

Day 1

Day 1						
Meal Label	Meal Time	Calories		Meal Items		
Breakfast	7:00 AM	127 203 147 41	8 fl oz SOY MILK, FLU 2 large EGG, CHICKE 1 cups OATMEAL, PR 1/2 cups BLUEBERR	N, SCRAMBLED EPARED, NO ADDED SAL	Г	
	Meal Totals:	Calories: 518	Carbs: 51g (38%)	Protein: 32g (24%)	Fat: 22g (37%)	Fluid: 23oz
Snack	10:00 AM	50 0 205	3 apricot APRICOT, R 12 fl oz Water, purifi 1 1/4 oz ALMOND, R	ed, distilled		
	Meal Totals:	Calories: 255	Carbs: 19g (28%)	Protein: 9g (13%)	Fat: 18g (59%)	Fluid: 17oz
Lunch	12:00 PM	0 281 14 90 119 12	1 tablespoons OLIVE	M, RAW N 9, FARMED, BAKED OR BR		
	Meal Totals:	Calories: 516	Carbs: 73g (54%)	Protein: 22g (16%)	Fat: 18g (30%)	Fluid: 27oz
Snack	3:00 PM	0 17 115 37	12 fl oz Water, purifi 1/2 large CUCUMBER 1/4 cups HUMMUS (1 cups RED BELL PE	R, PEELED, RAW SEASONED MASHED CHIC	KPEA)	
	Meal Totals:	Calories: 169	Carbs: 23g (55%)	Protein: 5g (12%)	Fat: 6g (33%)	Fluid: 19o
Dinner	6:00 PM	0 221 46 281	12 fl oz Water, purifi 1/4 cups GRAIN, QUI 1 1/2 cups BROCCO 6 oz CHICKEN BREAS	NOA	, MEAT ONLY	
	Meal Totals:	Calories: 548	Carbs: 50g (36%)	Protein: 65g (47%)	Fat: 10g (16%)	Fluid: 22o
Snack	8:00 PM	3 235	12 fl oz TEA, CHAMC 1 cups CHEESE, COT	,		
	Meal Totals:	Calories: 238	Carbs: 8g (13%)	Protein: 29g (49%)	Fat: 10g (38%)	Fluid: 20o
	Day 1 Totals:	Calories: 2244	Carbs: 224g (39%)	Protein: 162g (28%)	Fat: 84g (33%)	Fluid: 128o



Day 2

Meal Label	Meal Time	Calories		Meal Items		
Breakfast	7:00 AM	142 46 63 255	1/2 tablespoons Flax Seed Oil 1 cups STRAWBERRY, RAW 1 tablespoons Whey Protein Powder 16 fl oz SOY MILK, FLUID (SOYMILK)			
	Meal Totals:	Calories: 506	Carbs: 36g (28%)	Protein: 35g (27%)	Fat: 26g (45%)	Fluid: 21oz
Snack	10:00 AM	164 112 0	1 oz ALMOND, RAW 1 cups CHERRY, RAV 12 fl oz Water, purifie			
	Meal Totals:	Calories: 276	Carbs: 28g (40%)	Protein: 9g (13%)	Fat: 15g (48%)	Fluid: 20oz
Lunch	12:00 PM	0 59 80 193 177	2 teaspoons OLIVE C 1 cups BARLEY, PEA	COB, WHITE, NO SALT DIL		
	Meal Totals:	Calories: 509	Carbs: 58g (45%)	Protein: 44g (34%)	Fat: 12g (21%)	Fluid: 21o
Snack	3:00 PM	0 61 155	12 fl oz Water, purifi 2 fruit PLUM, RAW 2 egg EGG, CHICKEN	ed, distilled I, WHOLE, HARD, BOILED		
	Meal Totals:	Calories: 216	Carbs: 16g (29%)	Protein: 14g (26%)	Fat: 11g (45%)	Fluid: 20oz
Dinner	6:00 PM	320 122 5	4 cups Kale, Raw 1 teaspoons Lem 8 oz Chicken Brea 1 tablespoons Oli 1/4 teaspoons Sa 2 tablespoons Le 1 1/2 cups LENTIL, S	ast, Boneless, Roasted, N ve Oil It, Sea mon Juice	leat Only	
	Meal Totals:	Calories: 447	Carbs: 42g (35%)	Protein: 50g (41%)	Fat: 13g (24%)	Fluid: 23oz
Snack	8:00 PM	160 0 135	8 oz YOGURT, PLAIN, 12 fl oz Water, purifi 1 extra-large BANAN,	ed, distilled		
	Meal Totals:	Calories: 295	Carbs: 47g (60%)	Protein: 11g (14%)	Fat: 9g (26%)	Fluid: 17oz
	Day 2 Totals:	Calories: 2249	Carbs: 227g (39%)	Protein: 163g (28%)	Fat: 86g (33%)	Fluid: 122o



Day 3

Day 3						
Meal Label	Meal Time	Calories		Meal Items		
Breakfast	7:00 AM	41 147 203 167	1/2 cups BLUEBERR` 1 cups OATMEAL, PR 2 large EGG, CHICKE 8 fl oz MILK, FLUID, G	EPARED, NO ADDED SAL N, SCRAMBLED	Г	
	Meal Totals:	Calories: 558	Carbs: 50g (36%)	Protein: 30g (21%)	Fat: 27g (43%)	Fluid: 23oz
Snack	10:00 AM	164 56 0	1 oz ALMOND, RAW 1/2 cups CHERRY, R 12 fl oz Water, purifie			
	Meal Totals:	Calories: 220	Carbs: 17g (30%)	Protein: 8g (14%)	Fat: 14g (56%)	Fluid: 17oz
Lunch	12:00 PM	281 0 248	1 yam MOUNTAIN YA 12 fl oz Water, purifi 2 pattie VEGGIE BUR	ed, distilled		
	Meal Totals:	Calories: 529	Carbs: 89g (65%)	Protein: 28g (20%)	Fat: 9g (15%)	Fluid: 29oz
Snack	3:00 PM	128 15 31 0	1 cups KIWI FRUIT, R 3 tablespoons SALSA 1 cups BROCCOLI, R 12 fl oz Water, purifie	AW	RY)	
	Meal Totals:	Calories: 174	Carbs: 36g (81%)	Protein: 6g (14%)	Fat: 1g (5%)	Fluid: 24oz
Dinner	6:00 PM	180 3 26 390				
	Meal Totals:	Calories: 599	Carbs: 44g (29%)	Protein: 66g (44%)	Fat: 18g (27%)	Fluid: 18oz
Snack	8:00 PM	160 0	8 oz YOGURT, PLAIN, 12 fl oz Water, purifie			
	Meal Totals:	Calories: 160	Carbs: 12g (31%)	Protein: 9g (23%)	Fat: 8g (46%)	Fluid: 12oz
	Day 3 Totals:	Calories: 2240	Carbs: 248g (44%)	Protein: 147g (26%)	Fat: 77g (30%)	Fluid: 123o



Day 4

Breakfast 168 3 egg EGG, CHICKEN, WHOLE, POACHED Breakfast 7:00 AM 11/2 tortilla TORTILLA WRAP, WHOLE WHEAT & BROWN RICE Breakfast 7:00 AM 10 2 tablespoons SALSA 0 12 fl oz Water, purfiled, distilled 1 1 tablespoons COLBY JACK CHEESE, SHREDDED Meal Totals: Calories: 476 Carbs: 44g (36%) Protein: 24g (20%) Fat: 24g (44%) Snack 10:00 AM 153 1 oz PUMPKIN & SQUASH SEED, DRIED 5 12 fl oz Water, purfiled, distilled 1 oz PUMPKIN & SQUASH SEED, DRIED 5 12 fl oz TEA, COUNTY PEACH SPICE, BREWED 2 teaspoons OLVE OIL 83 1 cups BLUBERRY, RAW Lunch 12:00 PM 90 3 oz SALMON, COHO, FARMED, BAKED OR BROILED 1/2 cups GRAIN, QUINOA Fat: 20g (29%) Snack 3:00 PM 62 11/4 oz CHECSE, FETA 5 12 fl oz Water, purfiled, distilled Snack 3:00 PM 62 11/4 oz CHECSE, PETA 5 12 fl oz Water, purfiled, distilled J1/2 flex Hater, purfiled, distilled 2 beets BEET, BOILED 1 tablespoons Alurond, Raw 1 tablespoons Mustard, Prepared, Dijon 1 tablespoons Mustard, Prepared, Dijon 1 tablespoons Mus	Meal Label	Meal Time	Calories		Meal Items		
Snack10:00 AM012 fl oz Water, purified, distilled 1 oz PUMPKIN & SQUASH SEED, DRIED 1 cups BLUEBERRY, RAWFat: 13g (46%)Meal Totals:Calories: 236Carbs: 26g (41%)Protein: 8g (13%)Fat: 13g (46%)Lunch12:00 PM512 fl oz TEA, COUNTRY PEACH SPICE, BREWED 2 teaspoons OLIVE OIL 3 oz SALMON, COHO, FARMED, BAKED OR BRUED 1/2 cups GRAIN, QUINOAFat: 20g (29%)Meal Totals:Calories: 617Carbs: 82g (53%)Protein: 27g (18%)Fat: 20g (29%)Snack3:00 PM6211/4 oz CHICKEN BRAST, BONELESS, ROASTED, MEAT ONLY 012 fl oz Water, purified, distilled 2 beets BEET, BOILEDFat: 9g (28%)Meal Totals:Calories: 293Carbs: 11g (15%)Protein: 40g (56%)Fat: 9g (28%)Meal Totals:Calories: 293Carbs: 11g (15%)Protein: 40g (56%)Fat: 9g (28%)Dinner6:00 PM440HALIBUT WITH DJON & ALMONDS (1 Servigs) 1 tablespoons Olive Oil 1/2 fillet Halibut, Atlantic & Pacific, Raw 8 extra-large ASPARAGUS, RAW 12 fl oz Water, purified, distilled 1/2 cups BROWN RUST (COKEDFat: 27g (41%)Snack8:00 PM503 apricot APRICOT, RAW 12 fl oz TEA, CHAMUMILE, BREWEDFat: 0g (0%)Meal Totals:Calories: 538Carbs: 31g (93%)Protein: 1g (7%)Fat: 0g (0%)	Breakfast	7:00 AM	270 10 0	1 1/2 tortilla TORTILLA WRAP, WHOLE WHEAT & BROWN RICE 2 tablespoons SALSA 12 fl oz Water, purified, distilled 1 tablespoons COLBY JACK CHEESE, SHREDDED			
Snack10:00 AM153 831 oz PUMPKIN & SQUASH SEED, DRIED 1 cups BLUEBERRY, RAWMeal Totals:Calories: 236Carbs: 26g (41%)Protein: 8g (13%)Fat: 13g (46%)Lunch12:00 PM5 9012 fl oz TEA, COUNTRY PEACH SPICE, BREWED 2 teaspoons OLIVE OIL 12 cups GRAIN, COHO, FARMED, BAKED OR BROUTED 12 cups GRAIN, COHO, FAT: 20g (29%)SnackSi00 PMCalories: 617Carbs: 82g (53%)Protein: 27g (18%)Fat: 20g (29%)Snack3:00 PM62 44211/4 oz CHECSE, FETA 12 fl oz Water, purified, distilled 2 beets BEET, BOILEDProtein: 27g (18%)Fat: 9g (28%)Meal Totals:Calories: 293Carbs: 11g (15%)Protein: 40g (56%)Fat: 9g (28%)Dinner6:00 PM440HALIBUT WITH DJON & ALMONDS (1 Servigs) 1 tablespoons Almond, Raw 1 tablespoons Almond, Raw 		Meal Totals:	Calories: 476	Carbs: 44g (36%)	Protein: 24g (20%)	Fat: 24g (44%)	Fluid: 17oz
Lunch 12:00 PM 5 12 fl oz TEA, COUNTRY PEACH SPICE, BREWED 3 oz SALMON, COHO, FARMED, BAKED OR BRULED 442 1/2 cups GRAIN, QUIU	Snack	10:00 AM	153	1 oz PUMPKIN & SQU	JASH SEED, DRIED		
Lunch12:00 PM80 90 4422 teaspoons OLIVE OIL 3 oz SALMON, COHO, FARMED, BAKED OR BROLED 1/2 cups GRAIN, QUINOAMeal Totals:Calories: 617Carbs: 82g (53%)Protein: 27g (18%)Fat: 20g (29%)Snack3:00 PM62 6211/4 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY 1 1/4 oz CHEESE, FETA 		Meal Totals:	Calories: 236	Carbs: 26g (41%)	Protein: 8g (13%)	Fat: 13g (46%)	Fluid: 18oz
Snack3:00 PM187 62 0 1 1/4 oz CHECKEN BREAST, BONELESS, ROASTED, MEAT ONLY 1 1/4 oz CHECSE, FETA 12 fl oz Water, purified, distilled 2 beets BEET, BOILEDMeal Totals:Calories: 293Carbs: 11g (15%)Protein: 40g (56%)Fat: 9g (28%)Dinner6:00 PM440HALIBUT WITH DIJON & ALMONDS (1 Servings) 1 tablespoons Almond, Raw 1 tablespoons Olive Oil 1/2 fillet Halibut, Atlantic & Pacific, Raw 1 2 fl oz Water, purified, distilled 1/2 cups BROWN RUEL, LONG GRAIN, COOKEDMeal Totals:Calories: 586Carbs: 35g (24%)Protein: 52g (35%)Fat: 27g (41%)Snack8:00 PM50 3 apricot APRICOT, RAW 12 fl oz TEA, CHAMOHILE, BREWEDFat: 0g (0%)	Lunch	12:00 PM	80 90	2 teaspoons OLIVE C 3 oz SALMON, COHO)IL , FARMED, BAKED OR BR		
Snack3:00 PM62 0 441 1/4 oz CHEESE, FETA 12 fl oz Water, purified, distilled 2 beets BEET, BOILEDMeal Totals:Calories: 293Carbs: 11g (15%)Protein: 40g (56%)Fat: 9g (28%)Dinner6:00 PM440HALIBUT WITH DIJUS & ALMONDS (1 Serurgs) 1 tablespoons Almond, Raw 1 tablespoons Olive Oil 1/2 fillet Halibut, Atlantic & Pacific, Raw 1 2 fl oz Water, purified, distilled 1/2 fillet Halibut, Atlantic & Pacific, RawFat: 9g (28%)Dinner6:00 PM440HALIBUT WITH DIJUS & ALMONDS (1 Serurgs) 		Meal Totals:	Calories: 617	Carbs: 82g (53%)	Protein: 27g (18%)	Fat: 20g (29%)	Fluid: 16oz
Dinner440HALIBUT WITH DIJON & ALMONDS (1 Servings) 1 tablespoons Almond, Raw 1 tablespoons Mustard, Prepared, Dijon 1 tablespoons Olive Oil 1/2 fillet Halibut, Atlantic & Pacific, Raw6:00 PM388 extra-large ASPARAGUS, RAW 0 12 fl oz Water, purified, distilled 1/2 cups BROWN RICE, LONG GRAIN, COOKEDMeal Totals:Calories: 586Carbs: 35g (24%)Protein: 52g (35%)Fat: 27g (41%)Snack8:00 PM503 apricot APRICOT, RAW 12 fl oz TEA, CHAMOMILE, BREWEDFat: 0g (0%)	Snack	3:00 PM	62 0	1 1/4 oz CHEESE, FE 12 fl oz Water, purifie	TA ed, distilled	, MEAT ONLY	
Dinner6:00 PM1 tablespoons Almond, Raw 1 tablespoons Mustard, Prepared, Dijon 1 tablespoons Olive Oil 1/2 fillet Halibut, Atlantic & Pacific, Raw388 extra-large ASPARAGUS, RAW 012 fl oz Water, purified, distilled 1081/2 cups BROWN RICE, LONG GRAIN, COOKEDMeal Totals:Calories: 586Carbs: 35g (24%)Protein: 52g (35%)Fat: 27g (41%)Snack8:00 PM50 33 apricot APRICOT, RAW 12 fl oz TEA, CHAMOMILE, BREWEDFat: 0g (0%)		Meal Totals:	Calories: 293	Carbs: 11g (15%)	Protein: 40g (56%)	Fat: 9g (28%)	Fluid: 20oz
Snack 8:00 PM 50 3 3 apricot APRICOT, RAW 12 fl oz TEA, CHAMOMILE, BREWED Meal Totals: Calories: 53 Carbs: 13g (93%) Protein: 1g (7%) Fat: 0g (0%)	Dinner	6:00 PM	38 0	1 tablespoons Ar 1 tablespoons Mu 1 tablespoons Oli 1/2 fillet Halibut, A 8 extra-large ASPARA 12 fl oz Water, purifie	nond, Raw Istard, Prepared, Dijon ve Oil Itlantic & Pacific, Raw IGUS, RAW ed, distilled		
Shack 8:00 PM 3 12 fl oz TEA, CHAMOMILE, BREWED Meal Totals: Calories: 53 Carbs: 13g (93%) Protein: 1g (7%) Fat: 0g (0%)		Meal Totals:	Calories: 586	Carbs: 35g (24%)	Protein: 52g (35%)	Fat: 27g (41%)	Fluid: 28oz
	Snack	8:00 PM					
		Meal Totals:	Calories: 53	Carbs: 13g (93%)	Protein: 1g (7%)	Fat: 0g (0%)	Fluid: 17oz
Day 4 Totals: Calories: 2261 Carbs: 211g (37%) Protein: 152g (27%) Fat: 93g (37%)		Day 4 Totals:	Calories: 2261	Carbs: 211g (37%)	Protein: 152g (27%)	Fat: 93g (37%)	Fluid: 116o



Day 5

Day 5						
Meal Label	Meal Time	Calories		Meal Items		
Breakfast	7:00 AM	83 127 126 120	1 cups BLUEBERRY, RAW 8 fl oz SOY MILK, FLUID (SOYMILK) 2 tablespoons Whey Protein Powder 1 tablespoons FLAXSEED OIL			
	Meal Totals:	Calories: 456	Carbs: 36g (30%)	Protein: 36g (30%)	Fat: 21g (40%)	Fluid: 13oz
Snack	10:00 AM	160 0 112	8 oz YOGURT, PLAIN 12 fl oz Water, purifi 1 cups CHERRY, RAV	ed, distilled		
	Meal Totals:	Calories: 272	Carbs: 34g (51%)	Protein: 12g (18%)	Fat: 9g (31%)	Fluid: 19oz
Lunch	12:00 PM	5 120 11 15 442 80		D, RIPE, RAW NOA		
	Meal Totals:	Calories: 673	Carbs: 87g (51%)	Protein: 42g (25%)	Fat: 18g (24%)	Fluid: 18oz
Snack	3:00 PM	118 128 0	1/2 cups CHEESE, C 1 cups KIWI FRUIT, R 12 fl oz Water, purifie	AW (CHINESE GOOSEBER	RY)	
	Meal Totals:	Calories: 246	Carbs: 30g (50%)	Protein: 16g (27%)	Fat: 6g (23%)	Fluid: 23oz
Dinner	6:00 PM	44 0 366	1 cups Wine, Red 1 cups Tomato, W 1 cups Beef Cook 6 oz Beef Round,	ed, distilled vings) gano, Dried, Ground ⁽ hole, Canned :ing Stock Bottom, Braised, Slf (cub opped, Boiled, No Salt Raw	e Steak)	
	Meal Totals:	Calories: 410	Carbs: 31g (37%)	Protein: 35g (42%)	Fat: 8g (21%)	Fluid: 27o
Snack	8:00 PM	2 192	8 fl oz TEA, CHAMON 1 oz WALNUT, RAW	1ILE, BREWED		
	Meal Totals:	Calories: 194	Carbs: 4g (8%)	Protein: 4g (8%)	Fat: 18g (84%)	Fluid: 10oz
	Day 5 Totals:	Calories: 2251	Carbs: 222g (41%)	Protein: 145g (27%)	Fat: 80g (33%)	Fluid: 110o



Day 6

Meal Label	Meal Time	Calories		Meal Items		
Breakfast	7:00 AM	167 147 203 63 62	8 fl oz MILK, FLUID, G 1 cups OATMEAL, PR 2 large EGG, CHICKE 1 tablespoons Whey 3/4 cups BLUEBERR`	EPARED, NO ADDED SAL N, SCRAMBLED Protein Powder	r	
	Meal Totals:	Calories: 642	Carbs: 56g (35%)	Protein: 42g (26%)	Fat: 28g (39%)	Fluid: 24oz
Snack	10:00 AM	0 118 83	12 fl oz Water, purific 1/2 cups CHEESE, C 1 cups BLUEBERRY,	OTTAGE		
	Meal Totals:	Calories: 201	Carbs: 24g (48%)	Protein: 15g (30%)	Fat: 5g (22%)	Fluid: 21oz
Lunch	12:00 PM	80 180 26 8 3 180	8 floweret CAULIFLO 1 cups LETTUCE, CC 8 fl oz TEA, COUNTR	RAP, WHOLE WHEAT & BF		
	Meal Totals:	Calories: 477	Carbs: 36g (29%)	Protein: 47g (37%)	Fat: 19g (34%)	Fluid: 15oz
Snack	3:00 PM	155 135	8 fl oz MILK, COW'S, 1 extra-large BANAN,			
	Meal Totals:	Calories: 290	Carbs: 46g (59%)	Protein: 10g (13%)	Fat: 10g (29%)	Fluid: 13oz
Dinner	6:00 PM	387 0 38	4 cups Squash, W 28 oz Tomato, Re 2 clove Garlic, Rav 1 tablespoons Ga 2 tablespoons Pa 1 tablespoons Ve 1/4 teaspoons Bla	rlic Cloves, Elephant rsley, Raw getable Oil, Canola ack Pepper, Ground Jano, Dried, Leaves , Raw, Slf ed, distilled		gs)
	Meal Totals:	Calories: 425	Carbs: 35g (32%)	Protein: 27g (25%)	Fat: 21g (43%)	Fluid: 36oz
Snack	8:00 PM	0 164 50	12 fl oz Water, purifi 1 oz ALMOND, RAW 3 apricot APRICOT, R			
	Meal Totals:	Calories: 214	Carbs: 18g (32%)	Protein: 7g (12%)	Fat: 14g (56%)	Fluid: 17oz
	Day 6 Totals:	Calories: 2249	Carbs: 215g (37%)	Protein: 148g (25%)	Fat: 97g (38%)	Fluid: 126o



Day 7

Meal Label	Meal Time	Calories		Meal Items		
Breakfast	7:00 AM	100 168 135 25	1 cups BRAN CEREA 3 egg EGG, CHICKEN 1 extra-large BANAN 2 1/4 fl oz SOY MILK,	, WHOLE, POACHED	D (SOYMILK)	
	Meal Totals:	Calories: 428	Carbs: 77g (57%)	Protein: 25g (18%)	Fat: 15g (25%)	Fluid: 12oz
Snack	10:00 AM	160 0	1 1/4 cups KIWI FRUI 12 fl oz Water, purifie	T, RAW (CHINESE GOOSE ed, distilled	BERRY)	
	Meal Totals:	Calories: 160	Carbs: 33g (86%)	Protein: 3g (8%)	Fat: 1g (6%)	Fluid: 21o
Lunch	12:00 PM	60 0 19 281 225	1 1/2 teaspoons OLI 12 fl oz Water, purific 4 slice TOMATO, REE 1 yam MOUNTAIN YAI 7 1/2 oz ALBACORE	ed, distilled), RIPE, RAW	NHITE, CANNED	
	Meal Totals:	Calories: 585	Carbs: 73g (47%)	Protein: 56g (36%)	Fat: 11g (16%)	Fluid: 29oz
Snack	3:00 PM	160 0 63 41	8 oz YOGURT, PLAIN, 12 fl oz Water, purifi 1 tablespoons Whey 1/4 oz ALMOND, RAW	ed, distilled Protein Powder		
	Meal Totals:	Calories: 264	Carbs: 14g (21%)	Protein: 23g (35%)	Fat: 13g (44%)	Fluid: 13o
Dinner	6:00 PM	468 0	4 oz Chicken Brea 2 cups Spinach, R 1/2 avocado Avoc	ado, Raw on Pepper Seasoning Oil		
	Meal Totals:	Calories: 468	Carbs: 24g (20%)	Protein: 40g (34%)	Fat: 24g (46%)	Fluid: 23oz
Snack	8:00 PM	3 56 118	12 fl oz TEA, CHAMO 3 wedge CANTALOUI 1/2 cups CHEESE, C	PE, RAW		
	Meal Totals:	Calories: 177	Carbs: 17g (39%)	Protein: 15g (35%)	Fat: 5g (26%)	Fluid: 23oz
	Day 7 Totals:	Calories: 2082	Carbs: 238g (43%)	Protein: 162g (29%)	Fat: 69g (28%)	Fluid: 121o



Shopping List

Category	Quantity	ltem
Accompaniments	5 tablespoons	Salsa
Beef	3 slice	Beef Liver, Braised
Beverages	2 1/4 fl oz	Soy Milk, Almond, Unsweetened (soymilk) WestSoy
	8 fl oz	Milk, Cow's, Whole
	16 fl oz	Milk, Fluid, Goat, Whole
	32 fl oz	Soy Milk, Fluid (soymilk)
	44 fl oz	Tea, Chamomile, Brewed Celestial Seasonings
	52 fl oz	Tea, Country Peach Spice, Brewed Celestial Seasonings
	308 fl oz	Water, Purified, Distilled
Bread	3 1/2 tortilla	Tortilla Wrap, Whole Wheat & Brown Rice La Tortilla Factory
Cereal and Grain Products	1/2 cups	Brown Rice, Long Grain, Cooked
	1 1/4 cups	Grain, Quinoa
	1 cups	Barley, Pearled, Cooked
Cereals, Ready to Eat	1 cups	Bran Cereal, Extra Fiber, Rte All-Bran
	3 cups	Oatmeal, Prepared, No Added Salt
Dairy Products	1 tablespoons	Colby Jack Cheese, Shredded Sargento
	1 1/4 oz	Cheese, Feta
	2 1/2 cups	Cheese, Cottage
	2 egg	Egg, Chicken, Whole, Hard, Boiled
	6 egg	Egg, Chicken, Whole, Poached
	6 large	Egg, Chicken, Scrambled
	32 oz	Yogurt, Plain, Full-fat Dannon
Fats and Oils	1/2 tablespoons	Flax Seed Oil Spectrum Essentials
	1 tablespoons	Flaxseed Oil
	10 1/2 teaspoons	Olive Oil
Finfish and Shellfish Products	4 1/2 oz	Tuna, Yellowfin, Fresh, Cooked
	6 oz	Salmon, Coho, Farmed, Baked Or Broiled
	7 1/2 oz	Albacore Tuna In Water, Chunk White, Canned Bumble Bee
Fruits	1 cups	Strawberry, Raw
	2 fruit	Plum, Raw
	2 1/2 cups	Cherry, Raw
	3 extra-large	Banana, Raw
	3 wedge	Cantaloupe, Raw
	3 1/4 cups	Kiwi Fruit, Raw (chinese Gooseberry)
	4 3/4 cups	Blueberry, Raw



Shopping List

Category	Quantity	ltem
	9 apricot	Apricot, Raw
Legumes	1/4 cups	Hummus (seasoned Mashed Chickpea)
	1 1/2 cups	Lentil, Sprouted, Raw
Nuts and Seeds	1 oz	Pumpkin & Squash Seed, Dried
	1 oz	Walnut, Raw
	4 1/2 oz	Almond, Raw
Poultry	8 oz	Chicken Breast, Boneless, Roasted, Meat Only
Sausages and Lunch Meats	10 oz	Turkey Breast, Roasted, Lower Sodium, Skinless Boar's Head
Sport and Diet Nutritionals	5 tablespoons	Whey Protein Powder
Vegetables	1/2 large	Cucumber, Peeled, Raw
	1 cups	Lettuce, Cos Or Romaine, Raw
	1 cups	Red Bell Pepper, Medium
	1 ear	Corn On The Cob, White, No Salt
	2 1/2 cups	Broccoli, Raw
	3 tablespoons	Alfalfa Seeds, Sprout & Seed, Raw
	3 yam	Mountain Yam, Raw
	4 beets	Beet, Boiled
	4 cups	Spinach, Raw
	7 slice	Tomato, Red, Ripe, Raw
	8 floweret	Cauliflower, Raw
	8 floweret	Cauliflower, Raw
	16 extra-large	Asparagus, Raw
Vegetarian Products	2 pattie	Veggie Burger Patty
Accompaniments	1 tablespoons	Mustard, Prepared, Dijon Grey Poupon
Beef	6 oz	Beef Round, Bottom, Braised, Slf (cube Steak)
Beverages	1 cups	Wine, Red
	4 tablespoons	Lemon Juice
Fats and Oils	1 tablespoons	Vegetable Oil, Canola
	3 tablespoons	Olive Oil
Finfish and Shellfish Products	1/2 fillet	Halibut, Atlantic & Pacific, Raw
Fruits	1/2 avocado	Avocado, Raw
	1/2 cups	Orange
	1 teaspoons	Lemon Peel, Raw
Ingredients	1/4 teaspoons	Salt, Sea
	1 cups	Tomato, Whole, Canned Hunt's

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Shopping List

Category	Quantity	ltem		
	1 teaspoons	Lemon Pepper Seasoning Tone's		
	28 oz	Tomato, Red, Ripe, Canned, Wedges In Tomato Juice		
Lamb and Veal	16 oz	Veal Breast, Raw, Slf		
Nuts and Seeds	1 tablespoons	Almond, Raw		
Poultry	14 oz	Chicken Breast, Boneless, Roasted, Meat Only		
Soup	1 cups	Beef Cooking Stock Imagine		
pices	1/4 teaspoons	Black Pepper, Ground Durkee		
	1 teaspoons	Oregano, Dried, Ground		
	2 tablespoons	Parsley, Raw		
	2 teaspoons	Oregano, Dried, Leaves		
Vegetables	1 cups	Onion, Chopped, Boiled, No Salt		
	1 tablespoons	Garlic Cloves, Elephant Frieda's		
	2 medium	Carrot, Raw		
	2 1/2 clove	Garlic, Raw		
	4 cups	Kale, Raw		
	4 cups	Squash, Winter, Spaghetti, Baked		