

1200 - 7-Day Low Cholesterol

DAY 1

Breakfast 7:00 AM	porridge oats	50 grams	182 cal
	original almond milk(unsweetened)	250 mL	32 cal

MEAL TOTAL: **Calories** 214 cal / **Carbs** 31 g (61%) / **Protein** 6 g (12%) / **Fat** 6 g (27%) / **Fluid** 0 g

NOTES:

Snack 10:00 AM	cashews	15 gm	83 cal
	banana	1 whole	105 cal

MEAL TOTAL: **Calories** 188 cal / **Carbs** 31 g (61%) / **Protein** 4 g (8%) / **Fat** 7 g (31%) / **Fluid** 1 g

NOTES:

Lunch 12:00 PM	green leaf lettuce	5 outer leaf	18 cal
	egg (hard boiled)	1 large	78 cal
	chicken breast (cooked)	1 1/2 breast	142 cal
	avocado	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 398 cal / **Carbs** 13 g (12%) / **Protein** 37 g (36%) / **Fat** 23 g (52%) / **Fluid** 281 g

NOTES:

Snack 3:00 PM	whey protein powder	1 Scoop	113 cal
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MEAL TOTAL: **Calories** 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

Dinner 6:00 PM	sweet potato	100 gm	86 cal
	sweet corn kernels	30 gm	26 cal
	tomatoes	1 large	33 cal
	turkey breast (cooked)	150 gm	204 cal

MEAL TOTAL: **Calories** 349 cal / **Carbs** 33 g (37%) / **Protein** 48 g (54%) / **Fat** 4 g (9%) / **Fluid** 373 g

NOTES:

DAY 1 TOTAL: Calories 1,262 cal / **Carbs** 110 g (34%) / **Protein** 121 g (38%) / **Fat** 40 g (28%) / **Fluid** 656 g

DAY 2

Breakfast  spinach breakfast scramble **1 serving** **221 cal**
7:00 AM

MEAL TOTAL: **Calories** 221 cal / **Carbs** 3 g (5%) / **Protein** 21 g (37%) / **Fat** 14 g (58%) / **Fluid** 113 g

NOTES:

Snack banana **1 whole** **105 cal**
10:00 AM

MEAL TOTAL: **Calories** 105 cal / **Carbs** 27 g (93%) / **Protein** 1 g (4%) / **Fat** 0 g (3%) / **Fluid** 0 g

NOTES:

Lunch  ashley's chicken salad **1 serving** **336 cal**
12:00 PM

MEAL TOTAL: **Calories** 336 cal / **Carbs** 24 g (28%) / **Protein** 32 g (38%) / **Fat** 13 g (34%) / **Fluid** 78 g

NOTES:

Snack whey protein powder **1 Scoop** **113 cal**
3:00 PM

MEAL TOTAL: **Calories** 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

Dinner  chicken and rice **1 serving** **453 cal**
6:00 PM

MEAL TOTAL: **Calories** 453 cal / **Carbs** 63 g (56%) / **Protein** 26 g (23%) / **Fat** 11 g (21%) / **Fluid** 275 g

NOTES:

Snack apple **1 large** **110 cal**
8:00 PM

MEAL TOTAL: **Calories** 110 cal / **Carbs** 29 g (95%) / **Protein** 1 g (2%) / **Fat** 0 g (3%) / **Fluid** 181 g

NOTES:

DAY 2 TOTAL: Calories 1,339 cal / Carbs 147 g (43%) / Protein 107 g (31%) / Fat 39 g (26%) / Fluid 648 g

DAY 3

Breakfast  spinach omelette **1 serving** **223 cal**
7:00 AM

MEAL TOTAL: Calories 223 cal / **Carbs** 2 g (4%) / **Protein** 19 g (35%) / **Fat** 15 g (61%) / **Fluid** 0 g

NOTES:

Snack pear **1 large** **119 cal**
10:00 AM

MEAL TOTAL: Calories 119 cal / **Carbs** 32 g (96%) / **Protein** 1 g (2%) / **Fat** 0 g (2%) / **Fluid** 175 g

NOTES:

Lunch  mediterranean chicken salad with avocado **1 serving** **266 cal**
12:00 PM

MEAL TOTAL: Calories 266 cal / **Carbs** 5 g (8%) / **Protein** 24 g (35%) / **Fat** 18 g (57%) / **Fluid** 134 g

NOTES:

Snack whey protein powder **1 Scoop** **113 cal**
 banana **1 large** **121 cal**
3:00 PM

MEAL TOTAL: Calories 234 cal / **Carbs** 32 g (52%) / **Protein** 27 g (45%) / **Fat** 1 g (3%) / **Fluid** 103 g

NOTES:

Dinner sweet potato **100 gm** **86 cal**
 green beans **1 Cup(s) (240 ml)** **35 cal**
6:00 PM  mediterranean chicken **1 serving** **186 cal**

MEAL TOTAL: Calories 307 cal / **Carbs** 28 g (36%) / **Protein** 27 g (34%) / **Fat** 10 g (30%) / **Fluid** 174 g

NOTES:

Snack egg (hard boiled) **1 large** **78 cal**
8:00 PM

MEAL TOTAL: Calories 78 cal / **Carbs** 1 g (3%) / **Protein** 6 g (33%) / **Fat** 5 g (64%) / **Fluid** 37 g

NOTES:




Eating right, simplified.

DAY 3 TOTAL: Calories 1,227 cal / Carbs 100 g (32%) / Protein 104 g (33%) / Fat 49 g (35%) / Fluid 623 g

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DAY 4

Breakfast  berry protein smoothie **1 serving** **435 cal**
7:00 AM

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

NOTES:

Snack nonfat plain greek yogurt **1 container** **100 cal**
10:00 AM

MEAL TOTAL: **Calories** 100 cal / **Carbs** 6 g (25%) / **Protein** 17 g (69%) / **Fat** 1 g (6%) / **Fluid** 145 g

NOTES:

Lunch  chicken fiesta salad **1 serving** **339 cal**
12:00 PM


MEAL TOTAL: **Calories** 339 cal / **Carbs** 34 g (39%) / **Protein** 35 g (42%) / **Fat** 7 g (19%) / **Fluid** 291 g

NOTES:

Snack whey protein powder **1 Scoop** **113 cal**
3:00 PM

MEAL TOTAL: **Calories** 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

Dinner green beans **1 Cup(s) (240 ml)** **35 cal**
6:00 PM  spice-crusted chicken breast **1 serving** **162 cal**

MEAL TOTAL: **Calories** 197 cal / **Carbs** 8 g (16%) / **Protein** 25 g (51%) / **Fat** 7 g (33%) / **Fluid** 86 g

NOTES:

Snack apple **1 medium** **72 cal**
8:00 PM

MEAL TOTAL: **Calories** 72 cal / **Carbs** 19 g (95%) / **Protein** 0 g (2%) / **Fat** 0 g (3%) / **Fluid** 118 g

NOTES:



Eating right, simplified.

DAY 4 TOTAL: Calories 1,256 cal / Carbs 97 g (30%) / Protein 147 g (45%) / Fat 36 g (25%) / Fluid 799 g

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DAY 5

Breakfast  eggs and avocado toast **1 serving** **364 cal**
7:00 AM

MEAL TOTAL: **Calories** 364 cal / **Carbs** 24 g (26%) / **Protein** 18 g (19%) / **Fat** 23 g (55%) / **Fluid** 63 g

NOTES:

Snack banana **1 whole** **105 cal**
10:00 AM

MEAL TOTAL: **Calories** 105 cal / **Carbs** 27 g (93%) / **Protein** 1 g (4%) / **Fat** 0 g (3%) / **Fluid** 0 g

NOTES:

Lunch  chicken caesar salad **1 serving** **333 cal**
12:00 PM

MEAL TOTAL: **Calories** 333 cal / **Carbs** 8 g (10%) / **Protein** 35 g (45%) / **Fat** 16 g (45%) / **Fluid** 149 g

NOTES:

Snack whey protein powder **1 Scoop** **113 cal**
3:00 PM

MEAL TOTAL: **Calories** 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

Dinner  italian pasta veggie salad **1 serving** **205 cal**
6:00 PM

MEAL TOTAL: **Calories** 205 cal / **Carbs** 28 g (57%) / **Protein** 12 g (24%) / **Fat** 4 g (19%) / **Fluid** 109 g

NOTES:

Snack egg (hard boiled) **1 large** **78 cal**
8:00 PM

MEAL TOTAL: **Calories** 78 cal / **Carbs** 1 g (3%) / **Protein** 6 g (33%) / **Fat** 5 g (64%) / **Fluid** 37 g

NOTES:



Eating right, simplified.

DAY 5 TOTAL: Calories 1,197 cal / Carbs 89 g (30%) / Protein 99 g (33%) / Fat 49 g (37%) / Fluid 358 g

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DAY 6

Breakfast  spanish scrambled eggs (women) **1 serving** **343 cal**
7:00 AM

MEAL TOTAL: **Calories** 343 cal / **Carbs** 36 g (42%) / **Protein** 26 g (30%) / **Fat** 11 g (28%) / **Fluid** 171 g

NOTES:

Snack **honeydew melon** **1 large wedge** **58 cal**
10:00 AM

MEAL TOTAL: **Calories** 58 cal / **Carbs** 15 g (92%) / **Protein** 1 g (5%) / **Fat** 0 g (3%) / **Fluid** 144 g

NOTES:

Lunch  chicken vegetable soup **1 serving** **349 cal**
12:00 PM

MEAL TOTAL: **Calories** 349 cal / **Carbs** 22 g (25%) / **Protein** 32 g (36%) / **Fat** 15 g (39%) / **Fluid** 338 g

NOTES:

Snack **whey protein powder** **1 Scoop** **113 cal**
3:00 PM

MEAL TOTAL: **Calories** 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

Dinner **green beans** **1 Cup(s) (240 ml)** **35 cal**
6:00 PM **potato (with skin, baked)** **1 small** **128 cal**
 **italian chicken** **1 serving** **263 cal**

MEAL TOTAL: **Calories** 427 cal / **Carbs** 38 g (36%) / **Protein** 31 g (29%) / **Fat** 17 g (35%) / **Fluid** 203 g

NOTES:

Snack **cucumber** **1/4 cucumber** **11 cal**
8:00 PM

MEAL TOTAL: **Calories** 11 cal / **Carbs** 3 g (81%) / **Protein** 0 g (14%) / **Fat** 0 g (5%) / **Fluid** 72 g

NOTES:




Eating right, simplified.

DAY 6 TOTAL: Calories 1,300 cal / Carbs 115 g (35%) / Protein 116 g (35%) / Fat 43 g (30%) / Fluid 930 g

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DAY 7

Breakfast  skinny veggie and fruit smoothie **1 serving** **229 cal**
7:00 AM

MEAL TOTAL: **Calories** 229 cal / **Carbs** 27 g (44%) / **Protein** 28 g (46%) / **Fat** 3 g (10%) / **Fluid** 145 g

NOTES:

Snack banana **1 large** **121 cal**
10:00 AM

MEAL TOTAL: **Calories** 121 cal / **Carbs** 31 g (93%) / **Protein** 1 g (4%) / **Fat** 0 g (3%) / **Fluid** 102 g

NOTES:

Lunch tomatoes **1 large** **33 cal**
12:00 PM baby spinach **50 gm** **12 cal**
hard boiled eggs **1 serving** **71 cal**
 mediterranean chicken **1 serving** **186 cal**


MEAL TOTAL: **Calories** 301 cal / **Carbs** 10 g (14%) / **Protein** 32 g (41%) / **Fat** 16 g (45%) / **Fluid** 269 g

NOTES:

Snack whey protein powder **1 Scoop** **113 cal**
3:00 PM

MEAL TOTAL: **Calories** 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

Dinner brown rice (cooked) **75 gm** **84 cal**
6:00 PM  chopped kale salad with chicken **1 serving** **330 cal**

MEAL TOTAL: **Calories** 414 cal / **Carbs** 27 g (26%) / **Protein** 34 g (33%) / **Fat** 19 g (41%) / **Fluid** 222 g

NOTES:

Snack apricot **1 apricot** **17 cal**
8:00 PM

MEAL TOTAL: **Calories** 17 cal / **Carbs** 4 g (83%) / **Protein** 0 g (10%) / **Fat** 0 g (7%) / **Fluid** 30 g

NOTES:

DAY 7 TOTAL: Calories 1,195 cal / **Carbs** 100 g (32%) / **Protein** 122 g (40%) / **Fat** 38 g (28%) / **Fluid** 769 g



1 Servings

spinach breakfast scramble

Ingredients

fresh eggs pasture raised by handsome brook farm	2 egg
unsalted pure irish butter by kerrygold	1/3 Tbsp
spinach	2 Cup(s) (480 ml)
egg (white only, cooked)	2 large

Nutrition Totals

Calories 221 / Carbs 3 g / Protein 21 g / Fat 14 g / Fluid 113 g

Instructions

Note this uses 2 WHOLE eggs and 2 egg WHITES.

Heat the butter in a non-stick pan over Med-Low until just warmed through.

Add your eggs (whisk first in a bowl or just stir in the pan)

When your eggs are about halfway cooked, add the spinach so that it wilts into the eggs. Keep flipping and turning the eggs and spinach until cooked through. Salt and pepper to taste.

Nutrition Label

Spinach Breakfast Scramble		
Amount Per Serving		
Calories		221
% Daily Value*		
Total Fat	14.3g	22%
Saturated Fat	5.7g	29%
Trans Fat	0g	
Cholesterol	380mg	127%
Sodium	240.1mg	10%
Total Carbohydrates	2.6g	1%
Dietary Fiber	1.3g	5%
Total Sugar	0.7g	
Protein	20.9g	
Vitamin D	0IU	0%
Calcium	104mg	10%
Iron	3.1mg	17%
Potassium	442.3mg	

* 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.



6 Servings

ashley's chicken salad

Ingredients

chicken, canned, no broth	3 Cup(s) (720 ml)
greek yogurt plain non-fat by chobani	3/4 serving
lemon juice	2 Tbsp
slivered almonds	3 oz (84 grams)
onion	1/2 small
celery	2 strip
reduced sugar raisin dried cranberries by ocean spray	3/4 Cup(s) (180 ml)

Nutrition Totals

Calories 2017 / **Carbs** 145 g / **Protein** 191 g / **Fat** 77 g / **Fluid** 466 g

Instructions

Place chicken in bowl. Make sure chicken is desired consistency. (some prefer chunky, others prefer fine. To achieve a finer texture, pulse chicken in food processor)

Add greek yogurt, lemon juice, and seasoning to chicken; stir.
Stir in remaining ingredients. Chill in the fridge before serving.

Nutrition Label

Ashley's Chicken Salad	
Amount Per Serving	
Calories	336
% Daily Value*	
Total Fat 12.8g	20%
Saturated Fat 2.7g	14%
Trans Fat 0g	
Cholesterol 52.4mg	17%
Sodium 508.5mg	21%
Total Carbohydrates 24.1g	8%
Dietary Fiber 6.2g	25%
Total Sugar 8.7g	
Protein 31.8g	
Vitamin D 5.1IU	1%
Calcium 90.3mg	9%
Iron 2.1mg	12%
Potassium 174mg	

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1 Servings

chicken and rice

Ingredients

chicken breast (cooked)	1 breast
brown rice (cooked)	1 Cup(s) (240 ml)
green peas (boiled)	50 gm
carrots	1/2 Cup(s) (120 ml)
red bell pepper	1/2 medium
pc cajun seasoning grinder by president's choice	2 tsp
olive oil	1/2 Tbsp

Nutrition Totals

Calories 453 / **Carbs** 63 g / **Protein** 26 g / **Fat** 11 g / **Fluid** 275 g

Instructions

Very simple, just stir all of the ingredients together in a pot on medium-low heat, until everything is warm. It can also be nuked for a couple of minutes so ideal for lunch on the go.

Nutrition Label

Chicken And Rice		
Amount Per Serving		
Calories		453
		% Daily Value*
Total Fat	10.6g	16%
Saturated Fat	1.8g	9%
Trans Fat	0g	
Cholesterol	48.7mg	16%
Sodium	142.1mg	6%
Total Carbohydrates	62.7g	21%
Dietary Fiber	9g	36%
Total Sugar	7.9g	
Protein	26.1g	
Vitamin D	2.8IU	0%
Calcium	72.7mg	7%
Iron	2.9mg	16%
Potassium	641.1mg	

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1 Servings

spinach omelette

Ingredients

baby spinach by organic girl	1 Cup(s) (240 ml)
farmers organic free range eggs	3 Egg

Nutrition Totals

Calories 223 / **Carbs** 2 g / **Protein** 19 g / **Fat** 15 g / **Fluid** 0 g

Instructions

Scramble all together

Nutrition Label

Spinach Omelette		
Amount Per Serving		
Calories		223
		% Daily Value*
Total Fat	15g	23%
Saturated Fat	4.5g	23%
Trans Fat	0g	
Cholesterol	555mg	185%
Sodium	253.3mg	11%
Total Carbohydrates	1.9g	1%
Dietary Fiber	1.3g	5%
Total Sugar	0g	
Protein	19.3g	
Vitamin D	0IU	0%
Calcium	137.3mg	14%
Iron	4.8mg	27%
Potassium	313.3mg	

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4 Servings

mediterranean chicken salad with avocado

Ingredients

boneless skinless chicken breast (uncooked)	16 oz (448 grams)
olive oil	2 Tbsp
lemon juice	1 1/2 fl oz (44 ml)
garlic	1 clove
avocado	1 avocado

Nutrition Totals

Calories 1065 / **Carbs** 21 g / **Protein** 97 g / **Fat** 70 g / **Fluid** 534 g

Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.

Nutrition Label

Mediterranean Chicken Salad With Avocado		
Amount Per Serving		
Calories		266
		% Daily Value*
Total Fat	17.5g	27%
Saturated Fat	2.6g	13%
Trans Fat	0g	
Cholesterol	72.5mg	24%
Sodium	200mg	8%
Total Carbohydrates	5.3g	2%
Dietary Fiber	3.4g	14%
Total Sugar	0.6g	
Protein	24.1g	
Vitamin D	2.2IU	0%
Calcium	13.8mg	1%
Iron	0.7mg	4%
Potassium	635mg	

* 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.



4 Servings

Mediterranean Chicken

Ingredients

garlic	1 clove
boneless skinless chicken breast (uncooked)	16 oz (448 grams)
olive oil	2 Tbsp
lemon juice	3 Tbsp

Nutrition Totals

Calories 743 / **Carbs** 4 g / **Protein** 93 g / **Fat** 41 g / **Fluid** 387 g

Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees F.
4. Line a baking sheet with foil or parchment paper, and place chicken on pan.
5. Bake for 18-25 minutes (depending on size/thickness of chicken breast), or until chicken is cooked through and the juices run clear (internal temp of 165 degrees F).

Nutrition Label

Mediterranean Chicken		
Amount Per Serving		
Calories		186
	% Daily Value*	
Total Fat 10.1g		16%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 72.5mg		24%
Sodium 196.5mg		8%
Total Carbohydrates 1g		0%
Dietary Fiber 0g		0%
Total Sugar 0.2g		
Protein 23.1g		
Vitamin D 2.2IU		0%
Calcium 7.7mg		1%
Iron 0.4mg		2%
Potassium 391.4mg		

* 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	

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4 Servings

chicken fiesta salad

Ingredients

skinless chicken breast (uncooked)	16 oz (448 grams)
taco seasoning mix, 40% less sodium	2 Tbsp
vegetable oil, canola	1 Tbsp
black beans (boiled)	2 Cup(s) (480 ml)
sweet corn kernels, frozen	1 Cup(s) (240 ml)
salsa	1/2 Cup(s) (120 ml)
romaine lettuce	4 Cup(s) (960 ml)
onion	1 medium
tomatoes	1 Cup(s) (240 ml)

Nutrition Totals

Calories 1357 / **Carbs** 135 g / **Protein** 141 g / **Fat** 29 g / **Fluid** 1162 g

Instructions

1. Rub chicken evenly with 1 Tbsp of taco seasoning.
2. Heat the oil in a skillet over medium heat, and cook the chicken 8 minutes on each side, or until juices run clear (165 degrees F); set aside.
3. In a large saucepan, mix beans, corn, salsa and remaining tablespoon of taco seasoning. Heat over medium heat until warm.
4. Shred romaine lettuce, slice onions and tomato, and add to large salad bowl.
5. Top salad with chicken and dress with the bean and corn mixture.

Nutrition Label

Chicken Fiesta Salad		
Amount Per Serving		
Calories		339
		% Daily Value*
Total Fat	7.2g	11%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	82.7mg	28%
Sodium	226.1mg	9%
Total Carbohydrates	33.6g	11%
Dietary Fiber	10.9g	44%
Total Sugar	4.7g	
Protein	35.3g	
Vitamin D	1.1IU	0%
Calcium	65.4mg	7%
Iron	3.2mg	18%
Potassium	1079.3mg	

* 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.



4 Servings

spice-crusted chicken breast

Ingredients

coriander seed	1 tsp
cumin ground	3 tsp
black pepper	1 tsp
boneless skinless chicken breast (uncooked)	16 oz (448 grams)
olive oil	1 Tbsp

Nutrition Totals

Calories 648 / **Carbs** 5 g / **Protein** 94 g / **Fat** 29 g / **Fluid** 343 g

Instructions

1. Preheat broiler. Lightly spray broiler pan with olive oil cooking spray.
2. Lightly toast coriander, cumin and pepper, in a small sauce pan. Stir frequently for approximately 45 seconds or until aromatic.
3. Transfer to a small bowl and set aside.
4. Flatten chicken breasts between two pieces of plastic, with cooking mallet or rolling pin.
5. Brush both sides of the chicken with olive oil.
6. Sprinkle spice mixture evenly over both sides of chicken breasts.
7. Place breasts on broiler rack and broil each side for approximately 4-5 minutes, or until cooked through (165 degrees F) and juices run clear.

Nutrition Label

Spice-Crusted Chicken Breast		
Amount Per Serving		
Calories		162
	% Daily Value*	
Total Fat 7.2g		11%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 72.5mg		24%
Sodium 196.4mg		8%
Total Carbohydrates 1.1g		0%
Dietary Fiber 0.3g		1%
Total Sugar 0g		
Protein 23.4g		
Vitamin D 2.2IU		0%
Calcium 10.9mg		1%
Iron 0.5mg		3%
Potassium 388.7mg		

* 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

eggs and avocado toast

Ingredients

sprouted 100 % whole grain bread	1 slice
organic cage-free omega-3 large brown grade a eggs by 365	2 egg
avocado, california	1/2 fruit

Nutrition Totals

Calories 364 / **Carbs** 24 g / **Protein** 18 g / **Fat** 23 g / **Fluid** 63 g

Instructions

1. Pan fry eggs on medium heat.
2. While eggs are cooking, toast Ezekiel or other 100% WHOLE GRAIN SPROUTED bread.
3. Mash 1/2 avocado over toasted bread, sprinkle with red pepper flakes or garlic powder if desired. Top toast with eggs once finished.

Nutrition Label

Eggs And Avocado Toast		
Amount Per Serving		
Calories		364
	% Daily Value*	
Total Fat 22.8g		35%
Saturated Fat 4.8g		24%
Trans Fat 0g		
Cholesterol 430mg		143%
Sodium 211.9mg		9%
Total Carbohydrates 24.4g		8%
Dietary Fiber 8.8g		36%
Total Sugar 0.2g		
Protein 17.6g		
Vitamin D 0IU		0%
Calcium 51.2mg		5%
Iron 2.6mg		15%
Potassium 638.5mg		

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1 Servings

chicken caesar salad

Ingredients

chicken breast (cooked)	3 oz (84 grams)
romaine lettuce	2 Cup(s) (480 ml)
grated parmesan cheese	4 Tbsp
dressing low fat caesar by compliments	2 Tbsp

Nutrition Totals

Calories 333 / **Carbs** 8 g / **Protein** 35 g / **Fat** 16 g / **Fluid** 149 g

Instructions

Nutrition Label

Chicken Caesar Salad	
Amount Per Serving	
Calories	333
	% Daily Value*
Total Fat 16g	25%
Saturated Fat 5.3g	27%
Trans Fat 0g	
Cholesterol 99.8mg	33%
Sodium 776.2mg	32%
Total Carbohydrates 7.9g	3%
Dietary Fiber 1.9g	8%
Total Sugar 3.2g	
Protein 35.4g	
Vitamin D 8.4IU	1%
Calcium 265.5mg	27%
Iron 1.9mg	11%
Potassium 474.9mg	

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4 Servings

italian pasta veggie salad

Ingredients

low carb penne pasta	6 oz (168 grams)
tomatoes	1 large
onion	1/2 medium
green pepper	1 medium
mushrooms	1 Cup(s) (240 ml)
italian salad dressing	2 fl oz (59 ml)

Nutrition Totals

Calories 819 / **Carbs** 114 g / **Protein** 48 g / **Fat** 17 g / **Fluid** 435 g

Instructions

1. Cook pasta according to package instructions (omit salt).
2. Drain, rinse, and place cooked pasta in large bowl. Cool completely.
3. Dice tomatoes, onions and peppers. Slice mushrooms.
4. Add veggies to cooked pasta.
5. Toss with dressing and refrigerate until chilled.

Nutrition Label

Italian Pasta Veggie Salad		
Amount Per Serving		
Calories		205
		% Daily Value*
Total Fat 4.2g		7%
Saturated Fat 0.6g		3%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 165.3mg		7%
Total Carbohydrates 28.4g		9%
Dietary Fiber 5.7g		23%
Total Sugar 5.4g		
Protein 12g		
Vitamin D 1.2IU		0%
Calcium 13.1mg		1%
Iron 0.3mg		2%
Potassium 247.9mg		

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1 Servings



spanish scrambled eggs (women)

Ingredients

vegetables prepared inspire maris piper potatoes peeled by asda	100 gram
leeks	100 gm
garlic	1 clove
grade a large eggs by goldhen	2 egg
baby spinach by organic girl	1 Cup(s) (240 ml)
egg (white only, cooked)	3 large

Nutrition Totals

Calories 343 / **Carbs** 36 g / **Protein** 26 g / **Fat** 11 g / **Fluid** 171 g

Instructions

1. Cut the potato into small cubes and heat in a large frying pan over high heat, cook for 10 minutes. 2. Add the garlic and leek and cook for another 5 minutes, whilst the leek cooks mix the eggs in a jug and add after 5 minutes.
3. Cook until the eggs are scrambled and enjoy, serve on a bed of baby spinach (2 handfuls).

Nutrition Label

Spanish Scrambled Eggs (Women)	
Amount Per Serving	
Calories	343
% Daily Value*	
Total Fat 10.5g	16%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 370mg	123%
Sodium 282.8mg	12%
Total Carbohydrates 36.1g	12%
Dietary Fiber 4.3g	18%
Total Sugar 5.3g	
Protein 25.8g	
Vitamin D 0IU	0%
Calcium 164.6mg	16%
Iron 5.4mg	30%
Potassium 666.7mg	

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2 Servings

chicken vegetable soup

Ingredients

coconut oil	1 Tbsp
onion	1 medium
zucchini/summer squash	2 medium
carrots	1 medium
black pepper	1/2 tsp
oregano, dried	1/2 tsp
boneless chicken (cooked)	8 oz (224 grams)
vegetable stock, no salt added	3 Cup(s) (720 ml)

Nutrition Totals

Calories 697 / **Carbs** 44 g / **Protein** 64 g / **Fat** 30 g / **Fluid** 677 g

Instructions

1. In a large saucepan, heat coconut oil over medium heat.
2. Dice onions, zucchini and carrots and add to hot oil. Cook until tender.
3. Season with pepper and oregano. Add salt to taste.
4. Add cooked chicken and vegetable stock.
5. Simmer over low heat for 15 minutes, stirring occasionally.
6. Garnish with fresh parsley.

Nutrition Label

Chicken Vegetable Soup		
Amount Per Serving		
Calories		349
		% Daily Value*
Total Fat	15.2g	23%
Saturated Fat	8.1g	41%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	169.1mg	7%
Total Carbohydrates	22g	7%
Dietary Fiber	4g	16%
Total Sugar	15.4g	
Protein	31.8g	
Vitamin D	0IU	0%
Calcium	77.1mg	8%
Iron	2.5mg	14%
Potassium	19164.2mg	

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1 Servings

italian chicken

Ingredients

garlic	1 clove
lemon juice	1 Tbsp
olive oil	1 Tbsp
skinless chicken breast (uncooked)	4 oz (112 grams)

Nutrition Totals

Calories 263 / **Carbs** 2 g / **Protein** 26 g / **Fat** 17 g / **Fluid** 100 g

Instructions

1. Crush garlic clove.
2. Combine crushed garlic and remaining ingredients in a small bowl. Make sure chicken is well coated with marinade. Marinate in the refrigerator for at least 30 minutes.
3. One hour before serving, preheat oven to 450 degrees F.
4. Line a baking sheet with foil or parchment paper, and place chicken on pan.
5. Bake for 18-25 minutes (depending on size/thickness of chicken breast), or until chicken is cooked through and the juices run clear (internal temp of 165 degrees F).

Nutrition Label

Italian Chicken		
Amount Per Serving		
Calories		263
% Daily Value*		
Total Fat	16.5g	25%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	82.7mg	28%
Sodium	51.9mg	2%
Total Carbohydrates	2g	1%
Dietary Fiber	0.1g	0%
Total Sugar	0.4g	
Protein	25.7g	
Vitamin D	1.1IU	0%
Calcium	12.1mg	1%
Iron	0.5mg	3%
Potassium	406.7mg	

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1 Servings



skinny veggie and fruit smoothie

Ingredients

banana	1/2 medium
blueberries	1/4 Cup(s) (60 ml)
strawberries	1/2 Cup(s) (120 ml)
original almond milk, unsweetened	150 mL
whey protein powder	1 Scoop

Nutrition Totals

Calories 229 / **Carbs** 27 g / **Protein** 28 g / **Fat** 3 g / **Fluid** 145 g

Instructions

Blend in blender with ice. Enjoy!

Nutrition Label

Skinny Veggie And Fruit Smoothie		
Amount Per Serving		
Calories		229
% Daily Value*		
Total Fat	2.6g	4%
Saturated Fat	0.3g	2%
Trans Fat	0g	
Cholesterol	5.1mg	2%
Sodium	164.1mg	7%
Total Carbohydrates	26.8g	9%
Dietary Fiber	5.5g	22%
Total Sugar	14.5g	
Protein	28g	
Vitamin D	62.5IU	10%
Calcium	448.6mg	45%
Iron	1.3mg	8%
Potassium	621.6mg	

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4 Servings

chopped kale salad with chicken

Ingredients

olive oil	3 Tbsp
lemon juice	1 1/2 Tbsp
lemon peel	2 tsp
black pepper	1/4 tsp
kale	6 Cup(s) (1440 ml)
boneless chicken (cooked)	16 oz (448 grams)

Nutrition Totals

Calories 1321 / **Carbs** 38 g / **Protein** 131 g / **Fat** 74 g / **Fluid** 668 g

Instructions

1. Combine olive oil, lemon juice, lemon peel/zest, and pepper in small bowl.
2. Pour dressing over chopped kale and toss.
3. Divide kale into 4 bowls and top each bowl with 4 oz of roasted chicken breast.

Nutrition Label

Chopped Kale Salad With Chicken		
Amount Per Serving		
Calories		330
		% Daily Value*
Total Fat	18.6g	29%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	123.5mg	5%
Total Carbohydrates	9.4g	3%
Dietary Fiber	3.7g	15%
Total Sugar	2.4g	
Protein	32.7g	
Vitamin D	0IU	0%
Calcium	166.7mg	17%
Iron	2.9mg	16%
Potassium	762.5mg	

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Shopping List

Accompaniments

italian salad dressing	0.5 fl oz (14 ml)
salsa	0.13 Cup(s) (31 ml)

Cereal & Grain Products

brown rice	1 Cup(s) (240 ml) 75 gm
low carb penne pasta	1.5 oz (42 grams)
porridge oats	50 grams

Dairy & Egg

egg	8 large
grated parmesan cheese	4 Tbsp
nonfat plain greek yogurt	1 container

Fats & Oils

coconut oil	0.5 Tbsp
olive oil	4 Tbsp
vegetable oil, canola	0.25 Tbsp

Fruits & Juices

apple	1 large 1 medium
apricot	1 apricot
avocado	0.75 avocado
avocado, california	0.5 fruit
banana	3 whole 2 large 0.5 medium
blueberries	0.75 Cup(s) (180 ml)
honeydew melon	1 large wedge
lemon juice	3.21 Tbsp 0.38 fl oz (11 ml)
lemon peel	0.5 tsp
pear	1 large
strawberries	1 Cup(s) (240 ml)

Legumes & Beans

black beans 0.5 Cup(s) (120 ml)

Nuts & Seeds

cashews 15 gm
 slivered almonds 0.5 oz (14 grams)
 smooth peanut butter, no added salt 2 Tbsp

Poultry

boneless chicken 8 oz (224 grams)
 boneless skinless chicken breast (uncooked) 16 oz (448 grams)
 chicken, canned, no broth 0.5 Cup(s) (120 ml)
 chicken breast 2.5 breast
 3 oz (84 grams)
 skinless chicken breast 8 oz (224 grams)
 turkey breast (cooked) 150 gm

Soup

vegetable stock, no salt added 1.5 Cup(s) (360 ml)

Spices & Herbs

black pepper 0.56 tsp
 coriander seed 0.25 tsp
 cumin ground 0.75 tsp
 oregano, dried 0.25 tsp
 taco seasoning mix, 40% less sodium 0.5 Tbsp

Sports & Diet Nutritional

whey protein powder 9 Scoop

Uncategorized

baby spinach by organic girl 2 Cup(s) (480 ml)
 dressing low fat caesar by compliments 2 Tbsp
 farmers organic free range eggs 3 Egg
 fresh eggs pasture raised by handsome brook farm 2 egg

grade a large eggs by goldhen	2 egg
greek yogurt plain non-fat by chobani	0.38 serving
green beans	3 Cup(s) (720 ml)
hard boiled eggs	1 serving
organic cage-free omega-3 large brown grade a eggs by 365	2 egg
original almond milk(unsweetened)	250 mL
original almond milk, unsweetened	386 mL
pc cajun seasoning grinder by president's choice	2 tsp
red bell pepper	0.5 medium
reduced sugar craisin dried cranberries by ocean spray	0.13 Cup(s) (31 ml)
sprouted 100 % whole grain bread	1 slice
unsalted pure irish butter by kerrygold	0.33 Tbsp
vegetables prepared inspire maris piper potatoes peeled by asda	100 gram

Vegetables

baby spinach	50 gm
carrots	0.5 Cup(s) (120 ml) 0.5 medium
celery	0.33 strip
cucumber	0.25 cucumber
garlic	2.75 clove
green leaf lettuce	5 outer leaf
green peas	50 gm
green pepper	0.25 medium
kale	1.5 Cup(s) (360 ml)
leeks	100 gm
mushrooms	0.25 Cup(s) (60 ml)
onion	0.08 small 0.88 medium
potato	1 small
romaine lettuce	3 Cup(s) (720 ml)
spinach	3 Cup(s) (720 ml)
sweet corn kernels	30 gm
sweet corn kernels, frozen	0.25 Cup(s) (60 ml)
sweet potato	200 gm
tomatoes	2.25 large 0.25 Cup(s) (60 ml)
zucchini/summer squash	1 medium

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