

| Breakfast - Scrambled Eggs w/ Toast & Coffee (optional) | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 6 serving Egg White | 102 | 21.0 | 0.0 | 0.0 |
| 2 serving Eggs (whole) | 160 | 12.8 | 1.0 | 11.2 |
| 2 slice Bread, Whole Wheat | 140 | 0.0 | 24.0 | 2.0 |
| 1 cup Coffee | 0 | 0.0 | 0.0 | 0.0 |
| 1 teaspoon Stevia | 0 | 0.0 | 0.0 | 0.0 |
| Totals: | 402 | (34%) 33.8 | (25%) 25.0 | (30%) 13.2 |

| Breakfast - Ham & Cheese on Toast w/ Fruit | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 5 oz Ham, Boar's Head, Low Sodium | 150 | 25.0 | 5.0 | 2.5 |
| 1 oz Cheese, Cheddar | 110 | 7.0 | 1.0 | 9.0 |
| 2 slice Bread, Whole Wheat | 140 | 0.0 | 24.0 | 2.0 |
| 2 oz Strawberries | 18 | 0.0 | 4.0 | 0.2 |
| Totals: | 418 | (31%) 32.0 | (33%) 34.0 | (30%) 13.7 |

| Breakfast - Protein Smoothie w/ Fruit & Nut Butter (can add water, splenda, ice) | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 1.25 scoop Protein Powder, Whey, Any Flavor | 128 | 25.0 | 1.3 | 1.9 |
| 3 oz Banana | 78 | 0.0 | 20.4 | 0.0 |
| 1 tablespoon Peanut Butter | 100 | 0.0 | 3.2 | 8.0 |
| 6 oz Milk (LF) | 90 | 6.0 | 9.0 | 3.8 |
| Totals: | 396 | (31%) 31.0 | (34%) 33.9 | (31%) 13.6 |

| Breakfast - Cottage Cheese w/ Fruit & Nuts | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 10 oz Cottage Cheese (LF) | 250 | 35.0 | 10.0 | 6.0 |
| 0.33 oz Almonds (Raw) | 56 | 0.0 | 2.0 | 5.3 |
| 6 oz Pineapple | 92 | 0.0 | 23.4 | 0.6 |
| Totals: | 399 | (35%) 35.0 | (36%) 35.4 | (27%) 11.9 |

| Breakfast - Greek Yogurt Parfait (see VN Recipes) | | | | |
|--|------------|-------------------|-------------------|------------------|
| Food | Calories | Protein | Carb | Fat |
| 10 oz Yogurt, Fage Greek, Fat Free | 150 | 25.0 | 11.3 | 0.0 |
| 2.5 oz Blueberry | 46 | 0.0 | 11.6 | 0.3 |
| 0.5 oz Almonds (Raw) | 85 | 0.0 | 3.0 | 8.0 |
| 1 teaspoon Vanilla Extract | 2 | 0.0 | 0.5 | 0.0 |
| Totals: | 283 | (35%) 25.0 | (37%) 26.3 | (26%) 8.3 |

| Breakfast - Greek Yogurt Parfait w/ Fruit and Nuts (see VN Recipes) | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 12 oz Yogurt, Fage Greek, Fat Free | 180 | 30.0 | 13.5 | 0.0 |
| 0.75 oz Almonds (Raw) | 128 | 0.0 | 4.5 | 12.0 |
| 3 oz Blueberry | 56 | 0.0 | 13.9 | 0.4 |
| 1 teaspoon Stevia | 0 | 0.0 | 0.0 | 0.0 |
| 1 teaspoon Vanilla Extract | 2 | 0.0 | 0.5 | 0.0 |
| Totals: | 365 | (33%) 30.0 | (35%) 32.4 | (31%) 12.4 |

| Breakfast - Vegetable Omelette w/ Side of Tomatoes | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 8 serving Egg White | 136 | 28.0 | 0.0 | 0.0 |
| 1 oz Cheese, Cheddar | 110 | 7.0 | 1.0 | 9.0 |
| 2 cup Spinach, (ckd) | 100 | 0.0 | 20.0 | 0.0 |
| 5 oz Broccoli | 40 | 0.0 | 7.5 | 0.8 |
| 2 oz Mushroom, White | 14 | 0.0 | 2.6 | 0.3 |
| Totals: | 400 | (35%) 35.0 | (31%) 31.1 | (23%) 10.1 |

| Breakfast - Protein Power Oatmeal w/ Fruit and Nut Butter (see VN Recipes) | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 1.75 scoop Protein Powder, Whey, Any Flavor | 179 | 35.0 | 1.8 | 2.6 |
| 1.25 tablespoon Peanut Butter | 125 | 0.0 | 4.0 | 10.0 |
| 1 oz Cereal, Oatmeal (unsw) | 100 | 0.0 | 19.3 | 2.0 |
| 1 oz Banana | 26 | 0.0 | 6.8 | 0.0 |
| 1 teaspoon Stevia | 0 | 0.0 | 0.0 | 0.0 |
| 8 oz Water | 0 | 0.0 | 0.0 | 0.0 |
| Totals: | 430 | (33%) 35.0 | (30%) 31.9 | (31%) 14.6 |

| Breakfast - Scrambled Eggs & Side of Oatmeal (w/ Optional Flavorings) | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 6 serving Egg White | 102 | 21.0 | 0.0 | 0.0 |
| 2 serving Eggs (whole) | 160 | 12.8 | 1.0 | 11.2 |
| 1.25 oz Cereal, Oatmeal (unsw) | 125 | 0.0 | 24.1 | 2.5 |
| 1 teaspoon Cinnamon | 0 | 0.0 | 0.0 | 0.0 |
| 1 teaspoon Stevia | 0 | 0.0 | 0.0 | 0.0 |
| 1 teaspoon Vanilla Extract | 2 | 0.0 | 0.5 | 0.0 |
| Totals: | 389 | (35%) 33.8 | (26%) 25.6 | (32%) 13.7 |

| Breakfast - Cereal To Go w/ Protein Powder & Nuts (see VN Recipes) | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 1 scoop Protein Powder, Whey, Any Flavor | 102 | 20.0 | 1.0 | 1.5 |
| 4 oz Milk (LF) | 60 | 4.0 | 6.0 | 2.5 |
| 1.5 oz Cereal, Kashi Go Lean | 120 | 11.1 | 24.8 | 0.8 |
| 0.66 oz Almonds (Raw) | 112 | 0.0 | 4.0 | 10.6 |
| 1 teaspoon Stevia | 0 | 0.0 | 0.0 | 0.0 |
| Totals: | 394 | (36%) 35.1 | (36%) 35.7 | (35%) 15.3 |

| Breakfast - Protein Power Oatmeal w/ Nut Butter (see VN Recipes) | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 1.75 scoop Protein Powder, Whey, Any Flavor | 179 | 35.0 | 1.8 | 2.6 |
| 1.5 tablespoon Almond Butter | 128 | 0.0 | 6.0 | 10.5 |
| 1.25 oz Cereal, Oatmeal (unsw) | 125 | 0.0 | 24.1 | 2.5 |
| 1 teaspoon Stevia | 0 | 0.0 | 0.0 | 0.0 |
| 8 oz Water | 0 | 0.0 | 0.0 | 0.0 |
| Totals: | 431 | (32%) 35.0 | (30%) 31.9 | (33%) 15.6 |

| Lunch - Turkey Sandwich w/ Fruit & Tea (optional) *can add lettuce, tomato, onion | | | | |
|--|------------|-------------------|-------------------|------------------|
| Food | Calories | Protein | Carb | Fat |
| 4 oz Turkey Breast, Boar's Head, Low Sodium | 100 | 24.0 | 0.0 | 0.5 |
| 1.5 oz Avocado | 75 | 0.0 | 3.0 | 7.5 |
| 1 slice Bread, Ezekial Sprouted Bread | 65 | 0.0 | 13.0 | 1.0 |
| 2.5 oz Apple | 43 | 0.0 | 10.8 | 0.3 |
| Totals: | 283 | (34%) 24.0 | (38%) 26.8 | (29%) 9.3 |

| Lunch - Turkey Sandwich w/ Fruit & Tea (optional) *can add lettuce, tomato, onion | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 6 oz Turkey Breast, Boar's Head, Low Sodium | 150 | 36.0 | 0.0 | 0.8 |
| 2 oz Avocado | 100 | 0.0 | 4.0 | 10.0 |
| 1 slice Bread, Whole Wheat | 70 | 0.0 | 12.0 | 1.0 |
| 5 oz Apple | 85 | 0.0 | 21.5 | 0.5 |
| 8 oz Ice Tea | 0 | 0.0 | 0.0 | 0.0 |
| Totals: | 405 | (36%) 36.0 | (37%) 37.5 | (27%) 12.3 |

| Lunch - Grilled Chicken Salad w/ Dressing & Tea (optional) | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 5.5 oz Chicken Breast (bnls/sknl) | 171 | 35.8 | 0.0 | 1.7 |
| 1.5 tablespoon Salad Dressing, Oil/Vinegar | 105 | 0.0 | 1.5 | 12.0 |
| 2 cup Garden Salad, Lettuce & Vegetables | 70 | 0.0 | 18.0 | 0.0 |
| 3 oz Apple | 51 | 0.0 | 12.9 | 0.3 |
| 8 oz Ice Tea | 0 | 0.0 | 0.0 | 0.0 |
| Totals: | 397 | (36%) 35.8 | (33%) 32.4 | (32%) 14.0 |

| Lunch - Tuna Wrap w/ Relish (optional) *can add lettuce, tomato, onion | | | | |
|---|------------|-------------------|-------------------|------------------|
| Food | Calories | Protein | Carb | Fat |
| 3.5 oz Tuna Albacore H2O | 105 | 24.5 | 0.0 | 1.8 |
| 1 tablespoon Relish | 20 | 0.0 | 5.0 | 0.0 |
| 0.5 tablespoon Mayonnaise | 50 | 0.0 | 0.0 | 5.5 |
| 1.25 oz Tortilla, Ezekial Sprouted | 94 | 0.0 | 15.0 | 2.2 |
| Totals: | 269 | (36%) 24.5 | (30%) 20.0 | (32%) 9.4 |

| Lunch - Tuna Wrap w/ Relish (optional) *can add lettuce, tomato, onion | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 5 oz Tuna Albacore H2O | 150 | 35.0 | 0.0 | 2.5 |
| 1 tablespoon Relish | 20 | 0.0 | 5.0 | 0.0 |
| 1.5 tablespoon Mayonnaise (Light) | 75 | 0.0 | 1.5 | 7.5 |
| 2 serving Tortilla, 6" Whole Wheat, Low Carb | 160 | 0.0 | 24.0 | 4.0 |
| Totals: | 405 | (35%) 35.0 | (30%) 30.5 | (31%) 14.0 |

| Lunch - Chicken Fajita (can add tomato, lettuce, onions) | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 5.5 oz Chicken Breast (bnls/sknl) | 171 | 35.8 | 0.0 | 1.7 |
| 2 oz Peppers, Grn/Red | 13 | 0.0 | 3.2 | 0.3 |
| 2.5 oz Tortillas, Corn | 125 | 0.0 | 23.0 | 2.5 |
| 2 tablespoon Guacamole | 80 | 0.8 | 0.8 | 8.0 |
| 1 oz Salsa (sugar free) | 5 | 0.0 | 1.0 | 0.0 |
| Totals: | 394 | (37%) 36.6 | (28%) 28.0 | (28%) 12.4 |

| Lunch - Grilled Fish w/ Vegetables & Side Salad | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 6 oz Halibut | 186 | 34.8 | 0.0 | 3.6 |
| 8 oz Asparagus | 48 | 0.0 | 8.0 | 1.0 |
| 2.5 cup Garden Salad, Lettuce & Vegetables | 88 | 0.0 | 22.5 | 0.0 |
| 1 tablespoon Salad Dressing, Oil/Vinegar | 70 | 0.0 | 1.0 | 8.0 |
| 1 oz Lemon Juice, Fresh | 8 | 0.0 | 2.6 | 0.1 |
| Totals: | 400 | (35%) 34.8 | (34%) 34.1 | (29%) 12.7 |

| Lunch - Creamy Chicken Salad Bowl (chop and mix all ingred.) *can add celery, onion, tomato | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 5.5 oz Chicken Breast (bnls/sknls) | 171 | 35.8 | 0.0 | 1.7 |
| 1 tablespoon Mayonnaise (Light) | 50 | 0.0 | 1.0 | 5.0 |
| 4 oz Apple | 68 | 0.0 | 17.2 | 0.4 |
| 5 oz Orange | 65 | 0.0 | 16.5 | 0.5 |
| 0.25 oz Pecans (Raw) | 47 | 0.0 | 1.6 | 4.6 |
| Totals: | 401 | (36%) 35.8 | (36%) 36.3 | (27%) 12.1 |

| Lunch - Sushi Meal | | | | |
|------------------------------|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 3 piece Sushi, Shrimp w/rice | 150 | 16.8 | 13.8 | 2.7 |
| 3 piece Sushi, Tuna w/rice | 171 | 19.8 | 16.2 | 3.0 |
| 1.5 oz Avocado | 75 | 0.0 | 3.0 | 7.5 |
| 1 tablespoon Soy Sauce | 10 | 0.0 | 2.0 | 0.0 |
| Totals: | 406 | (36%) 36.6 | (34%) 35.0 | (29%) 13.2 |

| Lunch - Chicken & Cheese Burrito | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 4.25 oz Chicken Breast (bnls/sknls) | 132 | 27.6 | 0.0 | 1.3 |
| 1 oz Cheese, Cheddar | 110 | 7.0 | 1.0 | 9.0 |
| 0.5 cup Vegetables Mixed | 40 | 0.0 | 7.0 | 0.0 |
| 2.25 oz Tortillas, Corn | 113 | 0.0 | 20.7 | 2.3 |
| 1 oz Salsa (sugar free) | 5 | 0.0 | 1.0 | 0.0 |
| Totals: | 400 | (35%) 34.6 | (30%) 29.7 | (28%) 12.5 |

| Lunch - Subway 6" Chicken on Whole Wheat (can add lettuce, tomato, onion) | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 4 oz Chicken Breast (bnls/sknls) | 124 | 26.0 | 0.0 | 1.2 |
| 1 oz Cheese, Swiss | 110 | 8.0 | 1.0 | 8.0 |
| 1 serving Bread, Wheat Roll, Subway 6" | 200 | 0.0 | 40.0 | 2.5 |
| Totals: | 434 | (31%) 34.0 | (38%) 41.0 | (24%) 11.7 |

| Lunch - QDoba Naked Chix Salad W/ Corn Salsa & Pico De Gallo (no beans) | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 1 serving QDoba Chix Salad w/ Corn Salsa & Pico de Gallo (no Beans) | 300 | 31.0 | 20.0 | 11.0 |
| Totals: | 300 | (41%) 31.0 | (27%) 20.0 | (33%) 11.0 |

| Lunch - El Pollo Loco, Grilled Chicken, Vegetables, & Rice | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 1.25 serving Chicken Breast, W/out Skin, El Pollo Loco | 191 | 36.3 | 0.0 | 5.0 |
| 1.5 serving Vegetables, Fresh, Small, El Pollo Loco | 102 | 0.0 | 9.0 | 6.0 |
| 0.75 serving Rice, Spanish, Small, El Pollo Loco | 121 | 0.0 | 24.8 | 0.8 |
| 1 oz Salsa (sugar free) | 5 | 0.0 | 1.0 | 0.0 |
| Totals: | 419 | (35%) 36.3 | (33%) 34.8 | (25%) 11.8 |

| Lunch - Wendys Ultimate Chicken Grill | | | | |
|--|------------|-------------------|-------------------|------------------|
| Food | Calories | Protein | Carb | Fat |
| 1 serving Wendy's Ultimate Chicken Grill | 370 | 33.0 | 44.0 | 8.0 |
| Totals: | 370 | (36%) 33.0 | (48%) 44.0 | (19%) 8.0 |

| Dinner - Salmon w/ Rice & Vegetables & Dessert | | | | |
|--|------------|-------------------|-------------------|------------------|
| Food | Calories | Protein | Carb | Fat |
| 4.5 oz Salmon | 180 | 25.2 | 0.0 | 9.0 |
| 1 oz Lemon Juice, Fresh | 8 | 0.0 | 2.6 | 0.1 |
| 0.25 cup Rice, Brown (ckd) | 50 | 0.0 | 11.0 | 0.0 |
| 5 oz Asparagus | 30 | 0.0 | 5.0 | 0.6 |
| 1 serving Dreyers Fruit Bar | 30 | 0.0 | 8.0 | 0.0 |
| Totals: | 298 | (34%) 25.2 | (36%) 26.6 | (29%) 9.7 |

| Dinner - Salmon w/ Rice, Vegetables & Dessert | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 6.25 oz Salmon | 250 | 35.0 | 0.0 | 12.5 |
| 1 oz Lemon Juice, Fresh | 8 | 0.0 | 2.6 | 0.1 |
| 0.5 cup Rice, Brown (ckd) | 100 | 0.0 | 22.0 | 0.0 |
| 3 oz Asparagus | 18 | 0.0 | 3.0 | 0.4 |
| 1 serving Dreyers Fruit Bar | 30 | 0.0 | 8.0 | 0.0 |
| Totals: | 406 | (34%) 35.0 | (35%) 35.6 | (29%) 13.0 |

| Dinner - Lean Turkey Burger (can add lettuce, tomato, onion) | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 5 oz Ground Turkey (99%FF) | 150 | 35.5 | 0.0 | 1.0 |
| 2 oz Avocado | 100 | 0.0 | 4.0 | 10.0 |
| 1 Bun Bread, Wheat Bun | 130 | 0.0 | 20.0 | 3.0 |
| Totals: | 380 | (37%) 35.5 | (25%) 24.0 | (33%) 14.0 |

| Dinner - Filet Mignon W/ Sweet Potato & Broccoli | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 4.5 oz Filet Mignon | 225 | 36.0 | 0.0 | 11.3 |
| 3.5 oz Potato, Sweet | 105 | 0.0 | 24.5 | 0.0 |
| 7 oz Broccoli | 56 | 0.0 | 10.5 | 1.1 |
| Totals: | 386 | (37%) 36.0 | (36%) 35.0 | (29%) 12.4 |

| Dinner - Grilled Chicken w/ Spinach Bean Salad & Tea (optional) | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 4 oz Chicken Breast (bnls/sknl) | 124 | 26.0 | 0.0 | 1.2 |
| 1 tablespoon Salad Dressing, Oil/Vinegar | 70 | 0.0 | 1.0 | 8.0 |
| 3 cup Spinach Leaves, Uncooked | 21 | 0.0 | 3.0 | 0.0 |
| 1 oz Beans, Garbanzo | 102 | 0.0 | 18.0 | 2.0 |
| Totals: | 317 | (33%) 26.0 | (28%) 22.0 | (32%) 11.2 |

| Dinner - Grilled Chicken w/ Spinach Bean Salad & Tea (optional) | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 5.5 oz Chicken Breast (bnls/sknl) | 171 | 35.8 | 0.0 | 1.7 |
| 1.25 tablespoon Salad Dressing, Oil/Vinegar | 88 | 0.0 | 1.3 | 10.0 |
| 3 cup Spinach Leaves, Uncooked | 21 | 0.0 | 3.0 | 0.0 |
| 0.5 oz Beans, Garbanzo | 51 | 0.0 | 9.0 | 1.0 |
| 5 oz Apple | 85 | 0.0 | 21.5 | 0.5 |
| 8 oz Ice Tea | 0 | 0.0 | 0.0 | 0.0 |
| Totals: | 416 | (34%) 35.8 | (33%) 34.8 | (28%) 13.2 |

| Dinner - Meat Sauce & Whole Wheat Pasta | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 6.25 oz Ground Beef (x-lean) | 250 | 35.6 | 0.0 | 12.5 |
| 1 teaspoon Garlic Powder | 0 | 0.0 | 0.0 | 0.0 |
| 2 oz Pasta (ckd) | 74 | 0.0 | 16.0 | 1.0 |
| 1.25 cup Tomato Sauce | 75 | 0.0 | 15.0 | 0.0 |
| Totals: | 399 | (36%) 35.6 | (31%) 31.0 | (30%) 13.5 |

| Dinner - Chicken Vegetable Stir-Fry | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 5.5 oz Chicken Breast (bnls/sknl) | 171 | 35.8 | 0.0 | 1.7 |
| 2 cup Vegetables, Stir-Fry Mix, Frozen | 120 | 0.0 | 18.0 | 0.0 |
| 0.75 tablespoon Olive Oil | 90 | 0.0 | 0.0 | 10.5 |
| 1 teaspoon Garlic Powder | 0 | 0.0 | 0.0 | 0.0 |
| 1 tablespoon Soy Sauce | 10 | 0.0 | 2.0 | 0.0 |
| Totals: | 391 | (37%) 35.8 | (20%) 20.0 | (28%) 12.2 |

| Dinner - BBQ Chicken & Sweet Potato Fries (see VN Recipes) | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 5.5 oz Chicken Breast (bnls/sknl) | 171 | 35.8 | 0.0 | 1.7 |
| 1 tablespoon BBQ Sauce | 30 | 0.0 | 7.0 | 0.0 |
| 3 oz Potato, Sweet | 90 | 0.0 | 21.0 | 0.0 |
| 1 tablespoon Olive Oil | 120 | 0.0 | 0.0 | 14.0 |
| Totals: | 411 | (35%) 35.8 | (27%) 28.0 | (34%) 15.7 |

| Dinner - Shrimp, Rice & Vegetable Stir-Fry | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 6 oz Shrimp (raw or steamed) | 168 | 36.0 | 0.0 | 1.5 |
| 0.75 tablespoon Olive Oil | 90 | 0.0 | 0.0 | 10.5 |
| 0.5 cup Rice, Brown (ckd) | 100 | 0.0 | 22.0 | 0.0 |
| 5 oz Broccoli | 40 | 0.0 | 7.5 | 0.8 |
| 1 tablespoon Soy Sauce | 10 | 0.0 | 2.0 | 0.0 |
| Totals: | 408 | (35%) 36.0 | (31%) 31.5 | (28%) 12.8 |

| Dinner - Pork Tenderloin & Sweet Potato & Vegetable | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 6 oz Pork Tenderloin, Lean | 204 | 36.0 | 0.0 | 6.0 |
| 0.5 tablespoon Olive Oil | 60 | 0.0 | 0.0 | 7.0 |
| 3.5 oz Potato, Sweet | 105 | 0.0 | 24.5 | 0.0 |
| 0.5 cup Spinach, (ckd) | 25 | 0.0 | 5.0 | 0.0 |
| Totals: | 394 | (37%) 36.0 | (30%) 29.5 | (30%) 13.0 |

| Snack - Quick Turkey Roll-up w/ Mustard (optional) ,Fruit & Nuts | | | | |
|---|------------|-------------------|-------------------|------------------|
| Food | Calories | Protein | Carb | Fat |
| 4 oz Turkey Breast, Boar's Head, Low Sodium | 100 | 24.0 | 0.0 | 0.5 |
| 1 tablespoon Mustard | 5 | 0.0 | 1.0 | 0.0 |
| 0.5 oz Almonds (Raw) | 85 | 0.0 | 3.0 | 8.0 |
| 4.5 oz Apple | 77 | 0.0 | 19.4 | 0.5 |
| Totals: | 267 | (36%) 24.0 | (35%) 23.4 | (30%) 9.0 |

| Snack - Quick Turkey Roll-up w/ Mustard (optional), Fruit & Nuts | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 5.75 oz Turkey Breast, Boar's Head, Low Sodium | 144 | 34.5 | 0.0 | 0.7 |
| 1 tablespoon Mustard | 5 | 0.0 | 1.0 | 0.0 |
| 1 oz Cashews (Raw) | 160 | 0.0 | 9.2 | 13.2 |
| 6 oz Apple | 102 | 0.0 | 25.8 | 0.6 |
| Totals: | 411 | (34%) 34.5 | (35%) 36.0 | (32%) 14.5 |

| Snack - Edamame- 2/3 Meal | | | | |
|---------------------------|------------|-------------------|-------------------|------------------|
| Food | Calories | Protein | Carb | Fat |
| 5 oz Beans, Soy, Edamame | 200 | 16.0 | 16.0 | 7.0 |
| Totals: | 200 | (32%) 16.0 | (32%) 16.0 | (32%) 7.0 |

| Snack - Meal Replacement Shake | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 3 scoop Whole Gains Meal Replacement - Mango | 306 | 36.0 | 22.5 | 7.5 |
| 0.5 oz Almonds (Raw) | 85 | 0.0 | 3.0 | 8.0 |
| Totals: | 391 | (37%) 36.0 | (26%) 25.5 | (36%) 15.5 |

| Snack - Protein Bar | | | | |
|----------------------------|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 1 serving Pure Protein Bar | 310 | 32.0 | 24.0 | 10.0 |
| Totals: | 310 | (41%) 32.0 | (31%) 24.0 | (29%) 10.0 |

| Snack - Ready to Drink Protein Shake, Fruit & Nuts | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 11 oz Myoplex, Ready to Drink, Carb Sense | 160 | 25.0 | 5.0 | 3.5 |
| 0.5 oz Almonds (Raw) | 85 | 0.0 | 3.0 | 8.0 |
| 5 oz Grapes | 100 | 0.0 | 25.5 | 1.3 |
| Totals: | 345 | (29%) 25.0 | (39%) 33.5 | (33%) 12.8 |

| Snack - Quick Turkey & Acovado Roll-up w/ Fruit | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 6 oz Turkey Breast, Boar's Head, Low Sodium | 150 | 36.0 | 0.0 | 0.8 |
| 2.5 oz Avocado | 125 | 0.0 | 5.0 | 12.5 |
| 8 oz Orange | 104 | 0.0 | 26.4 | 0.7 |
| Totals: | 379 | (38%) 36.0 | (33%) 31.4 | (33%) 14.0 |

| Snack - Protein Smoothie w/ Yogurt (can add water, ice, splenda) | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 1.5 scoop Protein Powder, Whey, Any Flavor | 153 | 30.0 | 1.5 | 2.3 |
| 6 oz Yogurt, Dannon Light & Fit, Carb Control, Flavored | 90 | 7.5 | 4.5 | 4.5 |
| 5 oz Strawberries | 45 | 0.0 | 10.0 | 0.6 |
| 2 oz Banana | 52 | 0.0 | 13.6 | 0.0 |
| 0.5 oz Almonds (Raw) | 85 | 0.0 | 3.0 | 8.0 |
| Totals: | 425 | (35%) 37.5 | (31%) 32.6 | (32%) 15.3 |

| Snack - Cottage Cheese w/ Fruit | | | | |
|--|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 10 oz Cottage Cheese (LF) | 250 | 35.0 | 10.0 | 6.0 |
| 0.5 oz Almonds (Raw) | 85 | 0.0 | 3.0 | 8.0 |
| 7 oz Strawberries | 63 | 0.0 | 14.0 | 0.8 |
| Totals: | 398 | (35%) 35.0 | (27%) 27.0 | (33%) 14.8 |

| Snack - Protein Smoothie (can add water, ice, splenda) | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 1.5 scoop Protein Powder, Whey, Any Flavor | 153 | 30.0 | 1.5 | 2.3 |
| 4.5 oz Milk (LF) | 68 | 4.5 | 6.8 | 2.8 |
| 8 oz Strawberries | 72 | 0.0 | 16.0 | 0.9 |
| 1.25 tablespoon Peanut Butter | 125 | 0.0 | 4.0 | 10.0 |
| Totals: | 418 | (33%) 34.5 | (27%) 28.3 | (34%) 15.9 |

| Snack - Protein Smoothie (can add water, ice, splenda) | | | | |
|---|------------|-------------------|-------------------|-------------------|
| Food | Calories | Protein | Carb | Fat |
| 1.5 scoop Protein Powder, Whey, Any Flavor | 153 | 30.0 | 1.5 | 2.3 |
| 4 oz Milk (LF) | 60 | 4.0 | 6.0 | 2.5 |
| 8 oz Strawberries | 72 | 0.0 | 16.0 | 0.9 |
| 2 oz Banana | 52 | 0.0 | 13.6 | 0.0 |
| 0.75 tablespoon Flaxseed Oil | 90 | 0.0 | 0.0 | 10.5 |
| Totals: | 427 | (32%) 34.0 | (35%) 37.1 | (34%) 16.1 |