

Meal Planner For: 1200 Cal P47 Wk 4, 1200 Calories
For the Date Range: 2/22/16 to 2/28/16

DAY # 1

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Pick me up Green Juice. Blend ingr. w. water, ice						
1.00	1 cup	Beverages, Green tea, brewed, from bags	0.44	0.00	0.00	2.45
1.00	5 slices (1" dia)	Ginger root, raw	0.20	1.95	0.08	8.80
1.00	each	Hard boiled egg	6.00	1.00	4.00	60.00
1.00	scoop	Hemp Protein Concentrate	20.00	4.50	4.50	140.00
1.00	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
0.50	1 lemon yields	Lemon juice, raw	0.08	1.62	0.06	5.17
0.50	1 cup, chunks	Pineapple, raw, all varieties	0.45	10.82	0.10	41.25
0.50	each	Small banana	0.50	11.50	0.00	45.00
2.00	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
24.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			30.25	44.72	9.37	362.83
AM Snack						
0.50	each	Apple - medium with peel	0.15	10.50	0.25	40.50
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
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
Totals:			8.17	11.91	6.26	121.82
Lunch - Toss salad ingredients with oil and vinegar.						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
0.50	cup	Chopped tomato	1.00	3.50	0.00	15.00
0.50	cup	Grated carrots	0.50	5.50	0.00	22.50
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
3.00	cup	Mixed greens	0.00	3.00	0.00	15.00
4.00	tea spoon	Olive oil	0.00	0.00	18.00	160.00
4.00	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			35.52	14.41	18.81	375.82
PM Snack						
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
24.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			0.02	0.41	0.01	1.32
Dinner - Broil/grill chick oil.Potatow/spread. Salad greens						
2.00	0.5 cup	Arugula, raw	0.52	0.73	0.13	5.00
2.00	table spoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
1.25	cup	Broccoli	4.65	14.00	0.80	68.25
4.00	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
2.00	cup	Mixed greens	0.00	2.00	0.00	10.00
2.00	tea spoon	Olive oil	0.00	0.00	9.00	80.00
0.25	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
2.00	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			33.22	31.00	15.43	394.07
Evening Snack						
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
24.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			0.02	0.41	0.01	1.32
Actual Totals for Day # 1:			107.21	102.87	49.91	1257.18

Actual % of Total Calories:	33.26	31.91	34.83
-----------------------------	-------	-------	-------

DAY # 2

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Prepare oats per package directions using milk.						
1.00	1 cup	Beverages, Green tea, brewed, from bags	0.44	0.00	0.00	2.45
1.00	table spoon	Chopped walnuts	2.00	1.00	4.50	50.00
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
4.00	fluid ounce(s)	Skim milk	4.00	8.00	0.00	40.00
16.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	9.76	27.23	6.16	192.77
AM Snack - Spread almond butter on bread.						
0.33	tablespoon	Barney Butter Almond Butter Crunchy	0.99	0.00	2.48	29.70
1.00	slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	4.01	18.41	2.49	111.02
Lunch - Toss salad ingredients together.						
1.00	ounce(s)	Canned artichoke	0.98	3.17	0.00	14.00
0.33	cup	Chopped tomato	0.66	2.31	0.00	9.90
1.00	each	Cooked egg white	4.00	0.00	0.00	15.00
0.33	cup	Fresh mushrooms	0.71	0.75	0.08	5.08
3.00	cup	Fresh spinach	2.40	3.27	0.36	20.70
3.00	1 wedge yields	Lemon juice, raw	0.06	1.24	0.04	3.96
0.25	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
1.00	1 tablespoon	Salad dressing, italian dressing, fat-free	0.14	1.23	0.12	6.58
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
		Totals:	38.99	21.82	5.49	270.72
PM Snack - Snack Pizza Slices on Zucchini w/sausage, tom.						
1.00	each	Aidells Organic Sun Dried Tomato Sausage	13.00	3.00	9.00	150.00
1.00	1 oz	Cheese, mozzarella, part skim milk	6.79	0.78	4.46	71.12
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
1.00	1 Italian tomato	Tomatoes, red, ripe, raw, November thru May average	0.53	2.88	0.20	13.02
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
2.00	medium	Zucchini - baby, raw	0.60	0.60	0.00	4.00
		Totals:	20.94	7.67	13.68	239.46
Dinner - Broil fish w/oil. Serve w/beets&beans/almonds.						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
3.00	ounce(s)	Flounder - broiled	20.49	0.00	0.00	99.00
1.00	cup	Fresh spinach	0.80	1.09	0.12	6.90
1.00	cup	Green beans, steamed or boiled	3.00	7.00	0.50	45.00
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
2.00	tea spoon	Olive oil	0.00	0.00	9.00	80.00
0.50	cup	Roasted beets	0.50	5.50	0.00	25.00
1.00	table spoon	Slivered almonds	1.00	1.00	3.50	40.00
0.50	each	Sweet potato, baked in peel, large	2.00	18.50	0.00	80.00
16.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	27.81	35.50	13.13	387.22
Evening Snack						
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	0.02	0.41	0.01	1.32
		Actual Totals for Day # 2:	101.53	111.05	40.97	1202.51
		Actual % of Total Calories:	33.31	36.44	30.25	

DAY # 3

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Saute eggs,cheese &veg in spread.Top w salsa Melon						
1.00	1 cup	Beverages, Green tea, brewed, from bags	0.44	0.00	0.00	2.45
2.00	large	Egg white	8.00	0.00	0.00	30.00
0.50	cup	Fresh cantaloupe	0.65	6.36	0.15	26.52
0.25	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
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
1.00	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
1.00	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
1.00	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
1.00	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
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
Totals:			19.64	21.83	3.80	197.29
AM Snack						
1.00	1 small	Apples, raw, fuji, with skin	0.32	24.05	0.28	99.54
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
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
Totals:			8.34	25.46	6.30	180.86
Lunch - Top rice w/chopped chicken and remaining ing.						
0.25	cup	Black beans	3.50	10.00	0.25	50.00
4.00	ounce(s)	Boneless chicken breast	26.00	0.00	1.60	124.00
0.50	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
0.33	cup	Chopped tomato	0.66	2.31	0.00	9.90
0.50	cup	Kale	1.11	3.36	0.23	16.75
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
0.25	cup	Sliced avocado	0.75	3.00	5.25	57.50
16.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			34.54	41.58	8.35	369.47
PM Snack - Sprinkle chili powder on melon chunks. almonds.						
10.00	each	Almonds, unsalted	0.00	0.00	5.00	50.00
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
0.33	1 tablespoon	Spices, chili powder	0.36	1.31	0.38	7.44
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
1.00	1 cup, diced	Watermelon, raw	0.93	11.48	0.23	45.60
Totals:			1.30	13.20	5.62	104.36
Dinner - Combine chick w/veg/beans. Stuff pepper/sauce/Bake						
0.50	each	Bell pepper	1.40	9.60	0.20	40.00
2.00	table spoon	Chopped onion	0.20	1.80	0.00	8.00
1.00	each	Garlic clove	0.19	0.99	0.02	4.47
3.00	ounce(s)	Ground chicken breast, raw	18.00	0.00	0.75	75.00
1.00	table spoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
0.13	cup	Kidney beans, cooked or canned	1.95	5.20	0.13	28.60
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
2.00	cup	Mixed greens	0.00	2.00	0.00	10.00
1.00	ounce(s)	Mozzarella cheese, part skim	6.79	0.78	4.46	71.12
0.25	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
0.50	cup	Tomato sauce	2.00	8.00	0.00	30.00
16.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			32.59	39.64	7.46	334.01
Evening Snack						
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			0.02	0.41	0.01	1.32
Actual Totals for Day # 3:			96.42	142.13	31.55	1187.31
Actual % of Total Calories:			31.15	45.92	22.93	

DAY # 4

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Mix cott cheese w/fruit/cinn/nuts. Cook egg w/Pam.						
1.00	1 cup	Beverages, Green tea, brewed, from bags	0.44	0.00	0.00	2.45
1.00	table spoon	Chopped walnuts	2.00	1.00	4.50	50.00
0.25	tea spoon	Cinnamon	0.07	1.35	0.05	4.50
1.00	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
1.00	large	Egg white	4.00	0.00	0.00	15.00
0.50	cup	Fresh blueberries	0.54	10.51	0.24	41.33
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
1.00	1 spray , about 1/3 second (1	Oil, PAM cooking spray, original	0.00	0.06	0.24	2.38
16.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			35.07	19.53	7.34	280.97
AM Snack - Almond butter on toast.						
0.30	table spoon	Almond Butter	0.60	0.90	2.70	30.30
3.00	each	Celery - raw stalk, trimmed	1.50	6.00	0.00	30.00
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			2.12	7.31	2.71	61.62
Lunch - Spinach, broccoli, salmon cobb salad.						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
3.00	ounce(s)	Canned salmon	21.00	0.00	3.00	120.00
0.50	cup	Chopped tomato	1.00	3.50	0.00	15.00
0.25	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
2.00	cup	Fresh spinach	1.60	2.18	0.24	13.80
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
0.66	cup	Mixed vegetables (non starchy)	0.66	4.62	0.00	26.40
1.50	tea spoon	Olive oil	0.00	0.00	6.75	60.00
1.00	table spoon	Pumpkin seeds, roasted, unsalted	2.00	1.00	3.50	40.00
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			26.82	14.28	13.56	290.37
PM Snack - Turkey Lett wraps w. Mustard. Lemon Water DAILY.						
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
3.00	1 leaf	Lettuce, green leaf, raw	0.41	0.86	0.04	4.50
1.00	tea spoon	Mustard	0.22	0.27	0.20	3.35
3.00	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			26.15	1.55	0.86	123.17
Dinner - Saute beef w veg and soy. Serve over quinoa.						
0.75	cup	Broccoli	2.79	8.40	0.48	40.95
2.00	table spoon	Chopped onion	4.00	30.00	0.00	120.00
4.00	ounce(s)	Extra lean beef	25.00	2.00	3.00	130.00
0.25	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
1.00	cup	Fresh spinach	0.80	1.09	0.12	6.90
0.13	1 teaspoon	Ginger root, raw	0.00	0.05	0.00	0.21
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
0.50	tea spoon	Olive oil	0.00	0.00	2.25	20.00
0.25	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
1.00	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	5.00
16.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			35.19	52.37	6.81	383.73
Evening Snack						
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
2.00	cup	skinny pop popcorn	1.07	8.00	5.33	80.00
Totals:			1.09	8.41	5.35	81.32
Actual Totals for Day # 4:			126.44	103.46	36.64	1221.18
Actual % of Total Calories:			40.48	33.12	26.39	

DAY # 5

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Add cinnamon and nuts to yogurt. Tea, Lemon Water.						
1.00	1 cup	Beverages, Green tea, brewed, from bags	0.44	0.00	0.00	2.45
1.25	table spoon	Chopped walnuts	2.50	1.25	5.62	62.50
0.25	tea spoon	Cinnamon	0.07	1.35	0.05	4.50
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
16.00	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
16.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
1.00	5.3 oz	Yogurt, Greek, non fat, vanilla, CHOBANI	13.61	12.13	0.33	106.50
		Totals:	23.24	28.05	10.12	283.27
Lunch - Toss ingredients and place on rice. Serve w/greens						
2.00	table spoon	Black beans, canned, drained	2.00	6.00	0.00	30.00
4.00	ounce(s)	Boneless chicken breast	26.00	0.00	1.60	124.00
0.25	cup	Brown rice, cooked	1.25	11.25	0.50	55.00
2.00	table spoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
2.00	cup	Mixed greens	0.00	2.00	0.00	10.00
0.25	cup	Salsa	1.00	4.05	0.10	17.48
0.25	cup	Sliced avocado	0.75	3.00	5.25	57.50
16.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	31.02	28.72	9.47	315.30
PM Snack - Prepare per package directions.						
0.66	cup	Edamame, in pods, prepared from frozen	9.90	8.58	4.62	118.80
		Totals:	9.90	8.58	4.62	118.80
Dinner - Broil cod, serve w steamed broc. saute veg. Salad						
0.50	cup	Broccoli	1.86	5.60	0.32	27.30
3.00	table spoon	Chopped onion	0.30	2.70	0.00	12.00
5.00	ounce(s)	Cod - Atlantic, broiled	32.35	0.00	1.25	150.00
1.00	cup	Fresh mushrooms	2.16	2.28	0.24	15.40
2.00	cup	Fresh spinach	1.60	2.18	0.24	13.80
3.00	1 wedge yields	Lemon juice, raw	0.06	1.24	0.04	3.96
4.00	tea spoon	Olive oil	0.00	0.00	18.00	160.00
16.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	38.33	14.00	20.09	382.46
Evening Snack - Sprinkle dried basil and dash sea salt on popcorn.						
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
1.00	1 teaspoon, ground	Spices, basil, dried	0.32	0.67	0.06	3.26
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
2.00	cup	skinny pop popcorn	1.07	8.00	5.33	80.00
		Totals:	1.41	9.08	5.40	84.58
		Actual Totals for Day # 5:	103.90	88.43	49.70	1184.41
		Actual % of Total Calories:	34.16	29.07	36.77	

DAY # 6

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Scramble egg whites, top Kale burger						
1.00	1 cup	Beverages, Green tea, brewed, from bags	0.44	0.00	0.00	2.45
1.00	each	Dr. Praeger's Kale Veggie Burgers	3.00	14.00	6.00	130.00
3.00	large	Egg white	12.00	0.00	0.00	45.00
0.50	each	Grapefruit	0.60	11.90	0.10	46.00
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
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
		Totals:	22.06	26.31	12.11	304.77
AM Snack						
0.50	tablespoon	Barney Butter Almond Butter Crunchy	1.50	0.00	3.75	45.00
2.00	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	2.52	4.41	3.76	66.32
Lunch - Tossed Salad Topped w/ Tuna. Apple						
1.00	1 small	Apples, raw, fuji, with skin	0.32	24.05	0.28	99.54
0.25	each	Bell pepper	0.70	4.80	0.10	20.00
2.00	cup	Fresh spinach	1.60	2.18	0.24	13.80
0.50	cup	Grated carrots	0.50	5.50	0.00	22.50
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
0.25	cup	Pepper - sweet bell, all colors, chopped,	0.30	2.30	0.05	9.50
2.00	1 tablespoon	Salad dressing, italian dressing, fat-free	0.27	2.45	0.24	13.16
0.50	1 cup cherry tomatoes	Tomatoes, red, ripe, raw, November thru May average	0.63	3.46	0.25	15.64
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
		Totals:	32.34	45.15	5.18	335.47
Dinner - Lentilsw/onions& carrots. Broil Salmon,lemon, herb						
0.50	cup	Broccoli	1.86	5.60	0.32	27.30
0.25	1 cup grated	Carrots, raw	0.26	2.63	0.07	11.28
0.50	cup	Cooked lentils	9.00	20.00	0.50	115.00
0.50	5 sprigs	Dill weed, fresh	0.02	0.04	0.01	0.21
0.50	each	Garlic clove	0.09	0.50	0.01	2.23
4.00	1 wedge yields	Lemon juice, raw	0.08	1.66	0.06	5.28
1.00	tea spoon	Olive oil	0.00	0.00	4.50	40.00
1.00	table spoon	Onion - chopped	0.10	0.90	0.00	4.00
4.00	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
16.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	36.49	31.32	19.46	437.30
Evening Snack						
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
2.00	cup	skinny pop popcorn	1.07	8.00	5.33	80.00
		Totals:	1.09	8.41	5.35	81.32
Actual Totals for Day # 6:			94.50	115.61	45.86	1225.18
Actual % of Total Calories:			30.16	36.90	32.94	

DAY # 7

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Blend pro pwdr,fruit, veg ice, water. HB egg,bacon						
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
0.50	0.25 cup slices (1" dia)	Ginger root, raw	0.22	2.13	0.09	9.60
0.50	scoop	Hemp Protien Concentrate	10.00	2.25	2.25	70.00
0.50	1 fruit (2" dia)	Kiwifruit, green, raw	0.39	5.06	0.18	21.05
0.50	1 lemon yields	Lemon juice, raw	0.08	1.62	0.06	5.17
2.00	1 spray , about 1/3 second (1	Oil, PAM cooking spray, original	0.00	0.12	0.47	4.75
2.00	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
2.00	1 raw pr g	Turkey bacon, microwaved	8.85	1.27	7.76	110.40
16.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	28.70	15.24	11.04	271.22
AM Snack						
10.00	each	Almonds, unsalted	0.00	0.00	5.00	50.00
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	0.02	0.41	5.01	51.32
Lunch - Avocado turkey wheat wrap w/mustard. Lemon Water.						
0.66	cup	Grated carrots	0.66	7.26	0.00	29.70
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
1.00	cup	Mixed greens	0.00	1.00	0.00	5.00
1.00	tea spoon	Mustard	0.22	0.27	0.20	3.35
0.20	cup	Sliced avocado	0.60	2.40	4.20	46.00
4.00	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
1.00	each	Whole wheat wrap	9.00	20.00	1.50	100.00
		Totals:	44.50	31.34	6.71	337.37
PM Snack - Slice pepper dip into hummus.						
0.50	each	Bell pepper	1.40	9.60	0.20	40.00
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
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	3.42	14.01	3.21	91.32
Dinner - Broiled herb, lemon Chix. Rstd parm aspar.St broc.						
16.00	each	Asparagus spears	5.60	9.92	0.32	51.20
3.00	ounce(s)	Boneless chicken breast	19.50	0.00	1.20	93.00
1.00	cup	Broccoli	3.72	11.20	0.64	54.60
1.00	each	Garlic clove	0.19	0.99	0.02	4.47
2.00	table spoon	Grated parmesan cheese	3.84	0.40	2.86	43.10
0.50	1 lemon yields	Lemon juice, raw	0.08	1.62	0.06	5.17
3.00	tea spoon	Olive oil	0.00	0.00	13.50	120.00
1.00	1 tablespoon, ground	Spices, tarragon, dried	1.09	2.41	0.35	14.16
16.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	34.03	26.54	18.94	385.70
Evening Snack						
10.00	each	Almonds, unsalted	0.00	0.00	5.00	50.00
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	0.02	0.41	5.01	51.32
Actual Totals for Day # 7:			110.69	87.96	49.94	1188.25
Actual % of Total Calories:			35.59	28.28	36.13	

Grocery List For: 1200 Cal P47 Wk 4, 1200 Calories
For the Date Range: 2/22/16 to 2/28/16

Individual Foods

Food	Quantity	Measure
Proteins (Healthy)		
Aidells Organic Sun Dried Tomato Sausage	1	each
Hemp Protein Concentrate	1.5	scoop
Extra lean beef	4	ounce(s)
Water packed white tuna	8	ounce(s)
Egg white	6	large
Ground chicken breast, raw	3	ounce(s)
Canned salmon	3	ounce(s)
Cooked egg white	1	each
Almonds, unsalted	30	each
Boneless chicken breast	11	ounce(s)
Turkey breast	8	ounce(s)
Cod - Atlantic, broiled	5	ounce(s)
Salmon - broiled	4	ounce(s)
Flounder - broiled	3	ounce(s)
Egg Whites - scrambled/boiled	2	each
Turkey Breast / White Meat	3	ounce(s)
Chicken Breast / White Meat	4	ounce(s)
Fibrous Carbohydrates (Healthy)		
Dry steel cut oats	0.33	cup
Whole wheat wrap	1	each
Sweet potato, baked in peel, large	0.5	each
Kidney beans, cooked or canned	0.13	cup
Brown rice, cooked	0.75	cup
Cooked lentils	0.5	cup
Celery - raw stalk trimmed	2	each
Jams/ Spreads/Sauces/ Syrups		
Almond Butter	0.3	table spoon
Trans fat-free buttery spread	6	tea spoon
Soy sauce, low sodium	1	tea spoon
Salsa	0.25	cup
Salsa - Chunky medium, Pace	1	tablespoon
Dairy		
Laughing Cow Mini BabyBel Light Original	1	each
Hard boiled egg	2	each

Skim milk	4	fluid ounce(s)
Mozzarella cheese, part skim	1	ounce(s)
Grated parmesan cheese	2	table spoon
Milk - skim, no fat	1	cup
Cheese, mozzarella, part skim milk	1	1 oz
Yogurt, Greek, non fat, vanilla, CHOBANI	1	5.3 oz
Fruits & Fruit Juices		
Fresh blueberries	0.5	cup
Fresh cantaloupe	0.5	cup
Grapefruit	0.5	each
Small banana	0.5	each
Grapefruit - pink or red 4" diam.	0.5	each
Kiwifruit, green, raw	0.5	1 fruit (2" dia)
Kiwifruit, green, raw	1	1 fruit without skin,
Lemon juice, raw	1.5	1 lemon yields
Lemon juice, raw	43	1 wedge yields
Pineapple, raw, all varieties	0.5	1 cup, chunks
Watermelon, raw	1	1 cup, diced
Apples, raw, fuji, with skin	2	1 small
Protein Snack Foods (Healthy)		
Pumpkin seeds, roasted, unsalted	1	table spoon
String cheese, part skim mozzarella	2	each
Cottage Cheese - 1% fat	1	cup
Fats & Oils		
Sliced avocado	0.7	cup
Olive oil	18	tea spoon
Salad dressing, italian dressing, fat-free	3	1 tablespoon
Oil, PAM cooking spray, original	3	1 spray , about 1/3
Vegetables		
Mixed greens	10	cup
Green beans, steamed or boiled	1	cup
Broccoli	4	cup
Canned artichoke	1	ounce(s)
Grated carrots	1.66	cup
Chopped tomato	1.66	cup
Bell pepper	1.25	each
Garlic clove	2.5	each
Fresh spinach	11.5	cup
Fresh mushrooms	2.08	cup
Chopped onion	2	table spoon
Chopped onion	5	table spoon
Asparagus spears	16	each
Tomato sauce	0.5	cup
Roasted beets	0.5	cup
Kale	0.5	cup
Mixed vegetables (non starchy)	0.66	cup
Edamame, in pods, prepared from frozen	0.66	cup

Zucchini - baby, raw	2	medium
Pepper - sweet bell, all colors, chopped,	0.25	cup
Onion - chopped	1	table spoon
Onion - chopped	1	tablespoon
Celery - raw stalk, trimmed	3	each
Carrots, raw	0.25	1 cup grated
Ginger root, raw	0.5	0.25 cup slices (1" dia)
Ginger root, raw	0.13	1 teaspoon
Ginger root, raw	1	5 slices (1" dia)
Lettuce, green leaf, raw	3	1 leaf
Mushrooms, white, raw	1	0.5 cup pieces
Spinach, raw	4	1 cup
Tomatoes, red, ripe, raw, November thru	1	1 Italian tomato
Tomatoes, red, ripe, raw, November thru	0.5	1 cup cherry tomatoes
Arugula, raw	2	0.5 cup
Breads and baked goods		
Bread, Ezekiel Cinnamon Raisin	1	slice
Carb. Snack Foods (Healthy)		
Dr. Praeger's Kale Veggie Burgers	1	each
Apple - medium with peel	0.5	each
Beverages		
Water	16	fluid ounce(s)
Beverages, Green tea, brewed, from bags	7	1 cup
Water, bottled, generic	736	1 fl oz
Nuts & Seeds		
Barney Butter Almond Butter Crunchy	0.83	tablespoon
Slivered almonds	1	table spoon
Chopped walnuts	3.25	table spoon
Dressings		
Balsamic Vinegar	5	table spoon
Italian dressing, reduced fat	3	table spoon
Rice, grains, flour		
Quinoa, cooked	1	1 cup
Snacks & Treats		
skinny pop popcorn	6	cup
Beans, Lentils		
Black beans, canned, drained	2	table spoon
Hummus	2	table spoon
Black beans	0.25	cup
Toppings		
Cinnamon	0.5	tea spoon

Seasonings

Mustard	2	tea spoon
Spices, basil, dried	1	1 teaspoon, ground
Spices, chili powder	0.33	1 tablespoon
Spices, tarragon, dried	1	1 tablespoon, ground
Dill weed, fresh	0.5	5 sprigs

Sausages and Lunch Meats

Turkey bacon, microwaved	2	1 raw pr g
--------------------------	---	------------

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.