



Holistic Nutrition 2250 (A)

Day 1

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	127	8 fl oz SOY MILK, FLUID (SOYMILK) 2 large EGG, CHICKEN, SCRAMBLED 1 cups OATMEAL, PREPARED, NO ADDED SALT 1/2 cups BLUEBERRY, RAW			
		203				
		147				
		41				
Meal Totals:		Calories: 518	Carbs: 51g (38%)	Protein: 32g (24%)	Fat: 22g (37%)	Fluid: 23oz
Snack	10:00 AM	50	3 apricot APRICOT, RAW 12 fl oz Water, purified, distilled 1 1/4 oz ALMOND, RAW			
		0				
		205				
Meal Totals:		Calories: 255	Carbs: 19g (28%)	Protein: 9g (13%)	Fat: 18g (59%)	Fluid: 17oz
Lunch	12:00 PM	0	8 fl oz Water, purified, distilled 1 yam MOUNTAIN YAM, RAW 2 cups SPINACH, RAW 3 oz SALMON, COHO, FARMED, BAKED OR BROILED 1 tablespoons OLIVE OIL 3 tablespoons ALFALFA SEEDS, SPROUT & SEED, RAW			
		281				
		14				
		90				
		119				
		12				
Meal Totals:		Calories: 516	Carbs: 73g (54%)	Protein: 22g (16%)	Fat: 18g (30%)	Fluid: 27oz
Snack	3:00 PM	0	12 fl oz Water, purified, distilled 1/2 large CUCUMBER, PEELED, RAW 1/4 cups HUMMUS (SEASONED MASHED CHICKPEA) 1 cups RED BELL PEPPER, MEDIUM			
		17				
		115				
		37				
Meal Totals:		Calories: 169	Carbs: 23g (55%)	Protein: 5g (12%)	Fat: 6g (33%)	Fluid: 19oz
Dinner	6:00 PM	0	12 fl oz Water, purified, distilled 1/4 cups GRAIN, QUINOA 1 1/2 cups BROCCOLI, RAW 6 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY			
		221				
		46				
		281				
Meal Totals:		Calories: 548	Carbs: 50g (36%)	Protein: 65g (47%)	Fat: 10g (16%)	Fluid: 22oz
Snack	8:00 PM	3	12 fl oz TEA, CHAMOMILE, BREWED 1 cups CHEESE, COTTAGE			
		235				
Meal Totals:		Calories: 238	Carbs: 8g (13%)	Protein: 29g (49%)	Fat: 10g (38%)	Fluid: 20oz
Day 1 Totals:		Calories: 2244	Carbs: 224g (39%)	Protein: 162g (28%)	Fat: 84g (33%)	Fluid: 128oz



Holistic Nutrition 2250 (A)

Day 2

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, RAW 12 fl oz Water, purified, distilled			
Meal Totals:		Calories: 276	Carbs: 28g (40%)	Protein: 9g (13%)	Fat: 15g (48%)	Fluid: 20oz
Lunch	12:00 PM	0 59 80 193 177	12 fl oz Water, purified, distilled 1 ear CORN ON THE COB, WHITE, NO SALT 2 teaspoons OLIVE OIL 1 cups BARLEY, PEARLED, COOKED 4 1/2 oz TUNA, YELLOWFIN, FRESH, COOKED			
Meal Totals:		Calories: 509	Carbs: 58g (45%)	Protein: 44g (34%)	Fat: 12g (21%)	Fluid: 21oz
Snack	3:00 PM	0 61 155	12 fl oz Water, purified, distilled 2 fruit PLUM, RAW 2 egg EGG, CHICKEN, 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	CHOPPED KALE SALAD WITH CHICKEN (1 Servings) 4 cups Kale, Raw 1 teaspoons Lemon Peel, Raw 8 oz Chicken Breast, Boneless, Roasted, Meat Only 1 tablespoons Olive Oil 1/4 teaspoons Salt, Sea 2 tablespoons Lemon Juice 1 1/2 cups LENTIL, SPROUTED, RAW 12 fl oz TEA, COUNTRY PEACH SPICE, BREWED			
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, FULL-FAT 12 fl oz Water, purified, distilled 1 extra-large BANANA, RAW			
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: 122oz



Holistic Nutrition 2250 (A)

Day 3

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	41	1/2 cups BLUEBERRY, RAW			
		147	1 cups OATMEAL, PREPARED, NO ADDED SALT			
		203	2 large EGG, CHICKEN, SCRAMBLED			
		167	8 fl oz MILK, FLUID, GOAT, WHOLE			
Meal Totals:		Calories: 558	Carbs: 50g (36%)	Protein: 30g (21%)	Fat: 27g (43%)	Fluid: 23oz
Snack	10:00 AM	164	1 oz ALMOND, RAW			
		56	1/2 cups CHERRY, RAW			
		0	12 fl oz Water, purified, distilled			
Meal Totals:		Calories: 220	Carbs: 17g (30%)	Protein: 8g (14%)	Fat: 14g (56%)	Fluid: 17oz
Lunch	12:00 PM	281	1 yam MOUNTAIN YAM, RAW			
		0	12 fl oz Water, purified, distilled			
		248	2 pattie VEGGIE BURGER PATTY			
Meal Totals:		Calories: 529	Carbs: 89g (65%)	Protein: 28g (20%)	Fat: 9g (15%)	Fluid: 29oz
Snack	3:00 PM	128	1 cups KIWI FRUIT, RAW (CHINESE GOOSEBERRY)			
		15	3 tablespoons SALSA			
		31	1 cups BROCCOLI, RAW			
		0	12 fl oz Water, purified, distilled			
Meal Totals:		Calories: 174	Carbs: 36g (81%)	Protein: 6g (14%)	Fat: 1g (5%)	Fluid: 24oz
Dinner	6:00 PM	180	1 tortilla TORTILLA WRAP, WHOLE WHEAT & BROWN RICE			
		3	8 fl oz TEA, COUNTRY PEACH SPICE, BREWED			
		26	8 floweret CAULIFLOWER, RAW			
		390	3 slice BEEF LIVER, BRAISED			
Meal Totals:		Calories: 599	Carbs: 44g (29%)	Protein: 66g (44%)	Fat: 18g (27%)	Fluid: 18oz
Snack	8:00 PM	160	8 oz YOGURT, PLAIN, FULL-FAT			
		0	12 fl oz Water, purified, distilled			
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: 123oz



Holistic Nutrition 2250 (A)

Day 4

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	168	3 egg EGG, CHICKEN, WHOLE, POACHED			
		270	1 1/2 tortilla TORTILLA WRAP, WHOLE WHEAT & BROWN RICE			
		10	2 tablespoons SALSA			
		0	12 fl oz Water, purified, distilled			
		28	1 tablespoons COLBY JACK CHEESE, SHREDDED			
Meal Totals:		Calories: 476	Carbs: 44g (36%)	Protein: 24g (20%)	Fat: 24g (44%)	Fluid: 17oz
Snack	10:00 AM	0	12 fl oz Water, purified, distilled			
		153	1 oz PUMPKIN & SQUASH SEED, DRIED			
		83	1 cups BLUEBERRY, RAW			
Meal Totals:		Calories: 236	Carbs: 26g (41%)	Protein: 8g (13%)	Fat: 13g (46%)	Fluid: 18oz
Lunch	12:00 PM	5	12 fl oz TEA, COUNTRY PEACH SPICE, BREWED			
		80	2 teaspoons OLIVE OIL			
		90	3 oz SALMON, COHO, FARMED, BAKED OR BROILED			
		442	1/2 cups GRAIN, QUINOA			
Meal Totals:		Calories: 617	Carbs: 82g (53%)	Protein: 27g (18%)	Fat: 20g (29%)	Fluid: 16oz
Snack	3:00 PM	187	4 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY			
		62	1 1/4 oz CHEESE, FETA			
		0	12 fl oz Water, purified, distilled			
		44	2 beets BEET, BOILED			
Meal Totals:		Calories: 293	Carbs: 11g (15%)	Protein: 40g (56%)	Fat: 9g (28%)	Fluid: 20oz
Dinner	6:00 PM	440	HALIBUT WITH DIJON & ALMONDS (1 Servings)			
			1 tablespoons Almond, Raw			
			1 tablespoons Mustard, Prepared, Dijon			
			1 tablespoons Olive Oil			
			1/2 fillet Halibut, Atlantic & Pacific, Raw			
		38	8 extra-large ASPARAGUS, RAW			
		0	12 fl oz Water, purified, distilled			
		108	1/2 cups BROWN RICE, LONG GRAIN, COOKED			
Meal Totals:		Calories: 586	Carbs: 35g (24%)	Protein: 52g (35%)	Fat: 27g (41%)	Fluid: 28oz
Snack	8:00 PM	50	3 apricot APRICOT, RAW			
		3	12 fl oz TEA, CHAMOMILE, BREWED			
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%)	Fluid: 116oz



Holistic Nutrition 2250 (A)

Day 5

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	83	1 cups BLUEBERRY, RAW			
		127	8 fl oz SOY MILK, FLUID (SOYMILK)			
		126	2 tablespoons Whey Protein Powder			
		120	1 tablespoons FLAXSEED OIL			
Meal Totals:		Calories: 456	Carbs: 36g (30%)	Protein: 36g (30%)	Fat: 21g (40%)	Fluid: 13oz
Snack	10:00 AM	160	8 oz YOGURT, PLAIN, FULL-FAT			
		0	12 fl oz Water, purified, distilled			
		112	1 cups CHERRY, RAW			
Meal Totals:		Calories: 272	Carbs: 34g (51%)	Protein: 12g (18%)	Fat: 9g (31%)	Fluid: 19oz
Lunch	12:00 PM	5	12 fl oz TEA, COUNTRY PEACH SPICE, BREWED			
		120	4 oz TURKEY BREAST, ROASTED, LOWER SODIUM, SKINLESS			
		11	2 tablespoons LEMON JUICE			
		15	3 slice TOMATO, RED, RIPE, RAW			
		442	1/2 cups GRAIN, QUINOA			
		80	2 teaspoons OLIVE OIL			
Meal Totals:		Calories: 673	Carbs: 87g (51%)	Protein: 42g (25%)	Fat: 18g (24%)	Fluid: 18oz
Snack	3:00 PM	118	1/2 cups CHEESE, COTTAGE			
		128	1 cups KIWI FRUIT, RAW (CHINESE GOOSEBERRY)			
		0	12 fl oz Water, purified, distilled			
Meal Totals:		Calories: 246	Carbs: 30g (50%)	Protein: 16g (27%)	Fat: 6g (23%)	Fluid: 23oz
Dinner	6:00 PM	44	2 beets BEET, BOILED			
		0	12 fl oz Water, purified, distilled			
		366	BEEF STEW (1 Servings)			
		1 teaspoons Oregano, Dried, Ground				
		1 cups Wine, Red				
		1 cups Tomato, Whole, Canned				
		1 cups Beef Cooking Stock				
		6 oz Beef Round, Bottom, Braised, Slf (cube Steak)				
		1 cups Onion, Chopped, Boiled, No Salt				
		2 medium Carrot, Raw				
1/2 clove Garlic, Raw						
Meal Totals:		Calories: 410	Carbs: 31g (37%)	Protein: 35g (42%)	Fat: 8g (21%)	Fluid: 27oz
Snack	8:00 PM	2	8 fl oz TEA, CHAMOMILE, BREWED			
		192	1 oz WALNUT, RAW			
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: 110oz



Holistic Nutrition 2250 (A)

Day 6

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	167	8 fl oz MILK, FLUID, GOAT, WHOLE			
		147	1 cups OATMEAL, PREPARED, NO ADDED SALT			
		203	2 large EGG, CHICKEN, SCRAMBLED			
		63	1 tablespoons Whey Protein Powder			
		62	3/4 cups BLUEBERRY, RAW			
Meal Totals:		Calories: 642	Carbs: 56g (35%)	Protein: 42g (26%)	Fat: 28g (39%)	Fluid: 24oz
Snack	10:00 AM	0	12 fl oz Water, purified, distilled			
		118	1/2 cups CHEESE, COTTAGE			
		83	1 cups BLUEBERRY, RAW			
Meal Totals:		Calories: 201	Carbs: 24g (48%)	Protein: 15g (30%)	Fat: 5g (22%)	Fluid: 21oz
Lunch	12:00 PM	80	2 teaspoons OLIVE OIL			
		180	1 tortilla TORTILLA WRAP, WHOLE WHEAT & BROWN RICE			
		26	8 floweret CAULIFLOWER, RAW			
		8	1 cups LETTUCE, COS OR ROMAINE, RAW			
		3	8 fl oz TEA, COUNTRY PEACH SPICE, BREWED			
		180	6 oz TURKEY BREAST, ROASTED, LOWER SODIUM, SKINLESS			
Meal Totals:		Calories: 477	Carbs: 36g (29%)	Protein: 47g (37%)	Fat: 19g (34%)	Fluid: 15oz
Snack	3:00 PM	155	8 fl oz MILK, COW'S, WHOLE			
		135	1 extra-large BANANA, RAW			
Meal Totals:		Calories: 290	Carbs: 46g (59%)	Protein: 10g (13%)	Fat: 10g (29%)	Fluid: 13oz
Dinner	6:00 PM	387	ITALIAN STYLE VEAL WITH SPAGHETTI SQUASH (1 Servings)			
			4 cups Squash, Winter, Spaghetti, Baked			
			28 oz Tomato, Red, Ripe, Canned, Wedges In Tomato Juice			
			2 clove Garlic, Raw			
			1 tablespoons Garlic Cloves, Elephant			
			2 tablespoons Parsley, Raw			
			1 tablespoons Vegetable Oil, Canola			
			1/4 teaspoons Black Pepper, Ground			
			2 teaspoons Oregano, Dried, Leaves			
			16 oz Veal Breast, Raw, Slf			
		0	12 fl oz Water, purified, distilled			
		38	8 extra-large ASPARAGUS, RAW			
Meal Totals:		Calories: 425	Carbs: 35g (32%)	Protein: 27g (25%)	Fat: 21g (43%)	Fluid: 36oz
Snack	8:00 PM	0	12 fl oz Water, purified, distilled			
		164	1 oz ALMOND, RAW			
		50	3 apricot APRICOT, RAW			
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: 126oz



Holistic Nutrition 2250 (A)

Day 7

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	100	1 cups BRAN CEREAL, EXTRA FIBER, RTE			
		168	3 egg EGG, CHICKEN, WHOLE, POACHED			
		135	1 extra-large BANANA, RAW			
		25	2 1/4 fl oz SOY MILK, ALMOND, UNSWEETENED (SOYMILK)			
Meal Totals:		Calories: 428	Carbs: 77g (57%)	Protein: 25g (18%)	Fat: 15g (25%)	Fluid: 12oz
Snack	10:00 AM	160	1 1/4 cups KIWI FRUIT, RAW (CHINESE GOOSEBERRY)			
		0	12 fl oz Water, purified, distilled			
Meal Totals:		Calories: 160	Carbs: 33g (86%)	Protein: 3g (8%)	Fat: 1g (6%)	Fluid: 21oz
Lunch	12:00 PM	60	1 1/2 teaspoons OLIVE OIL			
		0	12 fl oz Water, purified, distilled			
		19	4 slice TOMATO, RED, RIPE, RAW			
		281	1 yam MOUNTAIN YAM, RAW			
		225	7 1/2 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED			
Meal Totals:		Calories: 585	Carbs: 73g (47%)	Protein: 56g (36%)	Fat: 11g (16%)	Fluid: 29oz
Snack	3:00 PM	160	8 oz YOGURT, PLAIN, FULL-FAT			
		0	12 fl oz Water, purified, distilled			
		63	1 tablespoons Whey Protein Powder			
		41	1/4 oz ALMOND, RAW			
Meal Totals:		Calories: 264	Carbs: 14g (21%)	Protein: 23g (35%)	Fat: 13g (44%)	Fluid: 13oz
Dinner	6:00 PM	468	CHICKEN, ORANGE & AVOCADO SALAD (1 Servings)			
			4 oz Chicken Breast, Boneless, Roasted, Meat Only			
			2 cups Spinach, Raw			
			1/2 avocado Avocado, Raw			
			1 teaspoons Lemon Pepper Seasoning			
			1/2 cups Orange			
			1 teaspoons Olive Oil			
		0	12 fl oz Water, purified, distilled			
Meal Totals:		Calories: 468	Carbs: 24g (20%)	Protein: 40g (34%)	Fat: 24g (46%)	Fluid: 23oz
Snack	8:00 PM	3	12 fl oz TEA, CHAMOMILE, BREWED			
		56	3 wedge CANTALOUPE, RAW			
		118	1/2 cups CHEESE, COTTAGE			
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: 121oz



Shopping List

Category	Quantity	Item
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

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Shopping List

Category	Quantity	Item
	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	Item
	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, SIF
Nuts and Seeds	1 tablespoons	Almond, Raw
Poultry	14 oz	Chicken Breast, Boneless, Roasted, Meat Only
Soup	1 cups	Beef Cooking Stock Imagine
Spices	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