

4000 - High Cal/Protein Example Meal Plan

DAY 1

Breakfast 6:00 AM	egg (poached)	4 large	286 cal
	medium wholemeal sliced bread by hovis	3 slice	268 cal
	orange juice	1 Cup(s) (240 ml)	112 cal

MEAL TOTAL: **Calories** 666 cal / **Carbs** 80 g (48%) / **Protein** 39 g (23%) / **Fat** 22 g (29%) / **Fluid** 371 g

NOTES:

Post-workout 8:00 AM	whey protein powder	2 Scoop	225 cal
	apple	1 large	110 cal

MEAL TOTAL: **Calories** 336 cal / **Carbs** 31 g (36%) / **Protein** 53 g (60%) / **Fat** 1 g (4%) / **Fluid** 184 g

NOTES:

Snack 10:00 AM	lowfat cottage cheese, 1%	2 Cup(s) (480 ml)	325 cal
	coconut water	16 fl oz (473 ml)	91 cal
	nut and raisin granola bar	1 bar	127 cal
	banana	1 extra large	135 cal

MEAL TOTAL: **Calories** 679 cal / **Carbs** 83 g (48%) / **Protein** 63 g (37%) / **Fat** 12 g (15%) / **Fluid** 944 g

NOTES:

Lunch 12:00 PM	baby carrots	10 large	53 cal
	italian tuna salad	1 serving	288 cal
	baked jacket potatoes by sainsbury's	1 jacket	193 cal
	avocado	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 694 cal / **Carbs** 73 g (41%) / **Protein** 39 g (22%) / **Fat** 30 g (37%) / **Fluid** 248 g

NOTES:

Snack 3:00 PM	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
	apple	1 large	110 cal
	beef jerky	1 oz (28 grams)	116 cal
	whey protein powder	2 Scoop	225 cal

MEAL TOTAL: Calories 625 cal / **Carbs** 58 g (37%) / **Protein** 79 g (50%) / **Fat** 10 g (13%) / **Fluid** 639 g

NOTES:

Dinner 6:00 PM	mixed vegetables (boiled)	1 1/2 Cup(s) (360 ml)	89 cal
	wild rice (cooked)	1 1/2 Cup(s) (360 ml)	248 cal
	extra virgin olive oil	1 1/2 Tbsp	180 cal
	chicken breast (cooked)	2 breast	189 cal

MEAL TOTAL: Calories 706 cal / **Carbs** 70 g (39%) / **Protein** 49 g (28%) / **Fat** 26 g (33%) / **Fluid** 370 g

NOTES:

Snack 8:00 PM	apricot	1 apricot	17 cal
	egg (hard boiled)	2 large	155 cal
	almonds	30 almond	208 cal

MEAL TOTAL: Calories 380 cal / **Carbs** 13 g (13%) / **Protein** 21 g (21%) / **Fat** 29 g (66%) / **Fluid** 106 g

NOTES:

DAY 1 TOTAL: Calories 4,086 cal / **Carbs** 409 g (39%) / **Protein** 343 g (33%) / **Fat** 129 g (28%) / **Fluid** 2862 g

DAY 2

Breakfast 6:00 AM	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
	southwestern scrambled eggs	1 serving	387 cal

MEAL TOTAL: Calories 560 cal / **Carbs** 31 g (22%) / **Protein** 41 g (30%) / **Fat** 30 g (48%) / **Fluid** 635 g

NOTES:

Post-workout 8:00 AM	whey protein powder	2 Scoop	225 cal
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MEAL TOTAL: Calories 225 cal / **Carbs** 2 g (4%) / **Protein** 52 g (92%) / **Fat** 1 g (4%) / **Fluid** 2 g

NOTES:

Snack 10:00 AM	apple	1 large	110 cal
	medjool date	2 date, pitted	133 cal
	cashews	30 gm	166 cal

MEAL TOTAL: Calories 409 cal / **Carbs** 74 g (67%) / **Protein** 7 g (6%) / **Fat** 14 g (27%) / **Fluid** 193 g

NOTES:

Lunch 12:00 PM	avocado	1/2 avocado	161 cal
	salsa	2 Tbsp	10 cal
	whole wheat tortilla	2 tortilla	254 cal
	black beans (boiled)	2/3 Cup(s) (160 ml)	151 cal
	ground turkey (cooked)	8 oz (224 grams)	460 cal

MEAL TOTAL: Calories 1,036 cal / **Carbs** 76 g (29%) / **Protein** 83 g (31%) / **Fat** 47 g (40%) / **Fluid** 344 g

NOTES:

Snack 3:00 PM	banana	1 extra large	135 cal
	nonfat plain greek yogurt	200 gm	118 cal
	whey protein powder	2 Scoop	225 cal
	egg (hard boiled)	1 large	78 cal

MEAL TOTAL: Calories 556 cal / **Carbs** 44 g (31%) / **Protein** 80 g (57%) / **Fat** 8 g (12%) / **Fluid** 324 g

NOTES:

Dinner
6:00 PM

boneless chicken (cooked)	8 oz (224 grams)	379 cal
peas and carrots (boiled)	2 Cup(s) (480 ml)	77 cal
barley (cooked)	1 1/3 Cup(s) (320 ml)	257 cal
romaine lettuce	1 Cup(s) (240 ml)	8 cal
balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal

MEAL TOTAL: Calories 791 cal / **Carbs** 81 g (40%) / **Protein** 67 g (34%) / **Fat** 23 g (26%) / **Fluid** 479 g

NOTES:

Snack
8:00 PM

lowfat cottage cheese, 1%	1 1/2 Cup(s) (360 ml)	244 cal
almonds	30 almond	208 cal

MEAL TOTAL: Calories 453 cal / **Carbs** 17 g (15%) / **Protein** 50 g (43%) / **Fat** 21 g (42%) / **Fluid** 281 g

NOTES:

DAY 2 TOTAL: Calories 4,030 cal / **Carbs** 325 g (32%) / **Protein** 380 g (37%) / **Fat** 143 g (31%) / **Fluid** 2258 g

DAY 3

Breakfast 6:00 AM	whole wheat english muffin	2 muffin	268 cal
	smooth peanut butter, no added salt	3 Tbsp	282 cal
	blueberries	1 Cup(s) (240 ml)	83 cal
	orange juice	1 Cup(s) (240 ml)	112 cal

MEAL TOTAL: **Calories** 744 cal / **Carbs** 110 g (55%) / **Protein** 26 g (13%) / **Fat** 28 g (32%) / **Fluid** 402 g

NOTES:

Post-workout 8:00 AM	whey protein powder	2 Scoop	225 cal
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MEAL TOTAL: **Calories** 225 cal / **Carbs** 2 g (4%) / **Protein** 52 g (92%) / **Fat** 1 g (4%) / **Fluid** 2 g

NOTES:

Snack 10:00 AM	banana	1 extra large	135 cal
	coconut water	8 fl oz (236 ml)	46 cal
	nut and raisin granola bar	1 bar	127 cal
	apple	1 large	110 cal

MEAL TOTAL: **Calories** 418 cal / **Carbs** 91 g (81%) / **Protein** 6 g (5%) / **Fat** 7 g (14%) / **Fluid** 525 g

NOTES:

Lunch 12:00 PM	 baked salmon, asparagus, & sweet potato	1 serving	623 cal
	egg (hard boiled)	1 large	78 cal
	avocado	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 861 cal / **Carbs** 43 g (20%) / **Protein** 44 g (20%) / **Fat** 59 g (60%) / **Fluid** 111 g

NOTES:

Snack 3:00 PM	triscuit crackers, light salt	10 crackers	200 cal
	baby carrots	10 large	53 cal
	hummus, lower sodium	3 Tbsp	78 cal
	whey protein powder	2 Scoop	225 cal

MEAL TOTAL: **Calories** 556 cal / **Carbs** 54 g (38%) / **Protein** 62 g (43%) / **Fat** 12 g (19%) / **Fluid** 169 g

NOTES:

Dinner

6:00 PM

	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
📄	beef & broccoli with brown rice	1 1/2 serving	522 cal
	romaine lettuce	2 Cup(s) (480 ml)	16 cal
	balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
📄	healthy dessert	1 serving	169 cal

MEAL TOTAL: Calories 914 cal / **Carbs** 116 g (51%) / **Protein** 61 g (27%) / **Fat** 22 g (22%) / **Fluid** 858 g

NOTES:

Snack

8:00 PM

	blackberries	1 Cup(s) (240 ml)	62 cal
	egg (hard boiled)	2 large	155 cal
	nut and raisin granola bar	1 bar	127 cal

MEAL TOTAL: Calories 344 cal / **Carbs** 33 g (37%) / **Protein** 17 g (19%) / **Fat** 17 g (44%) / **Fluid** 203 g

NOTES:

DAY 3 TOTAL: Calories 4,063 cal / **Carbs** 449 g (42%) / **Protein** 268 g (26%) / **Fat** 147 g (32%) / **Fluid** 2271 g

DAY 4

Breakfast 6:00 AM	blueberries	1/2 Cup(s) (120 ml)	41 cal
	oatmeal prepared with steel cut oats	1 Cup(s) (240 ml)	600 cal
	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
	ground flaxseed	1 Tbsp	70 cal
	whey protein powder	1 Scoop	113 cal

MEAL TOTAL: Calories 997 cal / **Carbs** 147 g (58%) / **Protein** 66 g (26%) / **Fat** 18 g (16%) / **Fluid** 511 g

NOTES:

Post-workout 8:00 AM	whey protein powder	2 Scoop	225 cal
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MEAL TOTAL: Calories 225 cal / **Carbs** 2 g (4%) / **Protein** 52 g (92%) / **Fat** 1 g (4%) / **Fluid** 2 g

NOTES:

Snack 10:00 AM	lowfat cottage cheese, 1%	2 Cup(s) (480 ml)	325 cal
	blackberries	1 Cup(s) (240 ml)	62 cal
	coconut water	16 fl oz (473 ml)	91 cal
	egg (hard boiled)	1 large	78 cal

MEAL TOTAL: Calories 556 cal / **Carbs** 45 g (32%) / **Protein** 68 g (49%) / **Fat** 12 g (19%) / **Fluid** 993 g

NOTES:

Lunch 12:00 PM	 beef & broccoli with brown rice	1 1/2 serving	522 cal
	balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
	romaine lettuce	2 Cup(s) (480 ml)	16 cal
	baked teriyaki tofu	5 oz (140 grams)	227 cal

MEAL TOTAL: Calories 834 cal / **Carbs** 88 g (42%) / **Protein** 58 g (27%) / **Fat** 29 g (31%) / **Fluid** 409 g

NOTES:

Snack 3:00 PM	cucumber	1 1/2 cucumber	68 cal
	egg (hard boiled)	2 large	155 cal
	whey protein powder	2 Scoop	225 cal

MEAL TOTAL: Calories 448 cal / **Carbs** 20 g (17%) / **Protein** 68 g (59%) / **Fat** 12 g (24%) / **Fluid** 507 g

NOTES:

Dinner
6:00 PM

mixed vegetables (boiled)	2 Cup(s) (480 ml)	118 cal
whole wheat dinner roll	1 roll	74 cal
sweet potato (baked)	1 large	162 cal
chicken breast (cooked)	2 breast	189 cal

MEAL TOTAL: Calories 544 cal / **Carbs** 75 g (55%) / **Protein** 47 g (35%) / **Fat** 6 g (10%) / **Fluid** 372 g

NOTES:

Snack
8:00 PM

cashews	30 gm	166 cal
nonfat plain greek yogurt	1 container	100 cal
banana	1 extra large	135 cal

MEAL TOTAL: Calories 401 cal / **Carbs** 50 g (47%) / **Protein** 24 g (23%) / **Fat** 14 g (30%) / **Fluid** 260 g

NOTES:

DAY 4 TOTAL: Calories 4,006 cal / **Carbs** 426 g (42%) / **Protein** 383 g (38%) / **Fat** 92 g (20%) / **Fluid** 3054 g

DAY 5

Breakfast
6:00 AM

peanut butter banana protein smoothie	1 serving	471 cal
egg (hard boiled)	2 large	155 cal

MEAL TOTAL: **Calories** 626 cal / **Carbs** 41 g (25%) / **Protein** 54 g (33%) / **Fat** 30 g (42%) / **Fluid** 194 g

NOTES:

Post-workout
8:00 AM

whey protein powder	2 Scoop	225 cal
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MEAL TOTAL: **Calories** 225 cal / **Carbs** 2 g (4%) / **Protein** 52 g (92%) / **Fat** 1 g (4%) / **Fluid** 2 g

NOTES:

Snack
10:00 AM

blueberries	1 Cup(s) (240 ml)	83 cal
slivered almonds	1 oz (28 grams)	153 cal
lowfat cottage cheese, 1%	2 Cup(s) (480 ml)	325 cal

MEAL TOTAL: **Calories** 561 cal / **Carbs** 44 g (32%) / **Protein** 63 g (45%) / **Fat** 14 g (23%) / **Fluid** 495 g

NOTES:

Lunch
12:00 PM

dijon mustard	1 tsp	5 cal
whole wheat dinner roll	3 roll	223 cal
balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
tomatoes	1/4 Cup(s) (60 ml)	8 cal
romaine lettuce	1 Cup(s) (240 ml)	8 cal
extra virgin olive oil	1 Tbsp	120 cal
ground turkey (cooked)	4 oz (112 grams)	230 cal

MEAL TOTAL: **Calories** 665 cal / **Carbs** 50 g (29%) / **Protein** 39 g (23%) / **Fat** 36 g (48%) / **Fluid** 185 g

NOTES:

Snack
3:00 PM

triscuit crackers, light salt	15 crackers	300 cal
hummus, lower sodium	4 Tbsp	105 cal
turkey jerky	1 1/2 oz (42 grams)	106 cal
baby carrots	10 large	53 cal

MEAL TOTAL: **Calories** 563 cal / **Carbs** 84 g (55%) / **Protein** 27 g (18%) / **Fat** 18 g (27%) / **Fluid** 177 g

NOTES:

Dinner
6:00 PM

boneless chicken (cooked)	5 oz (140 grams)	237 cal
adzuki bean salad	2 serving	505 cal
whole wheat pita bread	1 large	170 cal
avocado	1/2 avocado	161 cal

MEAL TOTAL: Calories 1,073 cal / **Carbs** 106 g (39%) / **Protein** 64 g (23%) / **Fat** 47 g (38%) / **Fluid** 358 g

NOTES:

Snack
8:00 PM

banana	1 extra large	135 cal
nut and raisin granola bar	1 bar	127 cal
nonfat plain greek yogurt	1 container	100 cal

MEAL TOTAL: Calories 363 cal / **Carbs** 59 g (62%) / **Protein** 21 g (22%) / **Fat** 7 g (16%) / **Fluid** 260 g

NOTES:

DAY 5 TOTAL: Calories 4,076 cal / **Carbs** 385 g (36%) / **Protein** 322 g (31%) / **Fat** 153 g (33%) / **Fluid** 1671 g

DAY 6

Breakfast 6:00 AM	ginger spiced oatmeal	1 serving	365 cal
	egg (hard boiled)	2 large	155 cal
	orange juice	1 Cup(s) (240 ml)	112 cal

MEAL TOTAL: Calories 632 cal / **Carbs** 98 g (62%) / **Protein** 25 g (15%) / **Fat** 16 g (23%) / **Fluid** 774 g

NOTES:

Post-workout 8:00 AM	whey protein powder	2 Scoop	225 cal
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MEAL TOTAL: Calories 225 cal / **Carbs** 2 g (4%) / **Protein** 52 g (92%) / **Fat** 1 g (4%) / **Fluid** 2 g

NOTES:

Snack 10:00 AM	banana	2 extra large	271 cal
	lowfat cottage cheese, 1%	1 2/3 Cup(s) (399 ml)	271 cal

MEAL TOTAL: Calories 542 cal / **Carbs** 80 g (56%) / **Protein** 50 g (36%) / **Fat** 5 g (8%) / **Fluid** 538 g

NOTES:

Lunch 12:00 PM	turkey breast (cooked)	8 oz (224 grams)	308 cal
	adzuki bean salad	2 serving	505 cal
	whole wheat pita bread	1/2 large	85 cal

MEAL TOTAL: Calories 898 cal / **Carbs** 80 g (35%) / **Protein** 90 g (39%) / **Fat** 26 g (26%) / **Fluid** 332 g

NOTES:

Snack 3:00 PM	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
	smooth peanut butter, no added salt	2 Tbsp	188 cal
	apple	1 large	110 cal
	beef jerky	1 oz (28 grams)	116 cal
	whey protein powder	2 Scoop	225 cal

MEAL TOTAL: Calories 813 cal / **Carbs** 65 g (31%) / **Protein** 87 g (41%) / **Fat** 26 g (28%) / **Fluid** 639 g

NOTES:

Dinner
6:00 PM

spinach (boiled)	2 Cup(s) (480 ml)	83 cal
salmon (cooked)	8 oz (224 grams)	347 cal
shredded parmesan cheese	1 1/2 Tbsp	31 cal
macaroni (cooked)	2 Cup(s) (480 ml)	347 cal

MEAL TOTAL: Calories 808 cal / **Carbs** 88 g (42%) / **Protein** 84 g (40%) / **Fat** 16 g (18%) / **Fluid** 678 g

NOTES:

Snack
8:00 PM

egg (hard boiled)	2 large	155 cal
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MEAL TOTAL: Calories 155 cal / **Carbs** 1 g (3%) / **Protein** 13 g (33%) / **Fat** 11 g (64%) / **Fluid** 75 g

NOTES:

DAY 6 TOTAL: Calories 4,073 cal / **Carbs** 413 g (40%) / **Protein** 401 g (38%) / **Fat** 101 g (22%) / **Fluid** 3038 g

DAY 7

Breakfast  berry protein smoothie **1 serving** **435 cal**
6:00 AM

MEAL TOTAL: Calories 435 cal / **Carbs** 29 g (25%) / **Protein** 42 g (37%) / **Fat** 20 g (38%) / **Fluid** 159 g

NOTES:

Post-workout whey protein powder **2 Scoop** **225 cal**
8:00 AM

MEAL TOTAL: Calories 225 cal / **Carbs** 2 g (4%) / **Protein** 52 g (92%) / **Fat** 1 g (4%) / **Fluid** 2 g

NOTES:

Snack nonfat fruit yogurt **1 1/3 Cup(s) (320 ml)** **310 cal**
10:00 AM coconut water **8 fl oz (236 ml)** **46 cal**
banana **1 extra large** **135 cal**
cashews **20 gm** **111 cal**

MEAL TOTAL: Calories 602 cal / **Carbs** 112 g (71%) / **Protein** 21 g (14%) / **Fat** 10 g (15%) / **Fluid** 589 g

NOTES:

Lunch dijon mustard **2 tsp** **10 cal**
12:00 PM romaine lettuce **3 leaf** **3 cal**
turkey breast (cooked) **10 oz (280 grams)** **386 cal**
whole wheat tortilla **3 tortilla** **381 cal**
apple **1 large** **110 cal**
egg (hard boiled) **1 large** **78 cal**

MEAL TOTAL: Calories 968 cal / **Carbs** 87 g (36%) / **Protein** 103 g (42%) / **Fat** 23 g (22%) / **Fluid** 464 g

NOTES:

Snack baby carrots **10 large** **53 cal**
3:00 PM hummus, lower sodium **4 Tbsp** **105 cal**
triscuit crackers, light salt **12 crackers** **240 cal**
whey protein powder **2 Scoop** **225 cal**

MEAL TOTAL: Calories 622 cal / **Carbs** 63 g (39%) / **Protein** 64 g (40%) / **Fat** 15 g (21%) / **Fluid** 180 g

NOTES:

Dinner
6:00 PM

barley (cooked)	1/2 Cup(s) (120 ml)	97 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
drinking water	16 fl oz (473 ml)	0 cal
boneless chicken (cooked)	10 oz (280 grams)	473 cal
peas and carrots (boiled)	1 Cup(s) (240 ml)	38 cal
romaine lettuce	1 Cup(s) (240 ml)	8 cal
extra virgin olive oil	1 1/3 Tbsp	160 cal

MEAL TOTAL: Calories 811 cal / **Carbs** 34 g (17%) / **Protein** 76 g (37%) / **Fat** 41 g (46%) / **Fluid** 831 g

NOTES:

Snack
8:00 PM

lowfat cottage cheese, 1%	2 Cup(s) (480 ml)	325 cal
nut and raisin granola bar	1 bar	127 cal

MEAL TOTAL: Calories 453 cal / **Carbs** 30 g (27%) / **Protein** 58 g (52%) / **Fat** 10 g (21%) / **Fluid** 375 g

NOTES:

DAY 7 TOTAL: Calories 4,116 cal / **Carbs** 357 g (34%) / **Protein** 416 g (40%) / **Fat** 121 g (26%) / **Fluid** 2600 g



2 Servings

italian tuna salad

Ingredients

chunk light tuna by 365	4 serving
100% italian cold pressed extra virgin olive oil by 365	1 Tbsp
onions sweet raw	1/2 serving
fire roasted red peppers by 365	1 pepper
marinated artichokes by trader joe's	1/2 Cup(s) (120 ml)

Nutrition Totals

Calories 576 / **Carbs** 16 g / **Protein** 64 g / **Fat** 27 g / **Fluid** 77 g

Instructions

Drain the tuna cans.
Finely chop all vegetables and herbs.
Toss together with the EVOO and add ground pepper to taste.

Serve in romaine leaves, cabbage leaves or on a bed of spinach.

Nutrition Label

Italian Tuna Salad		
Amount Per Serving		
Calories		288
	% Daily Value*	
Total Fat 13.7g		21%
Saturated Fat 1.7g		9%
Trans Fat 0g		
Cholesterol 60mg		20%
Sodium 581.1mg		24%
Total Carbohydrates 8.1g		3%
Dietary Fiber 2g		8%
Total Sugar 3.6g		
Protein 31.9g		
Vitamin D 0IU		0%
Calcium 30.2mg		3%
Iron 1.8mg		10%
Potassium 395.4mg		

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1 Servings



southwestern scrambled eggs

Ingredients

egg	4 large
hot salsa by green mountain gringo	2 Tbsp
pico de gallo salsa by trader joe's	2 Tbsp
pure mct oil by now	2 mL

Nutrition Totals

Calories 387 / Carbs 7 g / Protein 24 g / Fat 29 g / Fluid 186 g

Instructions

Using the MCT oil by NOW lightly coat cooking surface of your desired pan/griddle.

Scramble eggs on pan and top with salsa.

This makes for a tasty rich treat that is healthy and low carb.

Nutrition Label

Southwestern Scrambled Eggs		
Amount Per Serving		
Calories		387
	% Daily Value*	
Total Fat 28.6g		44%
Saturated Fat 9.9g		50%
Trans Fat 1.5g		
Cholesterol 675.8mg		225%
Sodium 403.7mg		17%
Total Carbohydrates 6.9g		2%
Dietary Fiber 0g		0%
Total Sugar 5.3g		
Protein 24.3g		
Vitamin D 175.6IU		29%
Calcium 161mg		16%
Iron 3.5mg		20%
Potassium 322mg		

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1 Servings



baked salmon, asparagus, & sweet potato

Ingredients

salmon filet (alaskan, sockeye, coho)	6 oz (168 grams)
garlic	3 clove(s)
asparagus (raw)	12 spear(s)
sweet potato (medium)	1/2 whole
olive oil (extra virgin)	2 tablespoon(s)
paprika (ground)	1/2 teaspoon(s)
sea salt	1/2 teaspoon(s)

Nutrition Totals

Calories 623 / **Carbs** 34 g / **Protein** 36 g / **Fat** 39 g / **Fluid** 0 g

Instructions

Note: Always rinse fresh vegetables under cold water and dry before preparing.

1. If necessary, thaw or defrost the salmon filet.
2. Mince the garlic, trim the ends off the asparagus, and peel and cut the sweet potato half into small 1 inch chunks.
3. Preheat the oven to 425 degrees.
4. On a large baking sheet, spread two separate pieces of aluminum foil and lay the salmon on one, and the asparagus and sweet potatoes on the other.
5. Sprinkle the minced garlic on top of the asparagus and drizzle with 2/3 tablespoon olive oil, and season with 1/4 teaspoon salt and 1/4 teaspoon pepper.
6. Drizzle 1/3 tablespoon olive oil over the salmon and season with 1/4 teaspoon rosemary, 1/4 teaspoon paprika, and 1/4 teaspoon chili powder.
7. Drizzle 1 tablespoon olive oil over the sweet potatoes and season with 1/4 teaspoon rosemary, 1/4 teaspoon paprika, 1/4 teaspoon chili powder, 1/4 teaspoon salt and 1/4 teaspoon pepper.
8. Bake for 25 minutes, removing the salmon and asparagus after 18 minutes and baking the sweet potatoes up to an additional 7 minutes or until crispy.
9. Transfer the salmon, asparagus, and sweet potatoes to a large plate and serve.

Nutrition Label

Baked Salmon, Asparagus, & Sweet Potato		
Amount Per Serving		
Calories		623
% Daily Value*		
Total Fat	39.3g	61%
Saturated Fat	5.8g	29%
Trans Fat	0g	
Cholesterol	85.5mg	29%
Sodium	1581mg	66%
Total Carbohydrates	34.2g	11%
Dietary Fiber	3.1g	13%
Total Sugar	4.3g	
Protein	35.6g	
Vitamin D	0IU	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	0mg	

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1 Servings

beef & broccoli with brown rice

Ingredients

onion	1/4 Cup(s) (60 ml)
beef top sirloin, lean	3 oz (84 grams)
beef broth, low sodium	1 Cup(s) (240 ml)
broccoli	1 Cup(s) (240 ml)
cornstarch	1 tsp
brown sugar	1 tsp
garlic powder	1/4 tsp
brown rice (cooked)	1/2 Cup(s) (120 ml)

Nutrition Totals

Calories 348 / **Carbs** 40 g / **Protein** 23 g / **Fat** 11 g / **Fluid** 214 g

Instructions

1. Slice onions into thin strips and slice beef into thin, 1-inch pieces.
2. Coat skillet with cooking spray and heat over medium heat.
3. Add beef and onion and stir fry until browned and cooked through. Remove onto a plate and keep warm.
4. Add half the broth and broccoli to pan. Cover and simmer until broccoli is cooked to desired tenderness.
5. In a small bowl, mix cornstarch, brown sugar, and garlic powder with remaining broth.
6. Add to the pan and cook over medium heat until mixture begins to thicken, stirring constantly.
7. Return beef/onion to the pan and heat through.
8. Serve over cooked brown rice.

Nutrition Label

Beef & Broccoli With Brown Rice		
Amount Per Serving		
Calories		348
	% Daily Value*	
Total Fat 10.5g		16%
Saturated Fat 3.5g		18%
Trans Fat 0.5g		
Cholesterol 57.8mg		19%
Sodium 498.6mg		21%
Total Carbohydrates 39.5g		13%
Dietary Fiber 4.6g		19%
Total Sugar 8.5g		
Protein 22.6g		
Vitamin D 4.2IU		1%
Calcium 69.5mg		7%
Iron 3.5mg		20%
Potassium 674.3mg		

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2 Servings

healthy dessert

Ingredients

low fat natural yogurt	200 grams
clear honey	1 teaspoons (5 ml)
mango	150 grams
passion fruit	200 grams
fresh mint	50 grams

Nutrition Totals

Calories 338 / **Carbs** 55 g / **Protein** 18 g / **Fat** 5 g / **Fluid** 0 g

Instructions

1. Mix together the honey and yoghurt in a small bowl. Using a teaspoon, scoop the seeds and flesh from the passion fruit into a bowl and mix with yoghurt mixture. 2. Divide the mango and yoghurt mixture in half and place into two stemmed glasses. Chill for up to 8 hours. Serve at room temperature and garnish with fresh mint.

Nutrition Label

Healthy Dessert	
Amount Per Serving	
Calories	169
% Daily Value*	
Total Fat 2.2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 27.6g	9%
Dietary Fiber 0g	0%
Total Sugar 0g	
Protein 8.9g	
Vitamin D 0IU	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1 Servings



peanut butter banana protein smoothie

Ingredients

banana	1/2 Cup(s) (120 ml)
whey protein powder	1 Scoop
original almond milk, unsweetened	236 mL
greek yogurt plain non-fat by chobani	1/4 serving
smooth peanut butter, no added salt	2 Tbsp
blueberries	1/2 Cup(s) (120 ml)

Nutrition Totals

Calories 471 / **Carbs** 40 g / **Protein** 42 g / **Fat** 20 g / **Fluid** 119 g

Instructions

Blend together in the blender with ice if desired. Enjoy!

Nutrition Label

Peanut Butter Banana Protein Smoothie		
Amount Per Serving		
Calories		471
% Daily Value*		
Total Fat	19.5g	30%
Saturated Fat	3.6g	18%
Trans Fat	0g	
Cholesterol	7.6mg	3%
Sodium	260mg	11%
Total Carbohydrates	39.6g	13%
Dietary Fiber	7.5g	30%
Total Sugar	20.8g	
Protein	41.8g	
Vitamin D	98.3IU	16%
Calcium	676.9mg	68%
Iron	2mg	11%
Potassium	859.1mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



2 Servings

adzuki bean salad

Ingredients

adzuki beans (boiled)	1 Cup(s) (240 ml)
olive oil	1 Tbsp
lemon juice	1 Tbsp
cumin ground	1/2 tsp
parsley	2 tsp
dry roasted sunflower seeds, unsalted	1/2 oz (14 grams)
fresh cilantro leaves	1 Tbsp

Nutrition Totals

Calories 505 / **Carbs** 62 g / **Protein** 20 g / **Fat** 21 g / **Fluid** 169 g

Instructions

1. Place cooked adzuki beans in a medium-sized bowl.
2. In a separate smaller bowl, lightly whisk together the olive oil, lemon juice, cumin, and fresh parsley.
3. Drizzle dressing over beans.
4. Garnish with sunflower seeds and fresh cilantro leaves.

Nutrition Label

Adzuki Bean Salad	
Amount Per Serving	
Calories	252
% Daily Value*	
Total Fat 10.5g	16%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10.3mg	0%
Total Carbohydrates 31g	10%
Dietary Fiber 9.2g	37%
Total Sugar 0.3g	
Protein 10.1g	
Vitamin D 0IU	0%
Calcium 39.5mg	4%
Iron 2.6mg	15%
Potassium 687.8mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



2 Servings

ginger spiced oatmeal

Ingredients

drinking water	4 Cup(s) (960 ml)
oatmeal prepared with steel cut oats	1 Cup(s) (240 ml)
ground cinnamon	2 tsp
spices cloves ground	1/8 tsp
ginger, ground	1/2 Tbsp
allspice, ground	1/4 tsp
nutmeg, ground	1/8 tsp
spices cardamom	1/4 tsp
syrops maple	1 fl oz (29 ml)

Nutrition Totals

Calories 730 / **Carbs** 142 g / **Protein** 21 g / **Fat** 10 g / **Fluid** 960 g

Instructions

1. In a large saucepan, bring water to a simmer over medium heat.
2. Stir in the oats. Reduce heat to maintain a gentle simmer.
3. Cook for 20 minutes, stirring occasionally.
4. Add in spices and continue to stir and simmer for an additional 10 minutes, or until almost all liquid is absorbed.
5. Remove from heat and allow to cool slightly.
6. Drizzle with maple syrup.

Nutrition Label

Ginger Spiced Oatmeal	
Amount Per Serving	
Calories	365
% Daily Value*	
Total Fat 5.2g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3.6mg	0%
Total Carbohydrates 70.8g	24%
Dietary Fiber 9.6g	38%
Total Sugar 15.8g	
Protein 10.2g	
Vitamin D 0IU	0%
Calcium 48.7mg	5%
Iron 4.1mg	23%
Potassium 77.4mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



1 Servings

berry protein smoothie

Ingredients

strawberries	1/2 Cup(s) (120 ml)
blueberries	1/2 Cup(s) (120 ml)
spinach	1 Cup(s) (240 ml)
whey protein powder	1 Scoop
original almond milk, unsweetened	236 mL
smooth peanut butter, no added salt	2 Tbsp
greek yogurt plain non-fat by chobani	1/4 serving

Nutrition Totals

Calories 435 / **Carbs** 29 g / **Protein** 42 g / **Fat** 20 g / **Fluid** 159 g

Instructions

Add all ingredients together in blender with Ice. Blend and Enjoy!

Nutrition Label

Berry Protein Smoothie		
Amount Per Serving		
Calories		435
	% Daily Value*	
Total Fat 19.6g		30%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 7.6mg		3%
Sodium 283.7mg		12%
Total Carbohydrates 29.4g		10%
Dietary Fiber 7.8g		31%
Total Sugar 15.5g		
Protein 42.4g		
Vitamin D 98.3IU		16%
Calcium 715mg		72%
Iron 2.9mg		17%
Potassium 874.3mg		

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Shopping List

Accompaniments

balsamic vinaigrette salad dressing, lower sodium	8 Tbsp
brown sugar	3 tsp
cornstarch	3 tsp
dijon mustard	3 tsp
salsa	2 Tbsp
sea salt	0.5 teaspoon(s)

Beef

beef jerky	2 oz (56 grams)
beef top sirloin, lean	9 oz (252 grams)

Beverages

coconut water	48 fl oz (1419 ml)
drinking water	2 Cup(s) (480 ml) 16 fl oz (473 ml)

Bread

whole wheat dinner roll	4 roll
whole wheat english muffin	2 muffin
whole wheat pita bread	1.5 large
whole wheat tortilla	5 tortilla

Cereal & Grain Products

barley	1.83 Cup(s) (439 ml)
brown rice	1.5 Cup(s) (360 ml)
macaroni	2 Cup(s) (480 ml)
oatmeal prepared with steel cut oats	1.5 Cup(s) (360 ml)
wild rice	1.5 Cup(s) (360 ml)

Cookies & Crackers

triscuit crackers, light salt	37 crackers
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Dairy & Egg

egg	24 large
lowfat cottage cheese, 1%	11.17 Cup(s) (2680 ml)
low fat natural yogurt	100 grams
nonfat fruit yogurt	1.33 Cup(s) (319 ml)
nonfat plain greek yogurt	200 gm
	2 container
shredded parmesan cheese	1.5 Tbsp
skim milk, calcium added	10 Cup(s) (2400 ml)

Desserts

clear honey	0.5 teaspoons (2 ml)
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Fats & Oils

extra virgin olive oil	3.83 Tbsp
olive oil	2 tablespoon(s)
	2 Tbsp

Finfish & Shellfish

salmon	8 oz (224 grams)
salmon filet	6 oz (168 grams)

Fruits & Juices

apple	6 large
apricot	1 apricot
avocado	2 avocado
banana	8 extra large
	0.5 Cup(s) (120 ml)
blackberries	2 Cup(s) (480 ml)
blueberries	3.5 Cup(s) (840 ml)
fresh mint	25 grams
lemon juice	2 Tbsp
mango	75 grams
medjool date	2 date, pitted
orange juice	3 Cup(s) (720 ml)
passion fruit	100 grams
strawberries	0.5 Cup(s) (120 ml)

Legumes & Beans

adzuki beans	2 Cup(s) (480 ml)
black beans	0.67 Cup(s) (160 ml)
hummus, lower sodium	11 Tbsp

Nuts & Seeds

almonds	60 almond
cashews	80 gm
dry roasted sunflower seeds, unsalted	1 oz (28 grams)
ground flaxseed	1 Tbsp
slivered almonds	1 oz (28 grams)
smooth peanut butter, no added salt	9 Tbsp

Poultry

boneless chicken	23 oz (644 grams)
chicken breast	4 breast
ground turkey	12 oz (336 grams)
turkey breast (cooked)	18 oz (504 grams)

Snacks

nut and raisin granola bar	5 bar
turkey jerky	1.5 oz (42 grams)

Soup

beef broth, low sodium	3 Cup(s) (720 ml)
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Spices & Herbs

allspice, ground	0.13 tsp
cumin ground	1 tsp
garlic powder	0.76 tsp
ginger, ground	0.25 Tbsp
ground cinnamon	1 tsp
nutmeg, ground	0.06 tsp
paprika	0.5 teaspoon(s)
parsley	4 tsp

Sports & Diet Nutritionals

whey protein powder 29 Scoop

Uncategorized

100% italian cold pressed extra virgin olive oil by 365	0.5 Tbsp
baked jacket potatoes by sainsbury's	1 jacket
chunk light tuna by 365	2 serving
fire roasted red peppers by 365	0.5 pepper
greek yogurt plain non-fat by chobani	0.5 serving
hot salsa by green mountain gringo	2 Tbsp
marinated artichokes by trader joe's	0.25 Cup(s) (60 ml)
medium wholemeal sliced bread by hovis	3 slice
onions sweet raw	0.25 serving
original almond milk, unsweetened	472 mL
pico de gallo salsa by trader joe's	2 Tbsp
pure mct oil by now	2 mL
spices cardamom	0.13 tsp
spices cloves ground	0.06 tsp
syrops maple	0.5 fl oz (14 ml)

Vegetables

asparagus	12 spear(s)
baby carrots	40 large
broccoli	3 Cup(s) (720 ml)
cucumber	1.5 cucumber
fresh cilantro leaves	2 Tbsp
garlic	3 clove(s)
mixed vegetables	3.5 Cup(s) (840 ml)
onion	0.76 Cup(s) (182 ml)
peas and carrots	3 Cup(s) (720 ml)
romaine lettuce	7 Cup(s) (1680 ml)
spinach	3 leaf
spinach	3 Cup(s) (720 ml)
sweet potato	0.5 whole
tomatoes	1 large
tomatoes	0.25 Cup(s) (60 ml)

Vegetarian Products

baked teriyaki tofu 5 oz (140 grams)

Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines



Golf Ball

1/4 cup / 1 oz / 2 tbsp



Tennis Ball

1 cup



Computer Mouse

1/2 cup



Baseball

1 cup



Rounded Handful

1/2 cup
1 oz dried goods



Hockey Puck

3 oz muffin or biscuit



Matchbox

1 oz serving of meat



Deck of Cards

3 oz of chicken, meat,
or fish



This Paperback Book

8 oz serving of meat



Thumb

1 tsp



Poker Chip

1 tbsp



Shot Glass

1 oz / 2 tbsp



CD

1 slice of bread
1 oz lunch meat



3 Dice

1 1/2 oz cheese



Kids' Milk Carton

8 oz drink

Useful Examples



Bread & Grains

1 cup of cereal = 1 baseball
1/2 cup cooked rice = computer mouse
1/2 cup cooked pasta = computer mouse
1 slice of bread = CD
3 cups of popcorn = 3 baseballs



Fruits & Vegetables

1/2 cup grapes = about 16 grapes
1 cup of strawberries = about 12 berries
1 cup of salad greens = 1 baseball
1 cup cooked vegetables = 1 baseball
1 baked potato = computer mouse



Meats, Fish & Nuts

3 oz lean meat or poultry = deck of cards
3 oz tofu = deck of cards
2 tbsp peanut butter = golf ball
1/4 cup almonds = about 23 almonds
1/4 cup pistachios = about 24 pistachios



Dairy & Cheese

1 1/2 oz cheese = stacked dice
1 cup yogurt = baseball
1/2 cup ice cream = computer mouse



Fats & Oils

1 tbsp butter or spread = poker chip
1 tbsp salad dressing = poker chip
1 tbsp oil or mayonnaise = poker chip



Sweets & Treats

1 slice cake = deck of cards
1 cookie = about 2 poker chips
1 piece of chocolate = matchbox