

3000 - Example Meal Plan

DAY 1

Breakfast 7:00 AM	orange juice	1/2 Cup(s) (120 ml)	56 cal
	peanut butter banana protein smoothie	1 serving	471 cal
	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal

MEAL TOTAL: Calories 700 cal / **Carbs** 76 g (41%) / **Protein** 60 g (33%) / **Fat** 21 g (26%) / **Fluid** 677 g

NOTES:

Snack 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	apple	1 large	110 cal
	whey protein powder	1 1/2 Scoop	169 cal
	banana	1 whole	105 cal

MEAL TOTAL: Calories 384 cal / **Carbs** 58 g (57%) / **Protein** 41 g (40%) / **Fat** 1 g (3%) / **Fluid** 656 g

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	chicken & rice fajita plate	1 serving	585 cal

MEAL TOTAL: Calories 585 cal / **Carbs** 42 g (28%) / **Protein** 52 g (35%) / **Fat** 24 g (37%) / **Fluid** 473 g

NOTES:

Snack 3:00 PM	nut and raisin granola bar	2 bar	254 cal
	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
	whey protein powder	1 1/2 Scoop	169 cal

MEAL TOTAL: Calories 596 cal / **Carbs** 61 g (41%) / **Protein** 60 g (40%) / **Fat** 13 g (19%) / **Fluid** 454 g

NOTES:

Dinner 6:00 PM	extra virgin olive oil	1 Tbsp	120 cal
	brussels sprouts (boiled)	1 1/2 Cup(s) (360 ml)	42 cal
	chicken, orange & avocado salad	1 serving	493 cal

MEAL TOTAL: Calories 655 cal / **Carbs** 37 g (21%) / **Protein** 36 g (21%) / **Fat** 44 g (58%) / **Fluid** 429 g

NOTES:

DAY 1 TOTAL: Calories 2,919 cal / **Carbs** 274 g (36%) / **Protein** 249 g (33%) / **Fat** 104 g (31%) / **Fluid** 2689 g

DAY 2

Breakfast 7:00 AM	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
	ashley's breakfast shake	1 serving	423 cal

MEAL TOTAL: Calories 596 cal / **Carbs** 65 g (43%) / **Protein** 72 g (49%) / **Fat** 5 g (8%) / **Fluid** 497 g

NOTES:

Snack 10:00 AM	apple	1 large	110 cal
	drinking water	16 fl oz (473 ml)	0 cal
	almond butter	2 Tbsp	200 cal
	low carb chocolate brownie protein bar	1 bar	221 cal

MEAL TOTAL: Calories 531 cal / **Carbs** 38 g (32%) / **Protein** 25 g (20%) / **Fat** 26 g (48%) / **Fluid** 655 g

NOTES:

Lunch 12:00 PM	light olive oil mayonnaise	2 tsp	33 cal
	baby carrots	15 large	79 cal
	drinking water	16 fl oz (473 ml)	0 cal
	whole wheat pita bread	2 large	340 cal
	romaine lettuce	2 leaf	2 cal
	canned tuna fish in water, very low sodium	16 oz (448 grams)	447 cal

MEAL TOTAL: Calories 901 cal / **Carbs** 90 g (38%) / **Protein** 116 g (49%) / **Fat** 13 g (13%) / **Fluid** 727 g

NOTES:

Snack 3:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	nut and raisin granola bar	1 bar	127 cal
	almonds	3/4 oz (21 grams)	122 cal
	orange	1 fruit	69 cal

MEAL TOTAL: Calories 317 cal / **Carbs** 40 g (47%) / **Protein** 8 g (9%) / **Fat** 16 g (44%) / **Fluid** 596 g

NOTES:

Dinner 6:00 PM	beef t-bone (broiled)	6 oz (168 grams)	321 cal
	drinking water	16 fl oz (473 ml)	0 cal
	potato (with skin, baked)	2 small	257 cal
	mustard greens (boiled)	2 Cup(s) (480 ml)	73 cal
	unsalted butter	1/3 Tbsp	34 cal

MEAL TOTAL: Calories 685 cal / **Carbs** 71 g (41%) / **Protein** 58 g (33%) / **Fat** 20 g (26%) / **Fluid** 1045 g

NOTES:



Eating right, simplified.

DAY 2 TOTAL: Calories 3,031 cal / **Carbs** 304 g (39%) / **Protein** 280 g (37%) / **Fat** 81 g (24%) / **Fluid** 3520 g

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DAY 3

Breakfast 7:00 AM	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
	avocado & smoked salmon omelet	1 serving	445 cal

MEAL TOTAL: **Calories** 618 cal / **Carbs** 51 g (32%) / **Protein** 44 g (28%) / **Fat** 27 g (40%) / **Fluid** 501 g

NOTES:

Snack 10:00 AM	nut and raisin granola bar	1 bar	127 cal
	apple	1 large	110 cal
	drinking water	16 fl oz (473 ml)	0 cal
	almonds	1 oz (28 grams)	162 cal

MEAL TOTAL: **Calories** 399 cal / **Carbs** 53 g (50%) / **Protein** 9 g (8%) / **Fat** 20 g (42%) / **Fluid** 657 g

NOTES:

Lunch 12:00 PM	italian chicken pasta veggie salad	1 serving	741 cal
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MEAL TOTAL: **Calories** 741 cal / **Carbs** 75 g (41%) / **Protein** 68 g (37%) / **Fat** 18 g (22%) / **Fluid** 104 g

NOTES:

Snack 3:00 PM	baby carrots	15 large	79 cal
	drinking water	16 fl oz (473 ml)	0 cal
	hummus, lower sodium	4 Tbsp	105 cal
	pretzel sticks, unsalted	1 1/2 oz (42 grams)	162 cal

MEAL TOTAL: **Calories** 345 cal / **Carbs** 62 g (70%) / **Protein** 11 g (12%) / **Fat** 7 g (18%) / **Fluid** 718 g

NOTES:

Dinner 6:00 PM	summer squash (boiled)	2 Cup(s) (480 ml)	72 cal
	drinking water	16 fl oz (473 ml)	0 cal
	whole wheat pita bread	1 1/2 large	255 cal
	chicken & quinoa with vegetables	2 serving	642 cal

MEAL TOTAL: **Calories** 969 cal / **Carbs** 133 g (53%) / **Protein** 57 g (23%) / **Fat** 27 g (24%) / **Fluid** 1222 g

NOTES:

DAY 3 TOTAL: Calories 3,072 cal / **Carbs** 373 g (47%) / **Protein** 188 g (24%) / **Fat** 100 g (29%) / **Fluid** 3203 g

DAY 4

Breakfast 7:00 AM	drinking water	8 fl oz (236 ml)	0 cal
	power smoothie	1 serving	551 cal

MEAL TOTAL: Calories 551 cal / **Carbs** 39 g (28%) / **Protein** 14 g (10%) / **Fat** 39 g (62%) / **Fluid** 237 g

NOTES:

Snack 10:00 AM	nectarine	2 fruit	120 cal
	drinking water	16 fl oz (473 ml)	0 cal
	lowfat cottage cheese, 1%	2 Cup(s) (480 ml)	325 cal

MEAL TOTAL: Calories 445 cal / **Carbs** 41 g (37%) / **Protein** 59 g (52%) / **Fat** 5 g (11%) / **Fluid** 1084 g

NOTES:

Lunch 12:00 PM	mixed vegetables (boiled)	2 Cup(s) (480 ml)	118 cal
	drinking water	16 fl oz (473 ml)	0 cal
	whole wheat pita bread	1 large	170 cal
	chicken & quinoa with vegetables	2 serving	642 cal

MEAL TOTAL: Calories 930 cal / **Carbs** 124 g (53%) / **Protein** 55 g (23%) / **Fat** 26 g (24%) / **Fluid** 1026 g

NOTES:

Snack 3:00 PM	nut and raisin granola bar	1 bar	127 cal
	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal

MEAL TOTAL: Calories 300 cal / **Carbs** 42 g (55%) / **Protein** 19 g (25%) / **Fat** 7 g (20%) / **Fluid** 450 g

NOTES:

Dinner 6:00 PM	mustard greens (boiled)	2 Cup(s) (480 ml)	73 cal
	navy beans (boiled)	1 1/2 Cup(s) (360 ml)	382 cal
	lean pork tenderloin (cooked)	8 oz (224 grams)	324 cal
	drinking water	16 fl oz (473 ml)	0 cal

MEAL TOTAL: Calories 779 cal / **Carbs** 84 g (42%) / **Protein** 89 g (45%) / **Fat** 11 g (13%) / **Fluid** 1062 g

NOTES:

DAY 4 TOTAL: Calories 3,006 cal / **Carbs** 329 g (43%) / **Protein** 236 g (31%) / **Fat** 87 g (26%) / **Fluid** 3859 g

DAY 5

Breakfast 7:00 AM	skim milk, calcium added	2 Cup(s) (480 ml)	173 cal
	rich tropical green smoothie	1 serving	509 cal

MEAL TOTAL: Calories 682 cal / **Carbs** 66 g (38%) / **Protein** 25 g (15%) / **Fat** 36 g (47%) / **Fluid** 449 g

NOTES:

Snack 10:00 AM	drinking water	16 fl oz (473 ml)	0 cal
	apple	1 large	110 cal
	almond butter	2 1/2 Tbsp	250 cal
	chocolate chip cookie dough protein bar by quest b	1 bar	190 cal

MEAL TOTAL: Calories 550 cal / **Carbs** 58 g (38%) / **Protein** 29 g (19%) / **Fat** 28 g (43%) / **Fluid** 655 g

NOTES:

Lunch 12:00 PM	extra virgin olive oil	1 Tbsp	120 cal
	balsamic vinegar	2 Tbsp	28 cal
	romaine lettuce	2 Cup(s) (480 ml)	16 cal
	drinking water	16 fl oz (473 ml)	0 cal
	lean pork tenderloin (cooked)	10 oz (280 grams)	405 cal
	potato (with skin, baked)	1 1/2 small	193 cal

MEAL TOTAL: Calories 762 cal / **Carbs** 52 g (28%) / **Protein** 81 g (43%) / **Fat** 25 g (29%) / **Fluid** 938 g

NOTES:

Snack 3:00 PM	hummus, lower sodium	4 Tbsp	105 cal
	drinking water	16 fl oz (473 ml)	0 cal
	pretzel sticks, unsalted	1 oz (28 grams)	108 cal
	baby carrots	10 large	53 cal

MEAL TOTAL: Calories 265 cal / **Carbs** 44 g (64%) / **Protein** 9 g (13%) / **Fat** 7 g (23%) / **Fluid** 651 g

NOTES:

Dinner 6:00 PM	chopped kale salad with chicken	1 1/2 serving	495 cal
	drinking water	16 fl oz (473 ml)	0 cal
	whole wheat pita bread	1 large	170 cal

MEAL TOTAL: Calories 666 cal / **Carbs** 49 g (29%) / **Protein** 55 g (32%) / **Fat** 30 g (39%) / **Fluid** 743 g

NOTES:

DAY 5 TOTAL: Calories 2,924 cal / **Carbs** 269 g (36%) / **Protein** 199 g (27%) / **Fat** 125 g (37%) / **Fluid** 3435 g

DAY 6

Breakfast 7:00 AM	whole wheat bread	2 slice	200 cal
	scrambled eggs and spinach	1 serving	488 cal

MEAL TOTAL: **Calories** 688 cal / **Carbs** 57 g (41%) / **Protein** 25 g (18%) / **Fat** 25 g (41%) / **Fluid** 197 g

NOTES:

Snack 10:00 AM	lowfat vanilla yogurt	8 oz (224 grams)	193 cal
	drinking water	16 fl oz (473 ml)	0 cal
	egg (white only, cooked)	8 large	137 cal
	low carb chocolate brownie protein bar	1 bar	221 cal

MEAL TOTAL: **Calories** 551 cal / **Carbs** 36 g (30%) / **Protein** 58 g (47%) / **Fat** 13 g (23%) / **Fluid** 883 g

NOTES:

Lunch 12:00 PM	chopped kale salad with chicken	2 serving	660 cal
	iced green tea	16 fl oz (473 ml)	0 cal
	whole wheat dinner roll	2 roll	149 cal

MEAL TOTAL: **Calories** 809 cal / **Carbs** 47 g (23%) / **Protein** 70 g (34%) / **Fat** 40 g (43%) / **Fluid** 826 g

NOTES:

Snack 3:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	apple	1 large	110 cal
	nut and raisin granola bar	1 bar	127 cal

MEAL TOTAL: **Calories** 237 cal / **Carbs** 47 g (74%) / **Protein** 3 g (4%) / **Fat** 6 g (22%) / **Fluid** 656 g

NOTES:

Dinner 6:00 PM	salmon (cooked)	10 oz (280 grams)	434 cal
	drinking water	16 fl oz (473 ml)	0 cal
	unsalted butter	1/2 Tbsp	51 cal
	summer squash (boiled)	2 Cup(s) (480 ml)	72 cal
	quinoa (cooked)	3/4 Cup(s) (180 ml)	167 cal

MEAL TOTAL: **Calories** 724 cal / **Carbs** 45 g (25%) / **Protein** 79 g (44%) / **Fat** 25 g (31%) / **Fluid** 1111 g

NOTES:

DAY 6 TOTAL: Calories 3,009 cal / **Carbs** 233 g (33%) / **Protein** 236 g (33%) / **Fat** 108 g (34%) / **Fluid** 3674 g

DAY 7

Breakfast 7:00 AM	drinking water	8 fl oz (236 ml)	0 cal
	coconut water	12 fl oz (354 ml)	68 cal
	breakfast bowl	1 serving	536 cal

MEAL TOTAL: Calories 604 cal / **Carbs** 71 g (45%) / **Protein** 23 g (14%) / **Fat** 30 g (41%) / **Fluid** 701 g

NOTES:

Snack 10:00 AM	hummus, lower sodium	4 Tbsp	105 cal
	baby carrots	20 large	105 cal
	drinking water	16 fl oz (473 ml)	0 cal
	pretzel sticks, unsalted	2 oz (56 grams)	215 cal

MEAL TOTAL: Calories 425 cal / **Carbs** 79 g (72%) / **Protein** 13 g (12%) / **Fat** 8 g (16%) / **Fluid** 786 g

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	black pepper curry chicken saute' (bulk recipe)	1 serving	488 cal
	whole wheat tandoori naan	2 naan	520 cal

MEAL TOTAL: Calories 1,008 cal / **Carbs** 116 g (47%) / **Protein** 54 g (21%) / **Fat** 36 g (32%) / **Fluid** 668 g

NOTES:

Snack 3:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	strawberries	2 Cup(s) (480 ml)	106 cal
	whey protein powder	1 1/2 Scoop	169 cal

MEAL TOTAL: Calories 275 cal / **Carbs** 27 g (37%) / **Protein** 41 g (58%) / **Fat** 2 g (5%) / **Fluid** 777 g

NOTES:

Dinner 6:00 PM	boneless chicken (cooked)	8 oz (224 grams)	379 cal
	drinking water	16 fl oz (473 ml)	0 cal
	avocado	1/2 avocado	161 cal
	quinoa (cooked)	1/2 Cup(s) (120 ml)	111 cal

MEAL TOTAL: Calories 651 cal / **Carbs** 28 g (17%) / **Protein** 63 g (39%) / **Fat** 32 g (44%) / **Fluid** 766 g

NOTES:

DAY 7 TOTAL: Calories 2,963 cal / **Carbs** 321 g (42%) / **Protein** 194 g (26%) / **Fat** 106 g (32%) / **Fluid** 3697 g

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.



1 Servings

chicken & rice fajita plate

Ingredients

chicken breast (organic)	1/2 pound(s)
brown rice (uncooked)	1/4 Cup(s) (60 ml)
bell pepper (any color)	1/2 whole
yellow onion	1/2 whole
garlic	3 clove(s)
roma tomato	1 whole
lime	1/2 whole
olive oil (extra virgin)	1 1/4 tablespoon(s)
cumin (ground)	1/2 teaspoon(s)
paprika (ground)	1/2 teaspoon(s)
sea salt	1/2 teaspoon(s)

Nutrition Totals

Calories 585 / **Carbs** 42 g / **Protein** 52 g / **Fat** 24 g / **Fluid** 0 g

Instructions

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

1. If needed, thaw or defrost the chicken, and slice in half width-wise then slice again into small 1/2 inch thick strips.
2. Preheat the oven to 400 degrees and line a large baking sheet with aluminum foil.
3. Thinly slice the bell pepper, slice the onion into strips, dice the tomato, mince the garlic, and cut the lime into wedges.
4. For the seasoning, in a small bowl whisk together 1/2 teaspoon chili powder, 1/2 teaspoon cumin, 1/2 teaspoon paprika, 1/2 teaspoon salt, and 1/2 teaspoon pepper.
5. Combine 1/4 cup rice and 3/4 cups water in a saucepan.
6. Cover and bring to a boil, then reduce heat to medium-low and simmer until all the water is absorbed, 15 minutes. Add 1/4 cup additional water if rice is firm.
7. When the rice is fully cooked, remove the pan from the heat and set aside.
8. In a large bowl, combine the chicken, bell pepper, and onion.
9. Add the minced garlic, seasoning mix, and 1 & 1/4 tablespoons olive oil to the bowl and mix well.

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10. Evenly spread the fajita mixture onto the baking sheet, ensuring no ingredients overlap each other.
11. Bake for 18 to 25 minutes, tossing the fajita mixture once after 12 minutes.
12. When the chicken is fully cooked and the vegetables are tender, remove the fajita mixture from the oven and set aside briefly.
13. Scoop the rice evenly onto the plate and top with the fajita mixture.
14. Squeeze juice of 1 lime over the fajita mixture, sprinkle the diced tomato on top, garnish with 1 tablespoon cilantro, and serve.

Nutrition Label

Chicken & Rice Fajita Plate		
Amount Per Serving		
Calories		585
	% Daily Value*	
Total Fat 24.2g		37%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 130mg		43%
Sodium 1299.5mg		54%
Total Carbohydrates 42.1g		14%
Dietary Fiber 4.2g		17%
Total Sugar 2.5g		
Protein 51.7g		
Vitamin D 0IU		0%
Calcium 0mg		0%
Iron 0mg		0%
Potassium 0mg		

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1 Servings

chicken, orange & avocado salad

Ingredients

orange	1 fruit
extra virgin olive oil	1/2 Tbsp
spinach	2 Cup(s) (480 ml)
avocado	1/2 avocado
boneless chicken (cooked)	4 oz (112 grams)

Nutrition Totals

Calories 493 / **Carbs** 28 g / **Protein** 33 g / **Fat** 30 g / **Fluid** 325 g

Instructions

1. Prepare orange by cutting off the rind and outer membrane and slicing out the wedges of fruit between the segments. Do this over a bowl and set the remaining juice aside.
2. To the remaining juice, add a drizzle of olive oil and season to taste with salt and pepper.
3. Toss fresh spinach with dressing in a medium bowl.
4. Slice avocado and add to spinach.
5. Top salad with orange pieces and cooked chicken.

Nutrition Label

Chicken, Orange & Avocado Salad		
Amount Per Serving		
Calories		493
		% Daily Value*
Total Fat	29.6g	46%
Saturated Fat	5.2g	26%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	140.8mg	6%
Total Carbohydrates	28.3g	9%
Dietary Fiber	11.1g	45%
Total Sugar	12.8g	
Protein	33.3g	
Vitamin D	0IU	0%
Calcium	145.2mg	15%
Iron	3.7mg	21%
Potassium	1314.3mg	

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1 Servings

ashley's breakfast shake

Ingredients

100% liquid egg whites by great value	15 Tbsp
chocolate whey isolate by legion	1 scoop
pb fit peanut butter powder by better dody foods	2 Tbsp
banana	65 gm
100% whole grain quick oats by great value	1/4 Cup(s) (60 ml)
unsweetened cashewmilk by silk	100 mL

Nutrition Totals

Calories 423 / **Carbs** 41 g / **Protein** 56 g / **Fat** 5 g / **Fluid** 49 g

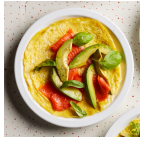
Instructions

Blend Ingredients

Nutrition Label

Ashley's Breakfast Shake	
Amount Per Serving	
Calories	423
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.3g	2%
Trans Fat 0g	
Cholesterol 3mg	1%
Sodium 577.3mg	24%
Total Carbohydrates 40.7g	14%
Dietary Fiber 6.6g	27%
Total Sugar 10.4g	
Protein 55.6g	
Vitamin D 41.6IU	7%
Calcium 300.7mg	30%
Iron 2.6mg	15%
Potassium 613.1mg	

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1 Servings

avocado & smoked salmon omelet

Ingredients

fish salmon chinook smoked	2 oz (56 grams)
grade a large eggs by great value	2 egg
basil	1 tsp
extra virgin olive oil	1 1/2 tsp
avacado by suave	1/4 medium
homemade whole wheat bread (toasted)	1 slice

Nutrition Totals

Calories 445 / **Carbs** 27 g / **Protein** 27 g / **Fat** 26 g / **Fluid** 53 g

Instructions

Prep

10 m

Ready In

10 m

Beat eggs with milk and salt in a small bowl. Heat 1 teaspoon oil in a small nonstick skillet over medium heat.

Add the egg mixture and cook until the bottom is set and the center is still a bit runny, 1 to 2 minutes. Flip the omelet over and cook until set, about 30 seconds more. Transfer to a plate. Top with avocado, salmon and basil. Drizzle with the remaining ½ teaspoon oil.

Nutrition Label

Avocado & Smoked Salmon Omelet		
Amount Per Serving		
Calories		445
	% Daily Value*	
Total Fat 26.4g		41%
Saturated Fat 4.3g		22%
Trans Fat 0g		
Cholesterol 383mg		128%
Sodium 681mg		28%
Total Carbohydrates 26.7g		9%
Dietary Fiber 4.8g		19%
Total Sugar 1.7g		
Protein 27.2g		
Vitamin D 388.3IU		65%
Calcium 62.9mg		6%
Iron 3.7mg		21%
Potassium 536.7mg		

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1 Servings



italian chicken pasta veggie salad

Ingredients

low carb penne pasta	4 oz (112 grams)
cherry tomatoes	4 oz (112 grams)
onion	1/2 Cup(s) (120 ml)
grilled & ready chicken breast tenderloins by tyson	5 oz (140 grams)
green pepper	1 Cup(s) (240 ml)
balsamic vinegar	1 Tbsp
extra virgin olive oil	3/4 Tbsp

Nutrition Totals

Calories 741 / **Carbs** 75 g / **Protein** 68 g / **Fat** 18 g / **Fluid** 104 g

Instructions

1. In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
2. Grill chicken until cooked through, cut into 1" pieces.
3. In a large bowl, combine the pasta, chicken, onion, bell pepper, tomatoes and mushrooms. Pour enough oil & vinegar over to coat; toss and refrigerate until chilled.

Nutrition Label

Italian Chicken Pasta Veggie Salad		
Amount Per Serving		
Calories		741
% Daily Value*		
Total Fat	17.7g	27%
Saturated Fat	2.7g	14%
Trans Fat	0g	
Cholesterol	92.8mg	31%
Sodium	537.7mg	22%
Total Carbohydrates	74.8g	25%
Dietary Fiber	13.8g	56%
Total Sugar	13.3g	
Protein	67.8g	
Vitamin D	0IU	0%
Calcium	26.7mg	3%
Iron	0.5mg	3%
Potassium	262.8mg	

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2 Servings

chicken & quinoa with vegetables

Ingredients

quinoa	1/2 Cup(s) (120 ml)
chicken broth soup, low-sodium	1 Cup(s) (240 ml)
mixed vegetables (boiled)	1/2 Cup(s) (120 ml)
extra virgin olive oil	1 Tbsp
skinless chicken breast (uncooked)	4 oz (112 grams)
lime juice	2 1 wedge
basil	1/4 Cup(s) (60 ml)

Nutrition Totals

Calories 642 / **Carbs** 64 g / **Protein** 44 g / **Fat** 24 g / **Fluid** 382 g

Instructions

1. Add quinoa and chicken broth to a medium saucepan and bring to a boil.
2. Reduce heat to a simmer and cover the pan. Simmer until the broth is absorbed, the quinoa is fluffy, and the white line is visible in the grain, about 12 minutes.
3. In a separate saucepan, heat olive oil over medium heat. Add in sliced chicken breast pieces and cook until juices run clear and chicken is fully cooked (165 degrees F).
4. Remove the chicken meat and set aside.
5. Cook the mixed vegetables in the sauce pan until tender, 5 to 8 minutes.
6. Return chicken to saucepan and sprinkle with lime juice and fresh basil leaves.
7. Serve over hot quinoa.

Nutrition Label

Chicken & Quinoa With Vegetables		
Amount Per Serving		
Calories		321
	% Daily Value*	
Total Fat 11.8g		18%
Saturated Fat 1.8g		9%
Trans Fat 0g		
Cholesterol 41.3mg		14%
Sodium 71.9mg		3%
Total Carbohydrates 32.2g		11%
Dietary Fiber 4g		16%
Total Sugar 0.9g		
Protein 21.9g		
Vitamin D 0.5IU		0%
Calcium 43.3mg		4%
Iron 2.7mg		15%
Potassium 591.7mg		

* 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

power smoothie

Ingredients

avocado	1/2 whole
kale (raw)	1 Cup(s) (240 ml)
strawberries (frozen)	1/2 Cup(s) (120 ml)
blueberries (frozen)	1/2 Cup(s) (120 ml)
almond milk (unsweetened)	1 1/2 Cup(s) (360 ml)
almond butter (unsweetened)	1 2/3 tablespoon(s)
flaxseed (whole)	1 tablespoon(s)
sea salt	1/4 teaspoon(s)

Nutrition Totals

Calories 551 / Carbs 39 g / Protein 14 g / Fat 39 g / Fluid 0 g

Instructions

Smoothie Meal Planning:

Required: To be done before the week's meal plan begins, 1 to 2 days before Day 1 of your meal plan. Refer to your meal plan and prepare the required number of bags (1 Smoothie = 1 Bag) in order to save time during the week.

1. Peel and slice the avocado.
2. Add 1/2 avocado to the bottom of the freezer bag.
3. Measure 1/2 cup frozen blueberries and 1/2 cup frozen strawberries and add to the bag on top of the avocado.
4. Measure 1 cup kale and add to the bag on top of the berries.
5. Seal the bag airtight and store in the freezer to be used to prepare the below recipe.

Instructions:

1. Remove the bagged avocado, blueberries, strawberries, and kale from the freezer.
2. Thaw the bag for 15 minutes prior to preparing.
3. Add the kale to a blender.
4. Pour 1 & 1/2 cups almond milk into the blender.
5. Blend until large pieces of green are no longer visible in the blender.

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6. Add the avocado, strawberries, and blueberries to the blender.
7. Add 1 & 2/3 tablespoons almond butter, 1 tablespoon flaxseeds, 1 teaspoon vanilla extract, and 1/4 teaspoon salt to the blender.
8. Blend until smooth, about 30 to 45 seconds.
9. Pour into a tall glass and serve.

Nutrition Label

Power Smoothie	
Amount Per Serving	
Calories	551
% Daily Value*	
Total Fat 38.7g	60%
Saturated Fat 3.4g	17%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 719.8mg	30%
Total Carbohydrates 39.4g	13%
Dietary Fiber 18.5g	74%
Total Sugar 11.8g	
Protein 13.8g	
Vitamin D 0IU	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	

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1 Servings

rich tropical green smoothie

Ingredients

kale (raw)	1 Cup(s) (240 ml)
pineapple (frozen)	3/4 Cup(s) (180 ml)
avocado	1/2 whole
lemon	1/2 whole
almond milk (unsweetened)	3/4 Cup(s) (180 ml)
coconut milk (unsweetened, canned)	1/3 Cup(s) (80 ml)
flaxseed (whole)	1/2 tablespoon(s)

Nutrition Totals

Calories 509 / Carbs 42 g / Protein 9 g / Fat 35 g / Fluid 0 g

Instructions

Smoothie Meal Planning:

Required: To be done before the week's meal plan begins, 1 to 2 days before Day 1 of your meal plan. Refer to your meal plan and prepare the required number of bags (1 Smoothie = 1 Bag) in order to save time during the week.

1. Peel and slice the avocado.
2. Add the avocado to the bottom of the freezer bag.
3. Measure 3/4 cup frozen pineapple and add to the bag on top of the avocado.
4. Measure 1 cup kale and add to the bag on top of the pineapple.
5. Seal the bag airtight and store in the freezer to be used to prepare the below recipe.

Instructions:

1. Remove the bagged avocado, pineapple, and kale from the freezer.
2. Thaw the bag for 15 minutes prior to preparing.
3. Add the kale to a blender.
4. Pour 1/3 cup coconut milk and 3/4 cup almond milk into the blender.
5. Blend until large pieces of green are no longer visible in the blender.

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6. Add the avocado and pineapple to the blender.
7. Add juice of 1/2 lemon and 1/2 tablespoon flaxseeds to the blender.
8. Blend until smooth, about 30 to 45 seconds.
9. Pour into a tall glass and serve.

Nutrition Label

Rich Tropical Green Smoothie	
Amount Per Serving	
Calories	509
	% Daily Value*
Total Fat 35.2g	54%
Saturated Fat 16.4g	82%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 138.5mg	6%
Total Carbohydrates 41.9g	14%
Dietary Fiber 25g	100%
Total Sugar 7.3g	
Protein 8.5g	
Vitamin D 0IU	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	

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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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1 Servings



scrambled eggs and spinach

Ingredients

egg	1 large
all natural 100% egg whites by egg beaters	1/2 Cup(s) (120 ml)
minced garlic by spice world	1 tsp
spinach	1/2 package (10 oz)
extra virgin olive oil	1/2 Tbsp
feta cheese	1/4 Cup(s) (60 ml)

Nutrition Totals

Calories 488 / **Carbs** 17 g / **Protein** 15 g / **Fat** 22 g / **Fluid** 197 g

Instructions

1. Heat EVOO over medium heat, add and saute minced garlic for about 30sec.
2. Scramble egg and egg whites and pour over garlic.
3. Cook eggs through until not runny, then add spinach and stir until all pieces are slightly wilted.
4. Sprinkle crumbled feta over egg scramble and heat for 1minute.

Nutrition Label

Scrambled Eggs And Spinach		
Amount Per Serving		
Calories		488
	% Daily Value*	
Total Fat 22.2g		34%
Saturated Fat 8.7g		44%
Trans Fat 0.3g		
Cholesterol 202.3mg		67%
Sodium 1144.5mg		48%
Total Carbohydrates 16.6g		6%
Dietary Fiber 3.1g		12%
Total Sugar 2.9g		
Protein 15.4g		
Vitamin D 49.9IU		8%
Calcium 365.7mg		37%
Iron 4.8mg		27%
Potassium 1376.1mg		

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1 Servings

breakfast bowl

Ingredients

gluten free rolled oats by trader joe's	1/3 Cup(s) (80 ml)
chia seeds by trader joe's	2 Tbsp
almond butter	1 Tbsp
blueberries	1/2 Cup(s) (120 ml)
raw hemp seeds	2 Tbsp
blueberries	1/2 Cup(s) (120 ml)

Nutrition Totals

Calories 536 / **Carbs** 58 g / **Protein** 21 g / **Fat** 29 g / **Fluid** 122 g

Instructions

Boil water and add it to the gluten free oats and stir till it is absorbed. Then stir in the remaining ingredients.

Nutrition Label

Breakfast Bowl	
Amount Per Serving	
Calories	536
% Daily Value*	
Total Fat 28.8g	44%
Saturated Fat 2.8g	14%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 91.4mg	4%
Total Carbohydrates 58g	19%
Dietary Fiber 22.1g	89%
Total Sugar 16.7g	
Protein 20.7g	
Vitamin D 0IU	0%
Calcium 235.3mg	24%
Iron 7.9mg	44%
Potassium 111.6mg	

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4 Servings



black pepper curry chicken saute' (bulk recipe)

Ingredients

chicken breast (cooked)	16 oz (448 grams)
coarse kosher salt by morton	3/4 tsp
black pepper	1/4 tsp
corn/canola oil	2 tsp
onion	1 1/2 Cup(s) (360 ml)
ginger root	2 tsp
minced garlic by spice world	3 tsp
curry powder	2 tsp
coconut milk raw liquid	1 Cup(s) (240 ml)
lime juice	2 tsp
condiments pc black peppercorns grinder by president's choice	1 tsp
basil	4 tsp
brown rice (cooked)	2 Cup(s) (480 ml)

Nutrition Totals

Calories 1953 / **Carbs** 135 g / **Protein** 159 g / **Fat** 87 g / **Fluid** 780 g

Instructions

Sprinkle chicken with salt & Pepper. Heat 1 ½ tsp of oil in large nonstick skillet over med-high heat. Add chicken to pan; cook, stirring frequently, 5-6 minutes or until chicken is lightly browned. Remove chicken from pan.

Reduce heat to medium. Add remaining 1 ½ tsp oil to pan; swirl to coat. Add onion, cook 4 minutes or until tender, stirring occasionally. Add ginger and garlic and cook until softened about 1 min. Add curry powder; cook 15-30 seconds or until fragrant stirring constantly. Stir in coconut milk, lime juice, crushed peppercorns & remaining salt. Return chicken to pan. Cover & cook over Med-Low until sauce is slightly thickened & chicken is done about 5 min.

Nutrition Label

Black Pepper Curry Chicken Saute' (Bulk Recipe)	
Amount Per Serving	
Calories	488
% Daily Value*	
Total Fat 21.7g	33%
Saturated Fat 14.2g	71%
Trans Fat 0g	
Cholesterol 96.3mg	32%
Sodium 169mg	7%
Total Carbohydrates 33.6g	11%
Dietary Fiber 4.7g	19%
Total Sugar 4.6g	
Protein 39.6g	
Vitamin D 5.6IU	1%
Calcium 58mg	6%
Iron 3mg	17%
Potassium 636.9mg	

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Shopping List

Accompaniments

light olive oil mayonnaise	2 tsp
sea salt	0.75 teaspoon(s)

Beef

beef t-bone	6 oz (168 grams)
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Beverages

almond milk	2.25 Cup(s) (540 ml)
coconut milk	0.33 Cup(s) (79 ml)
coconut milk raw liquid	0.25 Cup(s) (60 ml)
coconut water	12 fl oz (354 ml)
drinking water	384 fl oz (11354 ml)
iced green tea	16 fl oz (473 ml)

Bread

whole wheat bread	2 slice
whole wheat dinner roll	2 roll
whole wheat pita bread	5.5 large
whole wheat tandoori naan	2 naan

Cereal & Grain Products

brown rice	0.75 Cup(s) (180 ml)
low carb penne pasta	4 oz (112 grams)
quinoa	2.25 Cup(s) (540 ml)

Dairy & Egg

egg	9 large
feta cheese	0.25 Cup(s) (60 ml)
lowfat cottage cheese, 1%	2 Cup(s) (480 ml)
lowfat vanilla yogurt	8 oz (224 grams)
skim milk, calcium added	12 Cup(s) (2880 ml)
unsalted butter	0.83 Tbsp

Fats & Oils

corn/canola oil	0.5 tsp
extra virgin olive oil	5.75 Tbsp
	1.5 tsp
olive oil	1.25 tablespoon(s)
	2.63 Tbsp

Finfish & Shellfish

canned tuna fish in water, very low sodium	16 oz (448 grams)
salmon	10 oz (280 grams)

Fruits & Juices

apple	5 large
avocado	1 avocado
	1 whole
banana	0.5 Cup(s) (120 ml)
	1 whole
	65 gm
blueberries	2 Cup(s) (480 ml)
lemon	0.5 whole
lemon juice	1.31 Tbsp
lemon peel	1.75 tsp
lime	0.5 whole
lime juice	4 1 wedge
	0.5 tsp
nectarine	2 fruit
orange	2 fruit
orange juice	0.5 Cup(s) (120 ml)
pineapple	0.75 Cup(s) (180 ml)
roma tomato	1 whole
strawberries	2.5 Cup(s) (600 ml)

Ingredients

balsamic vinegar	3 Tbsp
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Legumes & Beans

hummus, lower sodium	12 Tbsp
navy beans	1.5 Cup(s) (360 ml)

Nuts & Seeds

almond butter	5.5 Tbsp
	1.67 tablespoon(s)
almonds	1.75 oz (49 grams)
flaxseed	1.5 tablespoon(s)
raw hemp seeds	2 Tbsp
smooth peanut butter, no added salt	2 Tbsp

Pork

lean pork tenderloin	18 oz (504 grams)
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Poultry

boneless chicken	26 oz (728 grams)
chicken breast	0.5 pound(s)
	4 oz (112 grams)
skinless chicken breast	8 oz (224 grams)

Snacks

nut and raisin granola bar	6 bar
pretzel sticks, unsalted	4.5 oz (126 grams)

Soup

chicken broth soup, low-sodium	2 Cup(s) (480 ml)
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Spices & Herbs

basil	2 tsp
	0.5 Cup(s) (120 ml)
black pepper	0.28 tsp
cumin	0.5 teaspoon(s)
curry powder	0.5 tsp
paprika	0.5 teaspoon(s)

Sports & Diet Nutritionals

low carb chocolate brownie protein bar	2 bar
whey protein powder	5.5 Scoop

Uncategorized

100% liquid egg whites by great value	15 Tbsp
100% whole grain quick oats by great value	0.25 Cup(s) (60 ml)
all natural 100% egg whites by egg beaters	0.5 Cup(s) (120 ml)
avacado by suaveo	0.25 medium
chia seeds by trader joe's	2 Tbsp
chocolate chip cookie dough protein bar by quest bar	1 bar
chocolate whey isolate by legion	1 scoop
coarse kosher salt by morton	0.19 tsp
condiments pc black peppercorns grinder by president's choice	0.25 tsp
fish salmon chinook smoked	2 oz (56 grams)
gluten free rolled oats by trader joe's	0.33 Cup(s) (79 ml)
grade a large eggs by great value	2 egg
greek yogurt plain non-fat by chobani	0.25 serving
grilled & ready chicken breast tenderloins by tyson	5 oz (140 grams)
homemade whole wheat bread	1 slice
minced garlic by spice world	1.75 tsp
original almond milk, unsweetened	236 mL
pb fit peanut butter powder by better dody foods	2 Tbsp
unsweetened cashewmilk by silk	100 mL

Vegetables

baby carrots	60 large
bell pepper	0.5 whole
brussels sprouts	1.5 Cup(s) (360 ml)
cherry tomatoes	4 oz (112 grams)
garlic	3 clove(s)
ginger root	0.5 tsp
green pepper	1 Cup(s) (240 ml)
kale	7.25 Cup(s) (1740 ml)
mixed vegetables	3 Cup(s) (720 ml)
mustard greens	4 Cup(s) (960 ml)
onion	0.88 Cup(s) (211 ml)
potato	3.5 small
romaine lettuce	2 leaf
	2 Cup(s) (480 ml)
spinach	2 Cup(s) (480 ml)
	0.5 package (10 oz)
summer squash	4 Cup(s) (960 ml)
yellow onion	0.5 whole

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