

**Meal Planner For: 1200 Calories-Wk2, 1200 Calories**  
**For the Date Range: 2/8/16 to 2/13/16**

**DAY # 1**

| Qty                                                                       | Measure        | Description                             | Protein(gm)  | Carbs(gm)    | Fats(gm)     | Calories      |
|---------------------------------------------------------------------------|----------------|-----------------------------------------|--------------|--------------|--------------|---------------|
| <b>Breakfast - Scramble egg whites &amp; cheese w/ spinach;Lemon wate</b> |                |                                         |              |              |              |               |
| 1.00                                                                      | ounce(s)       | 2% milkfat cheddar cheese               | 7.00         | 1.00         | 2.00         | 50.00         |
| 2.00                                                                      | large          | Egg white                               | 8.00         | 0.00         | 0.00         | 30.00         |
| 0.50                                                                      | cup            | Fresh spinach                           | 0.40         | 0.55         | 0.06         | 3.45          |
| 1.00                                                                      | 1 wedge yields | Lemon juice, raw                        | 0.02         | 0.41         | 0.01         | 1.32          |
| 8.00                                                                      | fluid ounce(s) | Skim milk                               | 8.00         | 16.00        | 0.00         | 80.00         |
| 0.50                                                                      | cup            | Strawberries                            | 0.50         | 4.50         | 0.00         | 30.00         |
| 2.00                                                                      | tea spoon      | Trans fat-free buttery spread           | 0.00         | 0.00         | 3.00         | 30.00         |
| 16.00                                                                     | 1 cup          | Water, bottled, generic                 | 0.00         | 0.00         | 0.00         | 0.00          |
|                                                                           |                | <b>Totals:</b>                          | <b>23.92</b> | <b>22.46</b> | <b>5.07</b>  | <b>224.77</b> |
| <b>AM Snack - Spread almond butter on sliced apple. Lemon water.</b>      |                |                                         |              |              |              |               |
| 0.50                                                                      | table spoon    | Almond Butter                           | 1.00         | 1.50         | 4.50         | 50.50         |
| 0.50                                                                      | each           | Apple                                   | 0.15         | 10.50        | 0.25         | 40.50         |
| 1.00                                                                      | 1 wedge yields | Lemon juice, raw                        | 0.02         | 0.41         | 0.01         | 1.32          |
| 20.00                                                                     | 1 cup          | Water, bottled, generic                 | 0.00         | 0.00         | 0.00         | 0.00          |
|                                                                           |                | <b>Totals:</b>                          | <b>1.17</b>  | <b>12.41</b> | <b>4.76</b>  | <b>92.32</b>  |
| <b>Lunch - Toss ingredients with spinach, oil and vinegar.</b>            |                |                                         |              |              |              |               |
| 1.00                                                                      | table spoon    | Balsamic Vinegar                        | 0.00         | 2.00         | 0.00         | 10.00         |
| 1.00                                                                      | ounce(s)       | Canned artichoke                        | 0.98         | 3.17         | 0.00         | 14.00         |
| 1.00                                                                      | cup            | Chopped tomato                          | 2.00         | 7.00         | 0.00         | 30.00         |
| 1.00                                                                      | each           | Cooked egg white                        | 4.00         | 0.00         | 0.00         | 15.00         |
| 0.50                                                                      | cup            | Fresh mushrooms                         | 1.08         | 1.14         | 0.12         | 7.70          |
| 3.00                                                                      | cup            | Fresh spinach                           | 2.40         | 3.27         | 0.36         | 20.70         |
| 1.00                                                                      | 1 wedge yields | Lemon juice, raw                        | 0.02         | 0.41         | 0.01         | 1.32          |
| 0.50                                                                      | table spoon    | Olive oil                               | 0.00         | 0.00         | 7.00         | 65.00         |
| 4.00                                                                      | ounce(s)       | Water packed white tuna                 | 28.00        | 0.00         | 4.00         | 140.00        |
| 20.00                                                                     | 1 cup          | Water, bottled, generic                 | 0.00         | 0.00         | 0.00         | 0.00          |
|                                                                           |                | <b>Totals:</b>                          | <b>38.48</b> | <b>16.99</b> | <b>11.49</b> | <b>303.72</b> |
| <b>PM Snack - Thaw blueberries and mix with yogurt.</b>                   |                |                                         |              |              |              |               |
| 1.00                                                                      | 1 cup          | Beverages, Green tea, brewed, from bags | 0.44         | 0.00         | 0.00         | 2.45          |
| 0.50                                                                      | cup            | Fresh blueberries                       | 0.54         | 10.51        | 0.24         | 41.33         |
| 4.00                                                                      | ounce(s)       | Greek yogurt, plain, non fat            | 8.00         | 4.00         | 0.00         | 60.00         |
| 2.00                                                                      | 1 wedge yields | Lemon juice, raw                        | 0.04         | 0.83         | 0.03         | 2.64          |
| 20.00                                                                     | 1 cup          | Water, bottled, generic                 | 0.00         | 0.00         | 0.00         | 0.00          |
|                                                                           |                | <b>Totals:</b>                          | <b>9.02</b>  | <b>15.33</b> | <b>0.27</b>  | <b>106.42</b> |
| <b>Dinner - Stir fry chicken &amp; vegetables. Over spagh squash.</b>     |                |                                         |              |              |              |               |
| 20.00                                                                     | each           | Asparagus spears                        | 7.00         | 12.40        | 0.40         | 64.00         |
| 4.00                                                                      | ounce(s)       | Boneless chicken breast                 | 26.00        | 0.00         | 1.60         | 124.00        |
| 3.00                                                                      | table spoon    | Chopped onion                           | 0.30         | 2.70         | 0.00         | 12.00         |
| 0.50                                                                      | cup            | Fresh mushrooms                         | 1.08         | 1.14         | 0.12         | 7.70          |
| 1.00                                                                      | 1 wedge yields | Lemon juice, raw                        | 0.02         | 0.41         | 0.01         | 1.32          |
| 1.00                                                                      | table spoon    | Olive oil                               | 0.00         | 0.00         | 14.00        | 130.00        |
| 0.33                                                                      | cup            | Spaghetti squash, cooked                | 0.33         | 3.30         | 0.00         | 13.20         |
| 16.00                                                                     | 1 cup          | Water, bottled, generic                 | 0.00         | 0.00         | 0.00         | 0.00          |
|                                                                           |                | <b>Totals:</b>                          | <b>34.73</b> | <b>19.95</b> | <b>16.13</b> | <b>352.22</b> |
| <b>Evening Snack - Enjoy apple slices topped with cheese.</b>             |                |                                         |              |              |              |               |
| 1.00                                                                      | ounce(s)       | 2% milkfat cheddar cheese               | 7.00         | 1.00         | 2.00         | 50.00         |
| 0.50                                                                      | each           | Apple                                   | 0.15         | 10.50        | 0.25         | 40.50         |
| 1.00                                                                      | 1 wedge yields | Lemon juice, raw                        | 0.02         | 0.41         | 0.01         | 1.32          |

|                                    |                         |               |              |              |                |
|------------------------------------|-------------------------|---------------|--------------|--------------|----------------|
| 20.00 1 cup                        | Water, bottled, generic | 0.00          | 0.00         | 0.00         | 0.00           |
|                                    | <b>Totals:</b>          | <b>7.17</b>   | <b>11.91</b> | <b>2.26</b>  | <b>91.82</b>   |
| <b>Actual Totals for Day # 1:</b>  |                         | <b>114.49</b> | <b>99.07</b> | <b>40.00</b> | <b>1171.27</b> |
| <b>Actual % of Total Calories:</b> |                         | <b>37.72</b>  | <b>32.64</b> | <b>29.65</b> |                |

## DAY # 2

| Qty                                                                   | Measure        | Description                                | Protein(gm)   | Carbs(gm)     | Fats(gm)     | Calories       |
|-----------------------------------------------------------------------|----------------|--------------------------------------------|---------------|---------------|--------------|----------------|
| <b>Breakfast - Top cereal w milk. Serve w egg &amp; grapefruit.</b>   |                |                                            |               |               |              |                |
| 1.00                                                                  | 1 cup          | Beverages, Green tea, brewed, from bags    | 0.44          | 0.00          | 0.00         | 2.45           |
| 0.25                                                                  | cup            | Bran flakes                                | 1.50          | 11.50         | 0.00         | 45.00          |
| 0.50                                                                  | each           | Grapefruit - pink or red 4" diam.          | 0.60          | 11.90         | 0.10         | 46.00          |
| 1.00                                                                  | each           | Hard boiled egg                            | 6.00          | 1.00          | 4.00         | 60.00          |
| 1.00                                                                  | 1 wedge yields | Lemon juice, raw                           | 0.02          | 0.41          | 0.01         | 1.32           |
| 4.00                                                                  | fluid ounce(s) | Skim milk                                  | 4.00          | 8.00          | 0.00         | 40.00          |
| 16.00                                                                 | 1 cup          | Water, bottled, generic                    | 0.00          | 0.00          | 0.00         | 0.00           |
|                                                                       |                | <b>Totals:</b>                             | <b>12.56</b>  | <b>32.81</b>  | <b>4.11</b>  | <b>194.77</b>  |
| <b>AM Snack - Thaw blueberries and mix w/yogurt. Lemon water.</b>     |                |                                            |               |               |              |                |
| 0.25                                                                  | cup            | Frozen unsweetened blueberries             | 0.16          | 4.72          | 0.25         | 19.76          |
| 4.00                                                                  | ounce(s)       | Greek yogurt, plain, non fat               | 8.00          | 4.00          | 0.00         | 60.00          |
| 1.00                                                                  | 1 wedge yields | Lemon juice, raw                           | 0.02          | 0.41          | 0.01         | 1.32           |
| 20.00                                                                 | 1 cup          | Water, bottled, generic                    | 0.00          | 0.00          | 0.00         | 0.00           |
|                                                                       |                | <b>Totals:</b>                             | <b>8.18</b>   | <b>9.13</b>   | <b>0.26</b>  | <b>81.08</b>   |
| <b>Lunch - Cook veg burger per directions. Top w cheese.</b>          |                |                                            |               |               |              |                |
| 0.50                                                                  | each           | 100% whole wheat sandwich thin             | 2.50          | 11.00         | 0.50         | 50.00          |
| 1.00                                                                  | ounce(s)       | 2% milkfat cheddar cheese                  | 7.00          | 1.00          | 2.00         | 50.00          |
| 1.00                                                                  | table spoon    | Balsamic Vinegar                           | 0.00          | 2.00          | 0.00         | 10.00          |
| 1.00                                                                  | each           | Dr. Praeger's Kale Veggie Burgers          | 3.00          | 14.00         | 6.00         | 130.00         |
| 1.00                                                                  | table spoon    | Fresh basil                                | 0.00          | 0.00          | 0.00         | 1.00           |
| 1.00                                                                  | 1 wedge yields | Lemon juice, raw                           | 0.02          | 0.41          | 0.01         | 1.32           |
| 2.00                                                                  | each           | Tomato slice                               | 0.34          | 1.86          | 0.14         | 8.40           |
| 20.00                                                                 | 1 cup          | Water, bottled, generic                    | 0.00          | 0.00          | 0.00         | 0.00           |
|                                                                       |                | <b>Totals:</b>                             | <b>12.86</b>  | <b>30.27</b>  | <b>8.65</b>  | <b>250.72</b>  |
| <b>PM Snack - Top lettuce w turkey/roll. Add mustard</b>              |                |                                            |               |               |              |                |
| 1.00                                                                  | 1 cup          | Beverages, Green tea, brewed, from bags    | 0.44          | 0.00          | 0.00         | 2.45           |
| 2.00                                                                  | 1 wedge yields | Lemon juice, raw                           | 0.04          | 0.83          | 0.03         | 2.64           |
| 3.00                                                                  | each           | Lettuce leaf                               | 0.00          | 0.00          | 0.00         | 15.00          |
| 1.00                                                                  | tea spoon      | Mustard                                    | 0.22          | 0.27          | 0.20         | 3.35           |
| 3.00                                                                  | ounce(s)       | Turkey breast                              | 25.50         | 0.00          | 0.60         | 114.00         |
| 20.00                                                                 | 1 cup          | Water, bottled, generic                    | 0.00          | 0.00          | 0.00         | 0.00           |
|                                                                       |                | <b>Totals:</b>                             | <b>26.20</b>  | <b>1.10</b>   | <b>0.83</b>  | <b>137.44</b>  |
| <b>Dinner - Broil/grill salmon teriyaki. Rice &amp; broccoli side</b> |                |                                            |               |               |              |                |
| 2.00                                                                  | cup            | Broccoli                                   | 7.44          | 22.40         | 1.28         | 109.20         |
| 1.00                                                                  | 1 wedge yields | Lemon juice, raw                           | 0.02          | 0.41          | 0.01         | 1.32           |
| 0.12                                                                  | 1 cup          | Quinoa, cooked                             | 0.98          | 4.73          | 0.43         | 26.64          |
| 4.00                                                                  | ounce(s)       | Salmon                                     | 24.00         | 0.00          | 16.00        | 240.00         |
| 1.00                                                                  | table spoon    | Teriyaki sauce, ready to serve, low sodium | 1.00          | 3.00          | 0.00         | 15.00          |
| 20.00                                                                 | 1 cup          | Water, bottled, generic                    | 0.00          | 0.00          | 0.00         | 0.00           |
|                                                                       |                | <b>Totals:</b>                             | <b>33.44</b>  | <b>30.54</b>  | <b>17.72</b> | <b>392.16</b>  |
| <b>Evening Snack - Top cottage cheese with nuts.</b>                  |                |                                            |               |               |              |                |
| 1.25                                                                  | table spoon    | Chopped walnuts                            | 2.50          | 1.25          | 5.62         | 62.50          |
| 0.33                                                                  | cup            | Cottage Cheese - 1% fat                    | 9.24          | 2.05          | 0.76         | 54.12          |
| 1.00                                                                  | 1 wedge yields | Lemon juice, raw                           | 0.02          | 0.41          | 0.01         | 1.32           |
| 20.00                                                                 | 1 cup          | Water, bottled, generic                    | 0.00          | 0.00          | 0.00         | 0.00           |
|                                                                       |                | <b>Totals:</b>                             | <b>11.76</b>  | <b>3.71</b>   | <b>6.40</b>  | <b>117.94</b>  |
|                                                                       |                | <b>Actual Totals for Day # 2:</b>          | <b>105.01</b> | <b>107.57</b> | <b>37.98</b> | <b>1174.11</b> |
|                                                                       |                | <b>Actual % of Total Calories:</b>         | <b>35.23</b>  | <b>36.09</b>  | <b>28.67</b> |                |

### DAY # 3

| Qty                                                                      | Measure            | Description                                               | Protein(gm)   | Carbs(gm)    | Fats(gm)     | Calories       |
|--------------------------------------------------------------------------|--------------------|-----------------------------------------------------------|---------------|--------------|--------------|----------------|
| <b>Breakfast - Top bread with peanut butter.With LF milk, HB eggW</b>    |                    |                                                           |               |              |              |                |
| 1.00                                                                     | 1 cup              | Beverages, Green tea, brewed, from bags                   | 0.44          | 0.00         | 0.00         | 2.45           |
| 1.00                                                                     | slice              | Bread, Ezekiel Cinnamon Raisin                            | 3.00          | 18.00        | 0.00         | 80.00          |
| 1.00                                                                     | each               | Egg - boiled white only                                   | 3.50          | 0.30         | 0.00         | 17.00          |
| 1.00                                                                     | 1 wedge yields     | Lemon juice, raw                                          | 0.02          | 0.41         | 0.01         | 1.32           |
| 8.00                                                                     | 1 fl oz            | Milk, lowfat, fluid, 1% milkfat, with added vitamin A and | 8.22          | 12.18        | 2.37         | 102.48         |
| 1.00                                                                     | table spoon        | Peanut Butter                                             | 4.00          | 3.50         | 8.15         | 95.00          |
| 16.00                                                                    | 1 fl oz            | Water, bottled, generic                                   | 0.00          | 0.00         | 0.00         | 0.00           |
| <b>Totals:</b>                                                           |                    |                                                           | <b>19.18</b>  | <b>34.39</b> | <b>10.53</b> | <b>298.25</b>  |
| <b>AM Snack - Chop pear into yogurt.</b>                                 |                    |                                                           |               |              |              |                |
| 4.00                                                                     | ounce(s)           | Greek yogurt, plain, non fat                              | 8.00          | 4.00         | 0.00         | 60.00          |
| 1.00                                                                     | 1 wedge yields     | Lemon juice, raw                                          | 0.02          | 0.41         | 0.01         | 1.32           |
| 0.50                                                                     | each               | Pear                                                      | 0.35          | 12.55        | 0.00         | 49.00          |
| 20.00                                                                    | 1 fl oz            | Water, bottled, generic                                   | 0.00          | 0.00         | 0.00         | 0.00           |
| <b>Totals:</b>                                                           |                    |                                                           | <b>8.37</b>   | <b>16.96</b> | <b>0.01</b>  | <b>110.32</b>  |
| <b>Lunch - Cobb salad, toss all ingredients. Toss w/dressing.</b>        |                    |                                                           |               |              |              |                |
| 1.00                                                                     | large              | Egg white                                                 | 4.00          | 0.00         | 0.00         | 15.00          |
| 2.00                                                                     | cup                | Fresh spinach                                             | 1.60          | 2.18         | 0.24         | 13.80          |
| 0.25                                                                     | cup                | Grated carrots                                            | 0.25          | 2.75         | 0.00         | 11.25          |
| 0.50                                                                     | table spoon        | Italian dressing, reduced fat                             | 0.00          | 0.50         | 0.50         | 5.00           |
| 1.00                                                                     | 1 wedge yields     | Lemon juice, raw                                          | 0.02          | 0.41         | 0.01         | 1.32           |
| 0.50                                                                     | table spoon        | Sunflower seeds                                           | 1.00          | 1.00         | 2.00         | 22.50          |
| 1.00                                                                     | 1 oz cooked, yield | Turkey bacon, cooked                                      | 4.74          | 0.50         | 4.46         | 61.12          |
| 3.00                                                                     | ounce(s)           | Turkey breast                                             | 25.50         | 0.00         | 0.60         | 114.00         |
| 20.00                                                                    | 1 fl oz            | Water, bottled, generic                                   | 0.00          | 0.00         | 0.00         | 0.00           |
| <b>Totals:</b>                                                           |                    |                                                           | <b>37.11</b>  | <b>7.34</b>  | <b>7.82</b>  | <b>243.99</b>  |
| <b>PM Snack - Enjoy cheese w/strawberries. Lemon water ea meal</b>       |                    |                                                           |               |              |              |                |
| 1.00                                                                     | each               | Laughing Cow Mini BabyBel Light Original                  | 6.00          | 0.00         | 3.00         | 50.00          |
| 1.00                                                                     | 1 wedge yields     | Lemon juice, raw                                          | 0.02          | 0.41         | 0.01         | 1.32           |
| 0.50                                                                     | cup                | Strawberries                                              | 0.50          | 4.50         | 0.00         | 30.00          |
| 20.00                                                                    | 1 fl oz            | Water, bottled, generic                                   | 0.00          | 0.00         | 0.00         | 0.00           |
| <b>Totals:</b>                                                           |                    |                                                           | <b>6.52</b>   | <b>4.91</b>  | <b>3.01</b>  | <b>81.32</b>   |
| <b>Dinner - Season pork, roast at 325F. Serve w/squash &amp; veg.</b>    |                    |                                                           |               |              |              |                |
| 0.50                                                                     | cup                | Cauliflower                                               | 1.00          | 2.50         | 0.00         | 12.50          |
| 0.50                                                                     | tea spoon          | Dried rosemary                                            | 0.03          | 0.38         | 0.09         | 1.99           |
| 1.50                                                                     | cup                | Green beans, steamed or boiled                            | 4.50          | 10.50        | 0.75         | 67.50          |
| 0.12                                                                     | tea spoon          | Ground dried sage                                         | 0.01          | 0.05         | 0.01         | 0.26           |
| 1.00                                                                     | 1 wedge yields     | Lemon juice, raw                                          | 0.02          | 0.41         | 0.01         | 1.32           |
| 8.00                                                                     | ounce(s)           | Pork, loin, lean, uncooked                                | 40.00         | 0.00         | 16.00        | 280.00         |
| 0.66                                                                     | cup                | Spaghetti squash, cooked                                  | 0.66          | 6.60         | 0.00         | 26.40          |
| 16.00                                                                    | 1 fl oz            | Water, bottled, generic                                   | 0.00          | 0.00         | 0.00         | 0.00           |
| <b>Totals:</b>                                                           |                    |                                                           | <b>46.22</b>  | <b>20.45</b> | <b>16.87</b> | <b>389.97</b>  |
| <b>Evening Snack - Dip pepper slices into hummus.Add lemon to water.</b> |                    |                                                           |               |              |              |                |
| 2.00                                                                     | table spoon        | Hummus                                                    | 2.00          | 4.00         | 3.00         | 50.00          |
| 1.00                                                                     | 1 wedge yields     | Lemon juice, raw                                          | 0.02          | 0.41         | 0.01         | 1.32           |
| 0.50                                                                     | cup                | Red pepper                                                | 0.46          | 2.78         | 0.14         | 14.26          |
| 20.00                                                                    | 1 fl oz            | Water, bottled, generic                                   | 0.00          | 0.00         | 0.00         | 0.00           |
| <b>Totals:</b>                                                           |                    |                                                           | <b>2.48</b>   | <b>7.19</b>  | <b>3.15</b>  | <b>65.58</b>   |
| <b>Actual Totals for Day # 3:</b>                                        |                    |                                                           | <b>119.88</b> | <b>91.25</b> | <b>41.40</b> | <b>1189.43</b> |
| <b>Actual % of Total Calories:</b>                                       |                    |                                                           | <b>39.40</b>  | <b>29.99</b> | <b>30.61</b> |                |

## DAY # 4

| Qty                                                                | Measure                       | Description                                         | Protein(gm)   | Carbs(gm)    | Fats(gm)     | Calories       |
|--------------------------------------------------------------------|-------------------------------|-----------------------------------------------------|---------------|--------------|--------------|----------------|
| <b>Breakfast - Scramble egg white w/veggies top w chopd tomato</b> |                               |                                                     |               |              |              |                |
| 1.00                                                               | 1 cup                         | Beverages, Green tea, brewed, from bags             | 0.44          | 0.00         | 0.00         | 2.45           |
| 2.00                                                               | each                          | Egg Whites - scrambled/boiled                       | 7.00          | 0.60         | 0.00         | 34.00          |
| 1.00                                                               | 1 wedge yields                | Lemon juice, raw                                    | 0.02          | 0.41         | 0.01         | 1.32           |
| 2.00                                                               | 1 spray , about 1/3 second (1 | Oil, PAM cooking spray, original                    | 0.00          | 0.12         | 0.47         | 4.75           |
| 2.00                                                               | tablespoon                    | Onion - chopped                                     | 0.20          | 1.80         | 0.00         | 8.00           |
| 0.25                                                               | cup                           | Pepper - sweet bell, all colors, chopped,           | 0.30          | 2.30         | 0.05         | 9.50           |
| 1.00                                                               | 1 cup                         | Spinach, raw                                        | 0.86          | 1.09         | 0.12         | 6.90           |
| 1.00                                                               | 1 cup, halves                 | Strawberries, raw                                   | 1.02          | 11.67        | 0.46         | 48.64          |
| 0.50                                                               | 1 cup, chopped or sliced      | Tomatoes, red, ripe, raw, November thru May average | 0.77          | 4.18         | 0.30         | 18.90          |
| 16.00                                                              | 1 fl oz                       | Water, bottled, generic                             | 0.00          | 0.00         | 0.00         | 0.00           |
| <b>Totals:</b>                                                     |                               |                                                     | <b>10.60</b>  | <b>22.18</b> | <b>1.41</b>  | <b>134.46</b>  |
| <b>AM Snack</b>                                                    |                               |                                                     |               |              |              |                |
| 2.00                                                               | 1 wedge yields                | Lemon juice, raw                                    | 0.04          | 0.83         | 0.03         | 2.64           |
| 20.00                                                              | 1 fl oz                       | Water, bottled, generic                             | 0.00          | 0.00         | 0.00         | 0.00           |
| <b>Totals:</b>                                                     |                               |                                                     | <b>0.04</b>   | <b>0.83</b>  | <b>0.03</b>  | <b>2.64</b>    |
| <b>Lunch - Toss Salad ingredients in a bowl. Top w Salmon.</b>     |                               |                                                     |               |              |              |                |
| 1.00                                                               | cup                           | Fresh spinach                                       | 0.80          | 1.09         | 0.12         | 6.90           |
| 0.12                                                               | cup                           | Grated carrots                                      | 0.12          | 1.32         | 0.00         | 5.40           |
| 1.00                                                               | table spoon                   | Italian dressing, reduced fat                       | 0.00          | 1.00         | 1.00         | 10.00          |
| 3.00                                                               | 1 wedge yields                | Lemon juice, raw                                    | 0.06          | 1.24         | 0.04         | 3.96           |
| 5.00                                                               | ounce(s)                      | Salmon - broiled                                    | 31.35         | 0.00         | 17.50        | 290.00         |
| 3.00                                                               | each                          | Tomato slice                                        | 0.51          | 2.79         | 0.21         | 12.60          |
| 16.00                                                              | 1 fl oz                       | Water, bottled, generic                             | 0.00          | 0.00         | 0.00         | 0.00           |
| 0.25                                                               | cup                           | Whole wheat pasta, cooked                           | 1.75          | 9.25         | 0.25         | 42.50          |
| <b>Totals:</b>                                                     |                               |                                                     | <b>34.59</b>  | <b>16.69</b> | <b>19.12</b> | <b>371.36</b>  |
| <b>PM Snack - Turkey wrap.</b>                                     |                               |                                                     |               |              |              |                |
| 3.00                                                               | 1 wedge yields                | Lemon juice, raw                                    | 0.06          | 1.24         | 0.04         | 3.96           |
| 2.00                                                               | each                          | Lettuce leaf                                        | 0.00          | 0.00         | 0.00         | 10.00          |
| 1.00                                                               | tea spoon                     | Mustard                                             | 0.22          | 0.27         | 0.20         | 3.35           |
| 1.00                                                               | ounce(s)                      | Turkey breast                                       | 8.50          | 0.00         | 0.20         | 38.00          |
| 20.00                                                              | 1 fl oz                       | Water, bottled, generic                             | 0.00          | 0.00         | 0.00         | 0.00           |
| <b>Totals:</b>                                                     |                               |                                                     | <b>8.78</b>   | <b>1.51</b>  | <b>0.44</b>  | <b>55.31</b>   |
| <b>Dinner - Season haddock as desired; Bake. Steam veggies.</b>    |                               |                                                     |               |              |              |                |
| 16.00                                                              | each                          | Asparagus spears                                    | 5.60          | 9.92         | 0.32         | 51.20          |
| 3.00                                                               | table spoon                   | Chopped onion                                       | 0.30          | 2.70         | 0.00         | 12.00          |
| 2.00                                                               | 3 oz                          | Fish, cod, Atlantic, cooked, dry heat               | 38.81         | 0.00         | 1.46         | 178.50         |
| 1.00                                                               | 3 cloves                      | Garlic, raw                                         | 0.57          | 2.98         | 0.04         | 13.41          |
| 4.00                                                               | 1 wedge yields                | Lemon juice, raw                                    | 0.08          | 1.66         | 0.06         | 5.28           |
| 0.50                                                               | table spoon                   | Olive oil                                           | 0.00          | 0.00         | 7.00         | 65.00          |
| 0.25                                                               | 1 cup                         | Quinoa, cooked                                      | 2.04          | 9.85         | 0.89         | 55.50          |
| 1.00                                                               | cup                           | Summer squash, cooked                               | 2.00          | 8.00         | 0.50         | 35.00          |
| 4.00                                                               | tea spoon                     | Trans fat-free buttery spread                       | 0.00          | 0.00         | 6.00         | 60.00          |
| 16.00                                                              | 1 fl oz                       | Water, bottled, generic                             | 0.00          | 0.00         | 0.00         | 0.00           |
| 0.75                                                               | cup                           | White mushrooms, sliced                             | 1.50          | 1.50         | 0.00         | 11.25          |
| <b>Totals:</b>                                                     |                               |                                                     | <b>50.90</b>  | <b>36.60</b> | <b>16.27</b> | <b>487.14</b>  |
| <b>Evening Snack - Prepare edamame per package directions.</b>     |                               |                                                     |               |              |              |                |
| 0.66                                                               | 1 cup                         | Edamame, frozen, prepared                           | 11.13         | 10.17        | 5.32         | 124.81         |
| 2.00                                                               | 1 wedge yields                | Lemon juice, raw                                    | 0.04          | 0.83         | 0.03         | 2.64           |
| 20.00                                                              | 1 cup                         | Water, bottled, generic                             | 0.00          | 0.00         | 0.00         | 0.00           |
| <b>Totals:</b>                                                     |                               |                                                     | <b>11.17</b>  | <b>11.00</b> | <b>5.35</b>  | <b>127.45</b>  |
| <b>Actual Totals for Day # 4:</b>                                  |                               |                                                     | <b>116.10</b> | <b>88.81</b> | <b>42.62</b> | <b>1178.36</b> |
| <b>Actual % of Total Calories:</b>                                 |                               |                                                     | <b>38.60</b>  | <b>29.52</b> | <b>31.88</b> |                |

## DAY # 5

| Qty                                                                         | Measure        | Description                                  | Protein(gm)   | Carbs(gm)    | Fats(gm)     | Calories       |
|-----------------------------------------------------------------------------|----------------|----------------------------------------------|---------------|--------------|--------------|----------------|
| <b>Breakfast - Cook egg and bacon in spread, place on sand. thin</b>        |                |                                              |               |              |              |                |
| 1.00                                                                        | each           | 100% whole wheat sandwich thin               | 5.00          | 22.00        | 1.00         | 100.00         |
| 1.00                                                                        | 1 cup          | Beverages, Green tea, brewed, from bags      | 0.44          | 0.00         | 0.00         | 2.45           |
| 1.00                                                                        | ounce(s)       | Canadian bacon, extra lean                   | 6.00          | 1.00         | 1.00         | 35.00          |
| 3.00                                                                        | large          | Egg white                                    | 12.00         | 0.00         | 0.00         | 45.00          |
| 1.00                                                                        | cup            | Fresh cantaloupe                             | 1.31          | 12.73        | 0.30         | 53.04          |
| 1.00                                                                        | 1 wedge yields | Lemon juice, raw                             | 0.02          | 0.41         | 0.01         | 1.32           |
| 2.00                                                                        | tea spoon      | Trans fat-free buttery spread                | 0.00          | 0.00         | 3.00         | 30.00          |
| 16.00                                                                       | 1 fl oz        | Water, bottled, generic                      | 0.00          | 0.00         | 0.00         | 0.00           |
|                                                                             |                | <b>Totals:</b>                               | <b>24.77</b>  | <b>36.14</b> | <b>5.31</b>  | <b>266.81</b>  |
| <b>AM Snack</b>                                                             |                |                                              |               |              |              |                |
| 2.00                                                                        | 1 wedge yields | Lemon juice, raw                             | 0.04          | 0.83         | 0.03         | 2.64           |
| 20.00                                                                       | 1 fl oz        | Water, bottled, generic                      | 0.00          | 0.00         | 0.00         | 0.00           |
|                                                                             |                | <b>Totals:</b>                               | <b>0.04</b>   | <b>0.83</b>  | <b>0.03</b>  | <b>2.64</b>    |
| <b>Lunch - Top turkey wrap w cheese, mustard. Toss salad.</b>               |                |                                              |               |              |              |                |
| 1.00                                                                        | each           | 100% whole wheat wrap, 6"                    | 3.00          | 13.00        | 1.00         | 70.00          |
| 1.00                                                                        | ounce(s)       | 2% milkfat cheddar cheese                    | 7.00          | 1.00         | 2.00         | 50.00          |
| 0.25                                                                        | cup            | Chopped tomato                               | 0.50          | 1.75         | 0.00         | 7.50           |
| 1.00                                                                        | table spoon    | Italian dressing, reduced fat                | 0.00          | 1.00         | 1.00         | 10.00          |
| 2.00                                                                        | 1 wedge yields | Lemon juice, raw                             | 0.04          | 0.83         | 0.03         | 2.64           |
| 4.00                                                                        | each           | Lettuce leaf                                 | 0.00          | 0.00         | 0.00         | 20.00          |
| 1.00                                                                        | cup            | Mixed green salad                            | 1.00          | 3.00         | 0.00         | 10.00          |
| 3.00                                                                        | ounce(s)       | Turkey breast                                | 25.50         | 0.00         | 0.60         | 114.00         |
| 16.00                                                                       | 1 fl oz        | Water, bottled, generic                      | 0.00          | 0.00         | 0.00         | 0.00           |
|                                                                             |                | <b>Totals:</b>                               | <b>37.04</b>  | <b>20.58</b> | <b>4.63</b>  | <b>284.14</b>  |
| <b>PM Snack - Top cottage cheese with strawberries. Lemon water.</b>        |                |                                              |               |              |              |                |
| 0.50                                                                        | cup            | Cottage Cheese - 1% fat                      | 14.00         | 3.10         | 1.15         | 82.00          |
| 1.00                                                                        | 1 wedge yields | Lemon juice, raw                             | 0.02          | 0.41         | 0.01         | 1.32           |
| 0.33                                                                        | cup            | Strawberries                                 | 0.33          | 2.97         | 0.00         | 19.80          |
| 20.00                                                                       | 1 fl oz        | Water, bottled, generic                      | 0.00          | 0.00         | 0.00         | 0.00           |
|                                                                             |                | <b>Totals:</b>                               | <b>14.35</b>  | <b>6.48</b>  | <b>1.16</b>  | <b>103.12</b>  |
| <b>Dinner - Season chicken, drizzle w/oil. bake 400F 20min.</b>             |                |                                              |               |              |              |                |
| 3.00                                                                        | ounce(s)       | Boneless chicken breast                      | 19.50         | 0.00         | 1.20         | 93.00          |
| 0.25                                                                        | cup            | Brown rice, cooked                           | 1.25          | 11.25        | 0.50         | 55.00          |
| 0.25                                                                        | table spoon    | Garlic powder                                | 0.35          | 1.52         | 0.03         | 7.00           |
| 0.50                                                                        | cup            | Green beans, steamed or boiled               | 1.50          | 3.50         | 0.25         | 22.50          |
| 0.12                                                                        | tea spoon      | Ground black pepper                          | 0.00          | 0.00         | 0.00         | 0.00           |
| 1.00                                                                        | 1 wedge yields | Lemon juice, raw                             | 0.02          | 0.41         | 0.01         | 1.32           |
| 1.25                                                                        | table spoon    | Olive oil                                    | 0.00          | 0.00         | 17.50        | 162.50         |
| 0.25                                                                        | tea spoon      | Paprika                                      | 0.08          | 0.29         | 0.07         | 1.52           |
| 16.00                                                                       | 1 fl oz        | Water, bottled, generic                      | 0.00          | 0.00         | 0.00         | 0.00           |
|                                                                             |                | <b>Totals:</b>                               | <b>22.70</b>  | <b>16.98</b> | <b>19.56</b> | <b>342.84</b>  |
| <b>Evening Snack - Top bread w cheese &amp; tomato. Melt under broiler.</b> |                |                                              |               |              |              |                |
| 0.50                                                                        | ounce(s)       | 2% milkfat cheddar cheese                    | 3.50          | 0.50         | 1.00         | 25.00          |
| 1.00                                                                        | slice          | Ezekiel 4:9 bread, sprouted 100% whole wheat | 4.00          | 15.00        | 0.50         | 80.00          |
| 1.00                                                                        | 1 wedge yields | Lemon juice, raw                             | 0.02          | 0.41         | 0.01         | 1.32           |
| 2.00                                                                        | each           | Tomato slice                                 | 0.34          | 1.86         | 0.14         | 8.40           |
| 20.00                                                                       | 1 fl oz        | Water, bottled, generic                      | 0.00          | 0.00         | 0.00         | 0.00           |
|                                                                             |                | <b>Totals:</b>                               | <b>7.86</b>   | <b>17.77</b> | <b>1.65</b>  | <b>114.72</b>  |
|                                                                             |                | <b>Actual Totals for Day # 5:</b>            | <b>106.77</b> | <b>98.79</b> | <b>32.35</b> | <b>1114.27</b> |
|                                                                             |                | <b>Actual % of Total Calories:</b>           | <b>38.36</b>  | <b>35.49</b> | <b>26.15</b> |                |

## DAY # 6

| Qty                                                                  | Measure              | Description                             | Protein(gm)   | Carbs(gm)     | Fats(gm)     | Calories       |
|----------------------------------------------------------------------|----------------------|-----------------------------------------|---------------|---------------|--------------|----------------|
| <b>Breakfast - Cook oats w/milk as directed.Top straw/nuts/seeds</b> |                      |                                         |               |               |              |                |
| 14.00                                                                | each                 | Almonds, unsalted                       | 0.00          | 0.00          | 7.00         | 70.00          |
| 1.00                                                                 | 1 cup                | Beverages, Green tea, brewed, from bags | 0.44          | 0.00          | 0.00         | 2.45           |
| 0.33                                                                 | cup                  | Dry steel cut oats                      | 3.30          | 17.82         | 1.65         | 99.00          |
| 1.00                                                                 | 1 wedge yields       | Lemon juice, raw                        | 0.02          | 0.41          | 0.01         | 1.32           |
| 2.00                                                                 | 1 tablespoon, ground | Seeds, flaxseed                         | 2.56          | 4.04          | 5.90         | 74.76          |
| 8.00                                                                 | fluid ounce(s)       | Skim milk                               | 8.00          | 16.00         | 0.00         | 80.00          |
| 0.66                                                                 | cup                  | Strawberries                            | 0.66          | 5.94          | 0.00         | 39.60          |
| 16.00                                                                | 1 fl oz              | Water, bottled, generic                 | 0.00          | 0.00          | 0.00         | 0.00           |
|                                                                      |                      | <b>Totals:</b>                          | <b>14.98</b>  | <b>44.22</b>  | <b>14.57</b> | <b>367.13</b>  |
| <b>AM Snack - Cheese stick. Lemon water each meal and snack.</b>     |                      |                                         |               |               |              |                |
| 2.00                                                                 | 1 wedge yields       | Lemon juice, raw                        | 0.04          | 0.83          | 0.03         | 2.64           |
| 1.00                                                                 | each                 | String cheese, part skim mozzarella     | 8.00          | 1.00          | 6.00         | 80.00          |
| 20.00                                                                | 1 fl oz              | Water, bottled, generic                 | 0.00          | 0.00          | 0.00         | 0.00           |
|                                                                      |                      | <b>Totals:</b>                          | <b>8.04</b>   | <b>1.83</b>   | <b>6.03</b>  | <b>82.64</b>   |
| <b>Lunch - Mix tuna, mayo and celery. Spread on bread.</b>           |                      |                                         |               |               |              |                |
| 0.50                                                                 | each                 | 100% whole wheat sandwich thin          | 2.50          | 11.00         | 0.50         | 50.00          |
| 12.00                                                                | each                 | Baby carrots                            | 1.20          | 9.60          | 1.20         | 48.00          |
| 0.25                                                                 | cup                  | Celery                                  | 0.21          | 0.89          | 0.05         | 4.80           |
| 2.00                                                                 | 1 wedge yields       | Lemon juice, raw                        | 0.04          | 0.83          | 0.03         | 2.64           |
| 1.00                                                                 | table spoon          | Low fat mayonnaise                      | 0.00          | 4.00          | 1.00         | 25.00          |
| 4.00                                                                 | ounce(s)             | Water packed white tuna                 | 28.00         | 0.00          | 4.00         | 140.00         |
| 20.00                                                                | 1 fl oz              | Water, bottled, generic                 | 0.00          | 0.00          | 0.00         | 0.00           |
|                                                                      |                      | <b>Totals:</b>                          | <b>31.95</b>  | <b>26.32</b>  | <b>6.78</b>  | <b>270.44</b>  |
| <b>PM Snack - Add peaches to cottage cheese. Lemon water DAILY.</b>  |                      |                                         |               |               |              |                |
| 0.33                                                                 | cup                  | Cottage Cheese - 1% fat                 | 9.24          | 2.05          | 0.76         | 54.12          |
| 1.00                                                                 | 1 wedge yields       | Lemon juice, raw                        | 0.02          | 0.41          | 0.01         | 1.32           |
| 0.25                                                                 | cup                  | Sliced fresh peaches                    | 0.39          | 4.05          | 0.11         | 16.58          |
| 20.00                                                                | 1 fl oz              | Water, bottled, generic                 | 0.00          | 0.00          | 0.00         | 0.00           |
|                                                                      |                      | <b>Totals:</b>                          | <b>9.65</b>   | <b>6.51</b>   | <b>0.88</b>  | <b>72.02</b>   |
| <b>Dinner - Top chick w/ seasoning/tomato; roast 350F 20min.</b>     |                      |                                         |               |               |              |                |
| 4.00                                                                 | ounce(s)             | Boneless chicken breast                 | 26.00         | 0.00          | 1.60         | 124.00         |
| 0.50                                                                 | cup                  | Broccoli                                | 1.86          | 5.60          | 0.32         | 27.30          |
| 1.00                                                                 | cup                  | Chopped tomato                          | 2.00          | 7.00          | 0.00         | 30.00          |
| 2.00                                                                 | table spoon          | Grated parmesan cheese                  | 3.84          | 0.40          | 2.86         | 43.10          |
| 0.25                                                                 | tea spoon            | Italian seasoning medley                | 0.00          | 0.00          | 0.00         | 0.00           |
| 1.00                                                                 | 1 wedge yields       | Lemon juice, raw                        | 0.02          | 0.41          | 0.01         | 1.32           |
| 0.25                                                                 | table spoon          | Olive oil                               | 0.00          | 0.00          | 3.50         | 32.50          |
| 16.00                                                                | 1 fl oz              | Water, bottled, generic                 | 0.00          | 0.00          | 0.00         | 0.00           |
| 0.25                                                                 | cup                  | Whole wheat spaghetti, cooked           | 1.87          | 9.29          | 0.19         | 43.40          |
|                                                                      |                      | <b>Totals:</b>                          | <b>35.59</b>  | <b>22.70</b>  | <b>8.48</b>  | <b>301.62</b>  |
| <b>Evening Snack</b>                                                 |                      |                                         |               |               |              |                |
| 2.00                                                                 | 1 wedge yields       | Lemon juice, raw                        | 0.04          | 0.83          | 0.03         | 2.64           |
| 20.00                                                                | each                 | Pistachio nuts                          | 2.80          | 3.80          | 6.40         | 78.60          |
| 20.00                                                                | 1 fl oz              | Water, bottled, generic                 | 0.00          | 0.00          | 0.00         | 0.00           |
|                                                                      |                      | <b>Totals:</b>                          | <b>2.84</b>   | <b>4.63</b>   | <b>6.43</b>  | <b>81.24</b>   |
| <b>Actual Totals for Day # 6:</b>                                    |                      |                                         | <b>103.05</b> | <b>106.21</b> | <b>43.17</b> | <b>1175.09</b> |
| <b>Actual % of Total Calories:</b>                                   |                      |                                         | <b>33.63</b>  | <b>34.66</b>  | <b>31.70</b> |                |

**Grocery List For: 1200 Calories-Wk2, 1200 Calories**  
**For the Date Range: 2/8/16 to 2/13/16**

**Individual Foods**

| Food                                        | Quantity | Measure        |
|---------------------------------------------|----------|----------------|
| <b>Proteins (Healthy)</b>                   |          |                |
| Salmon                                      | 4        | ounce(s)       |
| 2% milkfat cheddar cheese                   | 4.5      | ounce(s)       |
| Greek yogurt, plain, non fat                | 12       | ounce(s)       |
| Water packed white tuna                     | 8        | ounce(s)       |
| Egg white                                   | 6        | large          |
| Canadian bacon, extra lean                  | 1        | ounce(s)       |
| Cooked egg white                            | 1        | each           |
| Almonds, unsalted                           | 14       | each           |
| Boneless chicken breast                     | 11       | ounce(s)       |
| Turkey breast                               | 10       | ounce(s)       |
| Salmon - broiled                            | 5        | ounce(s)       |
| Egg Whites - scrambled/boiled               | 2        | each           |
| <b>Starchy Carbohydrates (Healthy)</b>      |          |                |
| Spaghetti squash, cooked                    | 0.99     | cup            |
| <b>Fibrous Carbohydrates (Healthy)</b>      |          |                |
| Ezekiel 4:9 bread, sprouted 100% whole      | 1        | slice          |
| 100% whole wheat sandwich thin              | 2        | each           |
| Dry steel cut oats                          | 0.33     | cup            |
| 100% whole wheat wrap, 6"                   | 1        | each           |
| Whole wheat pasta, cooked                   | 0.25     | cup            |
| Brown rice, cooked                          | 0.25     | cup            |
| Whole wheat spaghetti, cooked               | 0.25     | cup            |
| <b>Jams/ Spreads/Sauces/ Syrups</b>         |          |                |
| Almond Butter                               | 0.5      | table spoon    |
| Trans fat-free buttery spread               | 8        | tea spoon      |
| Low fat mayonnaise                          | 1        | table spoon    |
| Peanut Butter                               | 1        | table spoon    |
| <b>Dairy</b>                                |          |                |
| Laughing Cow Mini BabyBel Light Original    | 1        | each           |
| Grated parmesan cheese                      | 2        | table spoon    |
| Hard boiled egg                             | 1        | each           |
| Skim milk                                   | 20       | fluid ounce(s) |
| Milk, lowfat, fluid, 1% milkfat, with added | 8        | 1 fl oz        |



#### Fruits & Fruit Juices

|                                   |      |                |
|-----------------------------------|------|----------------|
| Fresh blueberries                 | 0.5  | cup            |
| Fresh cantaloupe                  | 1    | cup            |
| Frozen unsweetened blueberries    | 0.25 | cup            |
| Pear                              | 0.5  | each           |
| Sliced fresh peaches              | 0.25 | cup            |
| Grapefruit - pink or red 4" diam. | 0.5  | each           |
| Strawberries                      | 1.99 | cup            |
| Lemon juice, raw                  | 52   | 1 wedge yields |
| Strawberries, raw                 | 1    | 1 cup, halves  |

#### Protein Snack Foods (Healthy)

|                                     |      |      |
|-------------------------------------|------|------|
| String cheese, part skim mozzarella | 1    | each |
| Egg - boiled white only             | 1    | each |
| Cottage Cheese - 1% fat             | 1.16 | cup  |

#### Fats & Oils

|                                  |     |                     |
|----------------------------------|-----|---------------------|
| Olive oil                        | 3.5 | table spoon         |
| Oil, PAM cooking spray, original | 2   | 1 spray , about 1/3 |

#### Cereals

|             |      |     |
|-------------|------|-----|
| Bran flakes | 0.25 | cup |
|-------------|------|-----|

#### Vegetables

|                                           |      |                          |
|-------------------------------------------|------|--------------------------|
| Summer squash, cooked                     | 1    | cup                      |
| White mushrooms, sliced                   | 0.75 | cup                      |
| Celery                                    | 0.25 | cup                      |
| Red pepper                                | 0.5  | cup                      |
| Green beans, steamed or boiled            | 2    | cup                      |
| Tomato slice                              | 7    | each                     |
| Broccoli                                  | 2.5  | cup                      |
| Canned artichoke                          | 1    | ounce(s)                 |
| Cauliflower                               | 0.5  | cup                      |
| Grated carrots                            | 0.37 | cup                      |
| Lettuce leaf                              | 9    | each                     |
| Chopped tomato                            | 2.25 | cup                      |
| Baby carrots                              | 12   | each                     |
| Fresh spinach                             | 6.5  | cup                      |
| Fresh mushrooms                           | 1    | cup                      |
| Chopped onion                             | 6    | table spoon              |
| Asparagus spears                          | 36   | each                     |
| Mixed green salad                         | 1    | cup                      |
| Pepper - sweet bell, all colors, chopped, | 0.25 | cup                      |
| Onion - chopped                           | 2    | tablespoon               |
| Edamame, frozen, prepared                 | 0.66 | 1 cup                    |
| Garlic, raw                               | 1    | 3 cloves                 |
| Spinach, raw                              | 1    | 1 cup                    |
| Tomatoes, red, ripe, raw, November thru   | 0.5  | 1 cup, chopped or sliced |

#### Breads and baked goods

|                                            |      |                      |
|--------------------------------------------|------|----------------------|
| Bread, Ezekiel Cinnamon Raisin             | 1    | slice                |
| Carb. Snack Foods (Healthy)                |      |                      |
| Dr. Praeger's Kale Veggie Burgers          | 1    | each                 |
| Apple                                      | 1    | each                 |
| Beverages                                  |      |                      |
| Beverages, Green tea, brewed, from bags    | 7    | 1 cup                |
| Water, bottled, generic                    | 248  | 1 cup                |
| Water, bottled, generic                    | 420  | 1 fl oz              |
| Nuts & Seeds                               |      |                      |
| Sunflower seeds                            | 0.5  | table spoon          |
| Chopped walnuts                            | 1.25 | table spoon          |
| Pistachio nuts                             | 20   | each                 |
| Seeds, flaxseed                            | 2    | 1 tablespoon, ground |
| Dressings                                  |      |                      |
| Balsamic Vinegar                           | 2    | table spoon          |
| Italian dressing, reduced fat              | 2.5  | table spoon          |
| Rice, grains, flour                        |      |                      |
| Quinoa, cooked                             | 0.37 | 1 cup                |
| Beans, Lentils                             |      |                      |
| Hummus                                     | 2    | table spoon          |
| Seasonings                                 |      |                      |
| Ground black pepper                        | 0.12 | tea spoon            |
| Italian seasoning medley                   | 0.25 | tea spoon            |
| Dried rosemary                             | 0.5  | tea spoon            |
| Ground dried sage                          | 0.12 | tea spoon            |
| Fresh basil                                | 1    | table spoon          |
| Paprika                                    | 0.25 | tea spoon            |
| Mustard                                    | 2    | tea spoon            |
| Garlic powder                              | 0.25 | table spoon          |
| Miscellaneous                              |      |                      |
| Teriyaki sauce, ready to serve, low sodium | 1    | table spoon          |
| Poultry                                    |      |                      |
| Turkey bacon, cooked                       | 1    | 1 oz cooked, yield   |
| Finfish and Shellfish                      |      |                      |
| Fish, cod, Atlantic, cooked, dry heat      | 2    | 3 oz                 |
| Pork Products                              |      |                      |
| Pork, loin, lean, uncooked                 | 8    | ounce(s)             |

### **Important Notes**

\* If you have a medical condition, please consult with your doctor before following this meal plan.

\* According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.

\* Any suggested nutritional supplements are not intended to replace the nutritional equivalence of real food items and are not necessarily recommended by Dr. Ro or any designing Registered Dietitian, software publisher and/or any related parties.