

Meal Planner For: 1200 Calorie- Wk 1, 1200 Calories
For the Date Range: 2/1/16 to 2/7/16

DAY # 1

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Scramble egg whites & cheese w/ spinach;Lemon wate						
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
		Totals:	23.92	22.46	5.07	224.77
AM Snack - Spread almond butter on sliced apple. Lemon water.						
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
		Totals:	1.17	12.41	4.76	92.32
Lunch - Toss ingredients with spinach, oil and vinegar.						
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
		Totals:	38.48	16.99	11.49	303.72
PM Snack - Thaw blueberries and mix with yogurt.						
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
		Totals:	9.02	15.33	0.27	106.42
Dinner - Stir fry chicken & vegetables. Over spagh squash.						
4.00	ounce(s)	Boneless chicken breast	26.00	0.00	1.60	124.00
0.75	cup	Broccoli	2.79	8.40	0.48	40.95
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
		Totals:	30.52	15.95	16.21	329.17
Evening Snack - Enjoy apple slices topped with cheese.						
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
	Totals:	7.17	11.91	2.26	91.82
Actual Totals for Day # 1:		110.28	95.07	40.08	1148.22
Actual % of Total Calories:		37.32	32.17	30.51	

DAY # 2

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Top cereal w milk. Serve w egg & grapefruit.						
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
Totals:			12.56	32.81	4.11	194.77
AM Snack - Thaw blueberries and mix w/yogurt. Lemon water.						
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
Totals:			8.18	9.13	0.26	81.08
Lunch - Cook veg burger per directions. Top w cheese.						
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
Totals:			12.86	30.27	8.65	250.72
PM Snack - Top lettuce w turkey/roll. Add mustard						
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
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
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
Totals:			26.20	1.10	0.83	132.44
Dinner - Broil/grill salmon teriyaki. Rice & broccoli side						
1.00	cup	Broccoli	3.72	11.20	0.64	54.60
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
Totals:			29.72	19.34	17.08	337.56
Evening Snack - Top cottage cheese with nuts.						
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
Totals:			11.76	3.71	6.40	117.94
Actual Totals for Day # 2:			101.29	96.37	37.34	1114.51
Actual % of Total Calories:			35.96	34.21	29.83	

DAY # 3

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Top bread with peanut butter.With soy milk.						
1.00	1 cup	Beverages, Green tea, brewed, from bags	0.44	0.00	0.00	2.45
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
1.00	table spoon	Peanut Butter	4.00	3.50	8.15	95.00
1.00	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
16.00	1 cup	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			15.46	26.91	12.66	278.77
AM Snack - Chop pear into yogurt.						
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 cup	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			8.37	16.96	0.01	110.32
Lunch - Cobb salad, toss all ingredients. Toss w/dressing.						
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 cup	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			37.11	7.34	7.82	243.99
PM Snack - Enjoy cheese w/strawberries. Lemon water ea meal						
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
Totals:			6.52	4.91	3.01	81.32
Dinner - Season pork, roast at 325F. Serve w/squash & veg.						
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 cup	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			46.22	20.45	16.87	389.97
Evening Snack - Dip pepper slices into hummus.Add lemon to water.						
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
Totals:			2.48	7.19	3.15	65.58
Actual Totals for Day # 3:			116.16	83.77	43.53	1169.95
Actual % of Total Calories:			39.00	28.12	32.88	

DAY # 4

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Scramble egg white w/veggies top w chopd tomato						
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
1.00	each	Tomato	1.00	5.00	0.00	20.00
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
Totals:			11.60	27.18	1.41	154.46
AM Snack						
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
Totals:			0.04	0.83	0.03	2.64
Lunch - Toss Salad ingredients in a bowl. Top w Salmon.						
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
2.00	each	Tomato slice	0.34	1.86	0.14	8.40
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
Totals:			34.42	15.76	19.05	367.16
PM Snack - Turkey wrap.						
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
Totals:			8.78	1.51	0.44	55.31
Dinner - Season haddock as desired; Bake. Steam veggies.						
1.00	cup	Broccoli	3.72	11.20	0.64	54.60
3.00	table spoon	Chopped onion	0.30	2.70	0.00	12.00
2.00	3 oz	Fish, haddock, cooked, dry heat	33.98	0.00	0.94	153.00
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
Totals:			44.19	37.88	16.07	465.04
Evening Snack - Prepare edamame per package directions.						
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
Totals:			11.17	11.00	5.35	127.45
Actual Totals for Day # 4:			110.22	94.16	42.35	1172.06
Actual % of Total Calories:			36.78	31.42	31.80	

DAY # 5

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Cook egg and bacon in spread, place on sand. thin						
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
		Totals:	24.77	36.14	5.31	266.81
AM Snack						
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
		Totals:	0.04	0.83	0.03	2.64
Lunch - Top wrap w mustard, turkey, cheese.Toss salad						
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
		Totals:	37.04	20.58	4.63	284.14
PM Snack - Top cottage cheese with strawberries. Lemon water.						
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
		Totals:	14.35	6.48	1.16	103.12
Dinner - Season chicken, drizzle w/oil. bake 400F 20min.						
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
		Totals:	22.70	16.98	19.56	342.84
Evening Snack - Top bread w cheese & tomato. Melt under broiler.						
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
		Totals:	7.86	17.77	1.65	114.72
		Actual Totals for Day # 5:	106.77	98.79	32.35	1114.27
		Actual % of Total Calories:	38.36	35.49	26.15	

DAY # 6

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Cook oats w/milk as directed.Top straw/nuts/seeds						
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
Totals:			14.98	44.22	14.57	367.13
AM Snack - Cheese stick. Lemon water each meal and snack.						
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
Totals:			8.04	1.83	6.03	82.64
Lunch - Mix tuna, mayo and celery. Spread on bread.						
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
Totals:			31.95	26.32	6.78	270.44
PM Snack - Add peaches to cottage cheese. Lemon water DAILY.						
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
Totals:			9.65	6.51	0.88	72.02
Dinner - Top chick w/ seasoning/tomato; roast 350F 20min.						
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
Totals:			35.59	22.70	8.48	301.62
Evening Snack						
2.00	1 wedge yields	Lemon juice, raw	0.04	0.83	0.03	2.64
24.00	each	Pistachio nuts	3.36	4.56	7.68	94.32
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			3.40	5.39	7.71	96.96
Actual Totals for Day # 6:			103.61	106.97	44.45	1190.81
Actual % of Total Calories:			33.36	34.44	32.20	

DAY # 7

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
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
2.00	ounce(s)	Canadian bacon, extra lean	12.00	2.00	2.00	70.00
5.00	large	Egg white	20.00	0.00	0.00	75.00
0.50	cup	Fresh cantaloupe	0.65	6.36	0.15	26.52
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
16.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	38.12	30.78	3.16	275.29
AM Snack - Open faced peanut butter & jelly.Lemon water DAILY						
0.25	tea spoon	All fruit jelly	0.00	0.75	0.00	3.75
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
0.33	table spoon	Smooth peanut butter	1.32	0.99	2.64	34.65
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
1.00	slice	Wheat bread	2.73	11.88	0.91	66.50
		Totals:	4.07	14.03	3.56	106.22
Lunch - Mushroom broccoli cheese muffin pizza. Broil.						
1.00	each	100% whole wheat sandwich thin	5.00	22.00	1.00	100.00
0.25	cup	Broccoli	0.93	2.80	0.16	13.65
0.25	cup	Fresh white mushrooms	0.54	0.57	0.06	3.85
0.25	cup	Grated carrots	0.25	2.75	0.00	11.25
1.00	table spoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
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
2.50	ounce(s)	Mozzarella cheese, part skim	16.97	1.95	11.15	177.80
2.00	table spoon	Tomato sauce	0.00	2.00	0.00	10.00
16.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	23.72	35.48	13.38	337.87
PM Snack						
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
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	0.48	0.83	0.03	5.09
Dinner - Season meat, saute w/onion. Over quinoa.Green/dres						
2.00	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
1.00	table spoon	Chopped onion	0.10	0.90	0.00	4.00
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
4.00	ounce(s)	Lean ground beef	23.96	0.00	5.60	153.44
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
0.25	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
0.12	cup	Sliced avocado	0.36	1.44	2.52	27.60
16.00	1 cup	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	40.98	20.36	14.02	374.36
Evening Snack - Turkey lettuce wraps.						
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
2.00	each	Lettuce leaf	0.00	0.00	0.00	10.00
1.00	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
2.00	ounce(s)	Turkey breast	17.00	0.00	0.40	76.00
20.00	1 fl oz	Water, bottled, generic	0.00	0.00	0.00	0.00
		Totals:	17.21	0.71	0.58	90.32
Actual Totals for Day # 7:			124.57	102.19	34.75	1189.15
Actual % of Total Calories:			40.85	33.51	25.64	

Grocery List For: 1200 Calorie- Wk 1, 1200 Calories
For the Date Range: 2/1/16 to 2/7/16

Individual Foods

Food	Quantity	Measure
Proteins (Healthy)		
Salmon	4	ounce(s)
Lean ground beef	4	ounce(s)
2% milkfat cheddar cheese	6.5	ounce(s)
Greek yogurt, plain, non fat	12	ounce(s)
Water packed white tuna	8	ounce(s)
Egg white	11	large
Canadian bacon, extra lean	3	ounce(s)
Cooked egg white	1	each
Almonds, unsalted	14	each
Boneless chicken breast	11	ounce(s)
Turkey breast	12	ounce(s)
Salmon - broiled	5	ounce(s)
Egg Whites - scrambled/boiled	2	each
Starchy Carbohydrates (Healthy)		
Spaghetti squash, cooked	0.99	cup
Fibrous Carbohydrates (Healthy)		
Ezekiel 4:9 bread, sprouted 100% whole	2	slice
100% whole wheat sandwich thin	4	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
Wheat bread	1	slice
Whole wheat spaghetti, cooked	0.25	cup
Jams/ Spreads/Sauces/ Syrups		
Smooth peanut butter	0.33	table spoon
Almond Butter	0.5	table spoon
Trans fat-free buttery spread	8	tea spoon
All fruit jelly	0.25	tea spoon
Low fat mayonnaise	1	table spoon
Peanut Butter	1	table spoon
Dairy		
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)
Mozzarella cheese, part skim	2.5	ounce(s)
Fruits & Fruit Juices		
Fresh blueberries	0.5	cup
Fresh cantaloupe	1.5	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	59	1 wedge yields
Strawberries, raw	1	1 cup, halves
Protein Snack Foods (Healthy)		
String cheese, part skim mozzarella	1	each
Cottage Cheese - 1% fat	1.16	cup
Fats & Oils		
Sliced avocado	0.12	cup
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
Fresh white mushrooms	0.25	cup
Tomato sauce	2	table spoon
Mixed greens	5	cup
Green beans, steamed or boiled	2	cup
Tomato slice	6	each
Broccoli	3.5	cup
Canned artichoke	1	ounce(s)
Cauliflower	0.5	cup
Grated carrots	0.62	cup
Lettuce leaf	10	each
Chopped tomato	2.5	cup
Tomato	1	each
Baby carrots	12	each
Fresh spinach	6.5	cup
Fresh mushrooms	1	cup
Chopped onion	7	table spoon
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
Carb. Snack Foods (Healthy)		
Dr. Praeger's Kale Veggie Burgers	1	each
Apple	1	each
Beverages		
Silk Plain Soy Milk	1	cup
Beverages, Green tea, brewed, from bags	9	1 cup
Water, bottled, generic	336	1 cup
Water, bottled, generic	440	1 fl oz
Nuts & Seeds		
Sunflower seeds	0.5	table spoon
Chopped walnuts	1.25	table spoon
Pistachio nuts	24	each
Seeds, flaxseed	2	1 tablespoon, ground
Dressings		
Balsamic Vinegar	2	table spoon
Italian dressing, reduced fat	4.5	table spoon
Rice, grains, flour		
Quinoa, cooked	0.62	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
Mustard, prepared, yellow	1	1 teaspoon or 1 packet
Miscellaneous		
Teriyaki sauce, ready to serve, low sodium	1	table spoon
Poultry		
Turkey bacon, cooked	1	1 oz cooked, yield
Finfish and Shellfish		
Fish, haddock, 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.