pitted kalamata olives, halved
- 4 plum tomatoes, quartered lengthwise
- 2, 1/4-inch thick slices red onion, separated into rings
- 1/4 cup (1 oz.) crumbled feta cheese

CAL	CHO	FAT	PRO	SOD	FIB	
4	0	0	0	142	0	
0	0	0	0	0	0	
15	4	0	0	0	0	
0	0	0	0	0	0	
80	0	9	0	0	0	
0	0	0	0	590	0	
0	0	0	0	0	0	
4	1	0	0	0	0	
520	0	12	96	720	0	
0	0	0	0	0	0	
60	12	0	4	20	8	
14	2	4	0	120	0	
40	2	4	0	120	0	
116	16	4	8	44	8	
32	8	0	1	2	1	
140	4	8	12	680	0	
1025	49	41	121	2438	17	TOTALS
256.25	12.25	10.25	30.25	609.5	4.25	PER SERVING

DIRECTIONS:

Prepare grill or broiler.

Combine the first 8 ingredients in a small bowl. Brush the chicken with 2 TBSP dressing. Set remaining dressing aside.

Place chicken on grill rack or broiler pan coated with cooking spray. Cook for 5 minutes on each side or until chicken is done. Cut into 1/4-inch thick slices.

Combine the romaine lettuce and the next 4 ingredients (romaine lettuce through red onion slices) in a large bowl, and toss with the remaining salad dressing. Divide the salad evenly among four plates. Top each serving with sliced chicken and sprinkle with feta cheese.

200 CALORIE SNACK IDEAS

TRY THESE HEALTHY SNACK IDEAS


- 30 honey roasted peanuts
- 1, 3-inch diameter apple
- 1 slice 100% whole wheat bread
- 1 TBSP chocolate hazelnut spread
- 1/2 cup 2% cottage cheese
- 2 pineapple rings, canned in juice
- 1, 7-inch carrot stick
- 3 oz. carrot sticks
- 1 cup sliced cucumbers
- 1 oz. beef jerky
- 2 clementines
- 1, 8-oz. glass of skim milk
- 2 oz. 65% cacao dark chocolate
- 2 TBSP craisins
- 4 pecan halves
- 1 1/4 cups chopped broccoli, steamed
- 1/3 cup shredded cheese melted on top
- 3 cups steamed edamame in pods
- Pinch of kosher salt
- 2 cups shredded romaine lettuce
- 2/3 cup sugar snap peas, chopped
- 1/3 cup red beans, drained and rinsed
- 2 TBSP light vinaigrette dressing
- 2 lightly salted rice cakes
- 1 TBSP crunchy almond butter
- 1 tsp honey
- 6 oz. light yogurt
- 3/4 cup strawberry halves
- 1 1/2 TBSP slivered almonds
- 6 oz. light yogurt
- 3/4 cup strawberry halves
- 1 1/2 TBSP slivered almonds
- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas
- 1/4 cup hummus
- 2 1/2-3 oz. real frozen fruit bar (popsicle)
- 12 roasted dark chocolate almonds



NOTES:

Horizontal lines for taking notes.





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**HEALTHY CALORIES FOR A FIT BODY | FOOD GUIDE**

