



Protein Focused 1750 (A)

Day 1

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	78	1 egg EGG, CHICKEN, WHOLE, HARD, BOILED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1/2 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
		21	1/4 cups BLUEBERRY, RAW			
		86	17 1/4 fl oz ALMOND BEVERAGE, VANILLA UNSWEETENED, NONDAIRY			
Meal Totals:		Calories: 335	Carbs: 37g (45%)	Protein: 13g (16%)	Fat: 14g (39%)	Fluid: 37oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		34	1 teaspoons ALMOND BUTTER, NO SALT			
		28	1/2 small APPLE W/SKIN, RAW			
		210	1 bar BALANCE BAR GOLD CRUNCH, COOKIES N' CREME			
Meal Totals:		Calories: 272	Carbs: 31g (46%)	Protein: 16g (24%)	Fat: 9g (30%)	Fluid: 19oz
Lunch	12:00 PM	2	1 leaf LETTUCE, COS OR ROMAINE, RAW			
		8	2 oz TOMATO, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		161	3 oz TURKEY BREAST, ROASTED			
		83	1 cups CARROT, BABY, RAW			
70	1 slice BROWN RICE BREAD, LIGHT					
Meal Totals:		Calories: 324	Carbs: 10g (17%)	Protein: 25g (43%)	Fat: 10g (39%)	Fluid: 21oz
Snack	3:00 PM	90	1 small BANANA, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		160	2 piece STRING CHEESE			
Meal Totals:		Calories: 250	Carbs: 25g (37%)	Protein: 15g (22%)	Fat: 12g (40%)	Fluid: 19oz
Dinner	6:00 PM	41	1/2 cups BROCCOLI, BOILED, NO SALT			
		54	1/4 cups BROWN RICE, LONG GRAIN, COOKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		151	1/2 cups BEAN, BLACK, BOILED			
		73	2 oz TILAPIA, FRESH			
Meal Totals:		Calories: 319	Carbs: 46g (57%)	Protein: 28g (35%)	Fat: 3g (8%)	Fluid: 25oz
Snack	8:00 PM	118	2 tablespoons WHEY PROTEIN			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		119	4 oz YOGURT, FRUIT, LOW FAT			
Meal Totals:		Calories: 237	Carbs: 23g (38%)	Protein: 29g (48%)	Fat: 4g (15%)	Fluid: 11oz
Day 1 Totals:		Calories: 1737	Carbs: 172g (41%)	Protein: 126g (30%)	Fat: 52g (28%)	Fluid: 132oz



Protein Focused 1750 (A)

Day 2

Day 2							
Meal Label	Meal Time	Calories	Meal Items				
Breakfast	7:00 AM	127	4 oz TURKEY SAUSAGE, LOWER FAT, COOKED				
		0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		147	1 cups OAT BRAN FLAKES CEREAL, RTE				
		86	17 1/4 fl oz ALMOND BEVERAGE, VANILLA UNSWEETENED, NONDAIRY				
		Meal Totals:	Calories: 360	Carbs: 42g (46%)	Protein: 17g (19%)	Fat: 14g (35%)	Fluid: 35oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		41	1/4 oz ALMOND, RAW				
		86	4 oz GRAPE, RAW				
		100	1/2 bar BALANCE BAR OUTDOOR, HONEY ALMOND				
		Meal Totals:	Calories: 227	Carbs: 31g (52%)	Protein: 11g (18%)	Fat: 8g (30%)	Fluid: 21oz
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		16	2 cups LETTUCE, COS OR ROMAINE, RAW				
		135	3 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED				
		46	2 tablespoons CRANBERRY, DRIED, SWEETENED				
		6	1 tablespoons BALSAMIC VINEGAR				
158	2 1/4 slice BROWN RICE BREAD, LIGHT						
Meal Totals:	Calories: 361	Carbs: 37g (40%)	Protein: 30g (33%)	Fat: 11g (27%)	Fluid: 23oz		
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		78	1 egg EGG, CHICKEN, WHOLE, HARD, BOILED				
		81	1 pear PEAR, RAW				
		80	1 piece STRING CHEESE				
		Meal Totals:	Calories: 239	Carbs: 23g (37%)	Protein: 14g (23%)	Fat: 11g (40%)	Fluid: 23oz
Dinner	6:00 PM	102	4 oz SWEET POTATO, BAKED, NO SALT				
		41	1 cups SPINACH, BOILED, NO SALT				
		0	16 fl oz WATER, DRINKING WATER, PURIFIED				
		198	5 oz BEEF, FLANK, FLANK STEAK, LEAN, 0" TRIM, BROILED				
		Meal Totals:	Calories: 341	Carbs: 30g (36%)	Protein: 34g (40%)	Fat: 9g (24%)	Fluid: 28oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED				
		62	3/4 cups BLUEBERRY, RAW				
		180	2 1/4 piece STRING CHEESE				
		Meal Totals:	Calories: 242	Carbs: 18g (27%)	Protein: 17g (26%)	Fat: 14g (47%)	Fluid: 12oz
		Day 2 Totals:	Calories: 1770	Carbs: 181g (40%)	Protein: 123g (27%)	Fat: 67g (33%)	Fluid: 142oz



Protein Focused 1750 (A)

Day 3

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	120	1 muffin ENGLISH MUFFIN, 100% WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		101	1 tablespoons ALMOND BUTTER, NO SALT			
		41	1/2 cups BLUEBERRY, RAW			
		86	17 1/4 fl oz ALMOND BEVERAGE, VANILLA UNSWEETENED, NONDAIRY			
Meal Totals:		Calories: 348	Carbs: 41g (47%)	Protein: 11g (13%)	Fat: 16g (41%)	Fluid: 37oz
Snack	10:00 AM	90	1 small BANANA, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		155	2 egg EGG, CHICKEN, WHOLE, HARD, BOILED			
Meal Totals:		Calories: 245	Carbs: 24g (38%)	Protein: 14g (22%)	Fat: 11g (39%)	Fluid: 22oz
Lunch	12:00 PM	120	4 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED, LOWER SODIUM			
		8	2 oz TOMATO, RAW			
		2	1 leaf LETTUCE, COS OR ROMAINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		33	1 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
		28	1/2 small APPLE W/SKIN, RAW			
		160	2 slice 100% WHOLE GRAIN BREAD			
Meal Totals:		Calories: 351	Carbs: 44g (42%)	Protein: 44g (42%)	Fat: 8g (17%)	Fluid: 24oz
Snack	3:00 PM	80	1 piece STRING CHEESE			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		42	1/2 cups CARROT, BABY, RAW			
		100	1/2 bar BALANCE BAR OUTDOOR, HONEY ALMOND			
Meal Totals:		Calories: 222	Carbs: 12g (25%)	Protein: 15g (32%)	Fat: 9g (43%)	Fluid: 16oz
Dinner	6:00 PM	39	1 cups KALE, BOILED, NO SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		20	1/2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		124	ITALIAN CHICKEN (1 Servings)			
			2 dash Pepper, Black, Ground			
			1 clove Garlic, Raw			
	8 oz Chicken, Breast W/o Skin, Raw					
	1/2 teaspoons Oregano, Dried, Ground					
	1 cups WILD RICE, COOKED					
Meal Totals:		Calories: 349	Carbs: 43g (47%)	Protein: 38g (41%)	Fat: 5g (12%)	Fluid: 29oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		119	4 oz YOGURT, FRUIT, LOW FAT			
		39	2 teaspoons WHEY PROTEIN			
		61	1 large PEACH, RAW			
Meal Totals:		Calories: 219	Carbs: 37g (63%)	Protein: 15g (26%)	Fat: 3g (11%)	Fluid: 16oz
Day 3 Totals:		Calories: 1734	Carbs: 201g (44%)	Protein: 137g (30%)	Fat: 52g (26%)	Fluid: 144oz



Protein Focused 1750 (A)

Day 4

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	78	1 egg EGG, CHICKEN, WHOLE, HARD, BOILED			
		150	1/2 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
		41	1/2 cups BLUEBERRY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		86	17 1/4 fl oz ALMOND BEVERAGE, VANILLA UNSWEETENED, NONDAIRY			
Meal Totals:		Calories: 355	Carbs: 43g (49%)	Protein: 14g (16%)	Fat: 14g (36%)	Fluid: 38oz
Snack	10:00 AM	160	2 piece STRING CHEESE			
		81	1 pear PEAR, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		41	1/4 oz ALMOND, RAW			
Meal Totals:		Calories: 282	Carbs: 24g (31%)	Protein: 17g (22%)	Fat: 16g (47%)	Fluid: 22oz
Lunch	12:00 PM	2	1 teaspoons BALSAMIC VINEGAR			
		2	16 fl oz ICED TEA, UNSWEETENED			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		40	1 teaspoons OLIVE OIL, EXTRA VIRGIN			
		151	2 pita BREAD, PITA, WHOLE WHEAT			
		124	ITALIAN CHICKEN (1 Servings)			
					2 dash Pepper, Black, Ground 1 clove Garlic, Raw 8 oz Chicken, Breast W/o Skin, Raw 1/2 teaspoons Oregano, Dried, Ground	
Meal Totals:		Calories: 335	Carbs: 36g (42%)	Protein: 34g (40%)	Fat: 7g (18%)	Fluid: 25oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		42	1/2 cups CARROT, BABY, RAW			
		200	1 bar BALANCE BAR OUTDOOR, HONEY ALMOND			
Meal Totals:		Calories: 242	Carbs: 21g (42%)	Protein: 15g (30%)	Fat: 6g (27%)	Fluid: 16oz
Dinner	6:00 PM	71	1/3 cups BROWN RICE, LONG GRAIN, COOKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		43	1 1/2 cups ZUCCHINI W/SKIN, BOILED, NO SALT			
		198	5 oz BEEF, FLANK, FLANK STEAK, LEAN, 0" TRIM, BROILED			
Meal Totals:		Calories: 312	Carbs: 26g (33%)	Protein: 31g (39%)	Fat: 10g (28%)	Fluid: 30oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		86	4 oz GRAPE, RAW			
		133	3 1/2 tablespoons GOAT CHEESE, SOFT			
Meal Totals:		Calories: 219	Carbs: 19g (35%)	Protein: 10g (19%)	Fat: 11g (46%)	Fluid: 14oz
Day 4 Totals:		Calories: 1745	Carbs: 169g (39%)	Protein: 121g (28%)	Fat: 64g (33%)	Fluid: 145oz



Protein Focused 1750 (A)

Day 5

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	78	1 large EGG, CHICKEN, HARD-BOILED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		147	1 cups OAT BRAN FLAKES CEREAL, RTE			
		41	1/2 cups BLUEBERRY, RAW			
		86	17 1/4 fl oz ALMOND BEVERAGE, VANILLA UNSWEETENED, NONDAIRY			
Meal Totals:		Calories: 352	Carbs: 47g (54%)	Protein: 13g (15%)	Fat: 12g (31%)	Fluid: 38oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		55	1 small APPLE W/SKIN, RAW			
		51	1/2 tablespoons ALMOND BUTTER, NO SALT			
		150	1/2 cups YOGURT, GREEK-STYLE			
Meal Totals:		Calories: 256	Carbs: 23g (34%)	Protein: 6g (9%)	Fat: 17g (57%)	Fluid: 21oz
Lunch	12:00 PM	75	1 pita BREAD, PITA, WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		8	2 oz TOMATO, RAW			
		2	1 leaf LETTUCE, COS OR ROMAINE, RAW			
		83	1 cups CARROT, BABY, RAW			
214	4 oz TURKEY BREAST, ROASTED					
Meal Totals:		Calories: 382	Carbs: 17g (23%)	Protein: 36g (49%)	Fat: 9g (28%)	Fluid: 23oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		89	3 oz YOGURT, FRUIT, LOW FAT			
		61	1 large PEACH, RAW			
		65	1 tablespoons VEGAN PROTEIN POWDER (Soy Free)			
Meal Totals:		Calories: 215	Carbs: 34g (61%)	Protein: 17g (31%)	Fat: 2g (8%)	Fluid: 24oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		151	2 roll ROLL, DINNER, WHOLE WHEAT			
		207	CHICKEN VEGETABLE SOUP (0.5 Servings)			
			8 oz Chicken Breast, Boneless, Roasted, Meat Only			
			4 cups Vegetable Cooking Stock			
	1/4 teaspoons Black Pepper, Ground					
	1 teaspoons Oregano, Dried, Leaves					
	1 tablespoons Parsley, Dried					
	2 large Zucchini W/skin, Raw					
	1 cups Carrot, Raw					
	1 medium Onion, Raw					
	1 tablespoons Coconut Oil					
Meal Totals:		Calories: 358	Carbs: 47g (50%)	Protein: 26g (28%)	Fat: 9g (22%)	Fluid: 26oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 small BANANA, RAW			
		100	1/2 bar BALANCE BAR OUTDOOR, HONEY ALMOND			
Meal Totals:		Calories: 190	Carbs: 34g (68%)	Protein: 9g (18%)	Fat: 3g (14%)	Fluid: 11oz
Day 5 Totals:		Calories: 1753	Carbs: 202g (47%)	Protein: 107g (25%)	Fat: 52g (27%)	Fluid: 143oz



Protein Focused 1750 (A)

Day 6

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	64	2 oz TURKEY SAUSAGE, LOWER FAT, COOKED 1/2 tablespoons ALMOND BUTTER, NO SALT 16 fl oz WATER, DRINKING WATER, PURIFIED 1 3/4 slice BROWN RICE BREAD, LIGHT 25 3/4 fl oz ALMOND BEVERAGE, VANILLA UNSWEETENED, NONDAIRY			
		51				
		0				
		123				
		129				
Meal Totals:		Calories: 367	Carbs: 27g (29%)	Protein: 10g (11%)	Fat: 25g (60%)	Fluid: 43oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 cups BLUEBERRY, RAW 1/2 cups YOGURT, GREEK-STYLE			
		41				
		150				
Meal Totals:		Calories: 191	Carbs: 17g (34%)	Protein: 6g (12%)	Fat: 12g (54%)	Fluid: 19oz
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED CHICKEN VEGETABLE SOUP (0.5 Servings) 8 oz Chicken Breast, Boneless, Roasted, Meat Only 4 cups Vegetable Cooking Stock 1/4 teaspoons Black Pepper, Ground 1 teaspoons Oregano, Dried, Leaves 1 tablespoons Parsley, Dried 2 large Zucchini W/skin, Raw 1 cups Carrot, Raw 1 medium Onion, Raw 1 tablespoons Coconut Oil 2 1/4 slice BROWN RICE BREAD, LIGHT			
		207				
		158				
Meal Totals:		Calories: 365	Carbs: 38g (41%)	Protein: 22g (23%)	Fat: 15g (36%)	Fluid: 25oz
Snack	3:00 PM	41	1/4 oz ALMOND, RAW 1 small APPLE W/SKIN, RAW 2 piece STRING CHEESE 16 fl oz WATER, DRINKING WATER, PURIFIED			
		55				
		160				
		0				
Meal Totals:		Calories: 256	Carbs: 18g (26%)	Protein: 16g (23%)	Fat: 16g (51%)	Fluid: 21oz
Dinner	6:00 PM	123	4 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED 3/4 cups SPINACH, BOILED, NO SALT 1/4 cups BROWN RICE, LONG GRAIN, COOKED 16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 cups BEAN, BLACK, BOILED			
		31				
		54				
		0				
		151				
Meal Totals:		Calories: 359	Carbs: 43g (49%)	Protein: 32g (36%)	Fat: 6g (15%)	Fluid: 28oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED 1 small BANANA, RAW 1/2 bar BALANCE BAR, ALMOND BROWNIE			
		90				
		100				
Meal Totals:		Calories: 190	Carbs: 35g (70%)	Protein: 8g (16%)	Fat: 3g (14%)	Fluid: 11oz
Day 6 Totals:		Calories: 1728	Carbs: 178g (40%)	Protein: 94g (21%)	Fat: 77g (39%)	Fluid: 147oz



Protein Focused 1750 (A)

Day 7

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 small BANANA, RAW			
		78	1 egg EGG, CHICKEN, WHOLE, HARD, BOILED			
		179	6 oz YOGURT, FRUIT, LOW FAT			
Meal Totals:		Calories: 347	Carbs: 56g (65%)	Protein: 15g (17%)	Fat: 7g (18%)	Fluid: 26oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		83	1 cups CARROT, BABY, RAW			
		80	1 piece STRING CHEESE			
		41	1/4 oz ALMOND, RAW			
Meal Totals:		Calories: 204	Carbs: 2g (6%)	Protein: 9g (27%)	Fat: 10g (67%)	Fluid: 17oz
Lunch	12:00 PM	170	1 wrap WRAP, 100% WHOLE WHEAT			
		2	16 fl oz ICED TEA, UNSWEETENED			
		33	1 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
		120	4 oz ROAST BEEF LUNCHMEAT			
		8	1/4 cups KALE, RAW			
Meal Totals:		Calories: 333	Carbs: 29g (33%)	Protein: 24g (28%)	Fat: 15g (39%)	Fluid: 18oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		55	1 small APPLE W/SKIN, RAW			
		188	3/4 bar ENERGY BAR, OATMEAL RAISIN			
Meal Totals:		Calories: 243	Carbs: 56g (86%)	Protein: 7g (11%)	Fat: 1g (3%)	Fluid: 20oz
Dinner	6:00 PM	39	1 cups KALE, BOILED, NO SALT			
		158	3 1/2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		153	6 oz SWEET POTATO, BAKED, NO SALT			
Meal Totals:		Calories: 350	Carbs: 42g (47%)	Protein: 40g (45%)	Fat: 3g (8%)	Fluid: 29oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		81	1 pear PEAR, RAW			
		198	1/2 cups FETA CHEESE			
Meal Totals:		Calories: 279	Carbs: 24g (33%)	Protein: 12g (17%)	Fat: 16g (50%)	Fluid: 15oz
Day 7 Totals:		Calories: 1756	Carbs: 209g (48%)	Protein: 107g (25%)	Fat: 52g (27%)	Fluid: 125oz



Shopping List

Category	Quantity	Item
Accompaniments	2 teaspoons	Mayonnaise, Olive Oil, Artisan Spectrum
Beef	10 oz	Beef, Flank, Flank Steak, Lean, 0" Trim, Broiled
Beverages	32 fl oz	Iced Tea, Unsweetened Generic
	112 fl oz	Almond Beverage, Vanilla Unsweetened, Nondairy Blue Diamond Almond Breeze
	584 fl oz	Water, Drinking Water, Purified
Bread	1 muffin	English Muffin, 100% Whole Wheat Thomas'
	1 wrap	Wrap, 100% Whole Wheat Sahara
	2 roll	Roll, Dinner, Whole Wheat
	2 slice	100% Whole Grain Bread Healthy Choice
	3 pita	Bread, Pita, Whole Wheat
	7 1/4 slice	Brown Rice Bread, Light Ener-G Foods
Cereal and Grain Products	7/8 cups	Brown Rice, Long Grain, Cooked
	1 cups	Oats, Rolled, Old Fashioned (oatmeal) Quaker
	1 cups	Wild Rice, Cooked
Cereals, Ready to Eat	2 cups	Oat Bran Flakes Cereal, Rte Complete All-Bran
Dairy Products	1/2 cups	Feta Cheese
	1 cups	Yogurt, Greek-style Cascade Fresh
	1 large	Egg, Chicken, Hard-boiled
	3 1/2 tablespoons	Goat Cheese, Soft
	6 egg	Egg, Chicken, Whole, Hard, Boiled
	11 1/4 piece	String Cheese Kraft
	17 oz	Yogurt, Fruit, Low Fat
Fats and Oils	1 1/2 teaspoons	Olive Oil, Extra Virgin Bertolli
Finfish and Shellfish Products	2 oz	Tilapia, Fresh Wegmans
	4 oz	Albacore Tuna In Water, Chunk White, Canned, Lower Sodium Chicken of the Sea
	4 oz	Salmon, Atlantic, Wild, Baked Or Broiled
Fruits	3 cups	Blueberry, Raw
	2 large	Peach, Raw
	2 tablespoons	Cranberry, Dried, Sweetened
	3 pear	Pear, Raw
	4 small	Apple W/skin, Raw
	5 small	Banana, Raw
	8 oz	Grape, Raw

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Shopping List

Category	Quantity	Item
Ingredients	4 teaspoons	Balsamic Vinegar Spectrum
Legumes	1 cups	Bean, Black, Boiled
Nuts and Seeds	1 oz	Almond, Raw
	2 1/3 tablespoons	Almond Butter, No Salt
Poultry	6 1/2 oz	Chicken, Broiler, Breast, Meat, Roasted
	7 oz	Turkey Breast, Roasted
Sausages and Lunch Meats	4 oz	Roast Beef Lunchmeat Hillshire Farm
	6 oz	Turkey Sausage, Lower Fat, Cooked
Sport and Diet Nutritionals	1/2 bar	Balance Bar, Almond Brownie Balance
	3/4 bar	Energy Bar, Oatmeal Raisin Peak Bar
	1 tablespoons	Vegan Protein Powder (soy Free)
	1 bar	Balance Bar Gold Crunch, Cookies N' Creme Balance
	2 1/2 bar	Balance Bar Outdoor, Honey Almond Balance
	8 teaspoons	Whey Protein EAS
Vegetables	1/4 cups	Kale, Raw
	1/2 cups	Broccoli, Boiled, No Salt
	1 1/2 cups	Zucchini W/skin, Boiled, No Salt
	1 3/4 cups	Spinach, Boiled, No Salt
	2 cups	Kale, Boiled, No Salt
	3 leaf	Lettuce, Cos Or Romaine, Raw
	4 cups	Carrot, Baby, Raw
	4 cups	Lettuce, Cos Or Romaine, Raw
	6 oz	Tomato, Raw
	10 oz	Sweet Potato, Baked, No Salt
Fats and Oils	1 tablespoons	Coconut Oil
Poultry	8 oz	Chicken Breast, Boneless, Roasted, Meat Only
	8 oz	Chicken, Breast W/o Skin, Raw
Soup	4 cups	Vegetable Cooking Stock Imagine
Spices	1/4 teaspoons	Black Pepper, Ground McCormick/Schilling
	1/2 teaspoons	Oregano, Dried, Ground
	1 tablespoons	Parsley, Dried
	1 teaspoons	Oregano, Dried, Leaves
	2 dash	Pepper, Black, Ground
Vegetables	1 clove	Garlic, Raw
	1 cups	Carrot, Raw

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Shopping List

Category	Quantity	Item
	1 medium	Onion, Raw
	2 large	Zucchini W/skin, Raw