

OFFICIAL MANUAL

THE 21 DAY CHALLENGE DIET
CHALLENGE YOURSELF LEAN IN JUST 21 DAYS



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Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietitian. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.
Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.

7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Challenge Diet

You're motivated and dedicated and these traits will pay off BIG time.

This plan, along with all the ChallengeWorkout series plans are based on scientific principles. Successful fat loss becomes simplified when you understand the science behind it.

There are specific guidelines laid out for you in this plan. All you need to do is follow them.

In a nutshell, the plan is to be executed over 21 days. This is a fast, effective jump-start for fat loss that can be repeated several times per year.

In addition to weight loss during the 21-day plan, you will learn healthy eating habits that you can incorporate into your lifestyle to help you maintain and continue to lose fat.

Remember that its small healthy changes over time that literally melts fat off your body. This program is intended to JUMP START your fat loss. We all need some positive reinforcement. Getting a jumpstart is a great way to get your head in the game and KEEP it in the game as the scale drops and your waistband gets looser.

To be clear though, this is **NOT** a 'quick fix' diet plan that will have you losing weight one week and gaining it the next. We've all seen how that happens and the detrimental effects that has on metabolism. Instead, this plan is backed by science and will actually help 'build' metabolism so that once you're through the 21 days, you'll not only lose fat, but your metabolism won't have taken a beating.

Once done the 21 days, you'll continue healthy eating, which will incorporate the scientific principles learned in the plan, so you'll maintain your fat loss and in fact, continue to lose fat. No one wants rebound fat gain; this fat loss will be permanent as you apply the healthy eating skills you learn.

Let's face it. Nutrition plays a huge part of how you look and when challenging workouts are involved, nutrition also plays a large part in how you perform. You'll be less likely to be able to rock your workouts when you have excess weight hanging around. As you drop the flub, your performance on challenging workouts will improve and dare I say, your attitude and performance in ALL aspects of your life will be enhanced.

Please consider this: SMALL changes over time add up to long lasting results. If you drop a single pound in one week, but do this for an entire year by making healthy nutritional changes, you'll have dropped 52 pounds (while most people are gaining weight yearly).

While I'm a big fan of following solid eating habits year round, without the need for a strict 'diet' that starts and stops, I understand the need to kick your eating habits into over drive with a short program to get you going. This is such a plan. Use it to learn. Listen to your body 's cues so that you'll feel more comfortable and confident to feed it what it needs to perform and look it's best.

Your biggest frustration is likely NOT with your training. It's with finding a sound nutrition plan that will support your training. A plan that will provide you with the energy and nutrients needed to fuel your workouts AND one that will help you get lean and show your hard earned muscle.

I am not about to sell you a magic pill.

I'm going to sell you on hard work and sacrifice. Just like all the Challenge programs, Challenge Diet is not for the faint of heart. It is science-based nutrition that gets results. It is PRACTICAL and DOABLE.

Is it easy? No.

Here's what you're in for:

You will be provided with a mix and match meal plan that you will use for the first 21 days.

You will be given specific guidelines on when and basically what to eat. I prefer to allow some choice in the menu, as this is more applicable to real life. It's not practical to live your life carrying around a piece of paper with your prescribed foods/meals on it day in and day out.

This is an educational process. You're expected to PAY ATTENTION to what you're eating, HOW YOU FEEL eating it and how your body reacts to it.

Diet is about self-awareness. Too often eating is mindless. You may mindlessly stuff random food items down your throat at haphazard times with no regard to hunger cues from your body or how you react to the food that you ingest.

Challenge Diet is all about learning about your body, listening to your hunger cues, noticing how you react to different foods and making wise choices based on this.

You will be expected to FOOD JOURNAL daily for every meal right down to every drop of water consumed. This will be a tool to discovering how you feel about food and your reactions to it.

You'll have ONE treat MEAL, every seven days in the first phase. This will reset hormones and give you the mental break necessary to 'stay on the wagon' nutritionally.

You're encouraged to do 4-5 challenging workouts each week of the 21 day Challenge Diet. Your results will be more dramatic when you include challenging fat burning and muscle toning workouts like those that you'll find in [Challenge Fat Loss](#). Let me coach you through all your workouts with these short video

follow along workouts that you can do in your own home with a minimal amount of equipment in 20 minutes or less.

You're also encouraged to do 'active recovery' on your day off from training. Active recovery is any sort of recreational activity that gets you up and moving. You shouldn't be a hot mess of sweat after an 'active recovery' activity. Examples may include: family bike rides, hiking, gardening, bowling, dancing, recreational and non-competitive sports. You get the idea.

After the 21 days, you will be given guidelines and another mix and match meal plan to guide you. This will help you to continue to drop weight and avoid any rebound weight gain.

Diet is all about lifestyle. The first 21 days of Challenge Diet jump-starts your system. It will force you to go 'cold turkey' on sugar, gluten and processed foods. You will get fast results that are motivation to keep going.

After 21 days though, just when your metabolism and mindset may want to throw in the towel, we'll slowly increase your calories and lighten up on the restrictions. We will introduce more food choices into your plan, making note of how you feel all the while.

Sorry, processed foods, excess gluten and sugars will NEVER be a staple again in your nutrition plan. However, you'll feel SO much better that you won't miss them. The addition of these foods on occasion usually is 'self-correcting'. What I mean by this is that you'll feel horrible after eating them and you'll realize how much better you feel eating cleanly, this in itself will be motivation to eliminate them.

Where's the Challenge?

You know that I'm all about challenges, thus the whole 'Challenge Workout' concept. Challenge Diet is no different but you'll be surprised that the challenge is probably not what you think.

Here's the 'catch' with the Challenge Diet: you'll be given a 'doable' nutrition plan. The nutrition plan is a mental challenge to change the way you view eating even though it's a very manageable one. You'll find that this plan will help you get in tune with your body's hunger cues, you'll lose sugar cravings, you'll feel more energized and satisfied than you could ever imagine on a 'diet'.

Changing your eating is NOT enough to transform your body though, unless you just want to be a skinnier version of your former self.

This plan will help you feel great as you drop fat, but the REAL magic of Challenge Diet comes with the physical challenges you'll undertake.

Keep an eye out for the 21 days of supportive emails that will come to your inbox daily. This is where you'll be challenged to move. Check your emails daily for motivation, support and a physical or mental challenge that will help you transform your body and mind. You need to think like a person that's at

their ideal weight – no self-defeating talk that will sabotage your efforts. Stay tuned for these emails to come to your inbox.

Prepare

To ensure success, before you take on the Challenge Diet, you need to get your life ready. For starters, it's important to mentally prepare. First, pick when you'll start:

- There's no point in being an information gatherer, put this plan into use! **Start as SOON AS POSSIBLE.**
- Only postpone the start of the Challenge Diet if you have a life-changing event imminent. This may be something like a world tour, your own wedding, the death of a loved one, etc. BIG things that in and of themselves cause an enormous amount of stress.
- If you have a holiday, staff party, a birthday, an anniversary or other important function coming up, the plan is scalable and can be adapted. Life is full of these events and it's important to learn how to navigate them.

Take away temptation. Take a look at the meal plans/food suggestions and get rid of what you won't need (now or hopefully ever). **Do a pantry raid.** Clean out and discard all the junk in your kitchen.

I don't need to provide an exhaustive list; this is NOT rocket science. If it's got added sugar, contains more than five ingredients and there are words on the ingredient list you can't pronounce you can bet it should be trashed.

And don't keep the junk 'for the kids'. Too often parents will keep unhealthy food around to feed the children. Is this responsible parenting? If food isn't healthy for you, you can be sure that your children shouldn't be eating it either. Now's the time to help the children make healthy choices too. Set the example and watch them follow (possibly kicking and screaming at first).

Go Public.

Tell your family and friends that you're changing your eating habits and ask for their support.

Get involved on the Facebook private Challenge Diet Group. Statistics show that social support is one of the leading factors to success. You'll find this group will be your lifeline when the going gets tough.

Quick Start Guide

I want you to read this entire resource, but here are the highlights to get you going right away:

- Take your weight/measurements to start, use the chart provided. Repeat on day 7, 14 and 21 (**BEFORE your cheat meals**).
- Refer to the meal plans. These are basic guidelines.
- You do NOT have to count calories but use a 'ball park' method.
- Women use the 1200-calorie meal plans.
- Men use the 1900-calorie meal plans.
- Use the 'mix and match' guide to have a breakfast, lunch and dinner and 2 snacks daily.
- Space out the meals/snacks according to your daily schedule, but try to eat every 2-3 hours.
- Avoid eating after dinner. Decaffeinated tea is acceptable.
- Log your food daily on the template provided or use a free app like www.MyFitnessPal.com
- Use the recipes as 'fall back' meals (have only ONE serving size) if you can't tolerate the plan any longer or the mix and match choices are too restrictive.
- Workout everyday – do a short and challenging workout 4-5 days/week and do 'active recovery' on the other two days. Remember, active recovery isn't necessarily a sweaty workout, go for a walk, bike ride, hike, garden, recreational sport, just move!. Stay tuned to your inbox for more physical and mental 'challenges' to apply during the 21 day Challenge Diet.
- You can choose what days you will train with what works best with your own schedule. My suggestion is to take an active recovery day every 2-3 days as needed. If you don't feel you need to take a day off from training, don't. Workouts should be short and you will not become over trained or increase cortisol (the fat storing hormone) with workouts that are under 30 minutes daily.
- Have one treat MEAL on day 7, 14, 21. Ensure this is just ONE meal and not an entire day of treats.
- Drink water, water and more water. Try for at least eight 8oz glasses daily.

Let's Eat

Women will be allotted approximately 1200 calories daily; men will get approximately 1900 calories. What's MORE important than the final number of calories is the QUALITY of calories consumed.

Do NOT get caught up in the numbers.

You'll see that this is a **PALEO style plan**. The focus is on lots of fresh veggies and lean proteins. Most gluten, dairy and processed foods are gone.

You'll see this is a simple 'mix and match' meal plan. While a strictly prescriptive approach is helpful for some, I prefer to allow for some food choices and personal preferences. This is what real life is like. You'll start with fairly restricted choices and as you move to the maintenance phase, you'll increase your calories. This forces you to do some thinking but it's not too overwhelming.

For the jump-start phase, you'll choose and eat three meals and 2 snacks from the guide daily.

It's okay if you repeat some choices in the 21 days. It's okay to make suitable substitutions. Let common sense be your guide. For example, if you don't have any apples, you can substitute a pear. You cannot substitute a slice of banana bread for a banana.

If you absolutely can't handle anything in the plan for another meal, refer to the recipes that are included. These are all Paleo-based healthy choices that are very acceptable. I don't want to overwhelm you by providing too much info in the mix and match plan, but I want some 'go to' meals to support your tastes.

Why Paleo?

'Paleo' is also known as the Paleolithic or the cave man diet. It's based on the presumed ancient diet of the Stone Age hunter-gatherers consisting of unprocessed plants and animals prior to the development of grain based diets that are common today.

The Paleo diet consists mainly of fish, grass-fed pasture raised meats, eggs, vegetables, fruit, roots, nuts and excludes grains, legumes, dairy, refined salt and sugars and processed oils.

It's not rocket science to make the leap that reducing processed foods will reduce over all caloric consumption. Typically cutting back on processed foods will also increase nutritional density of any nutrition plan.

The key to success to this plan then is to avoid processed foods and increase nutritionally dense foods.

This is NOT a NO-Carb or totally Gluten Free plan. However, you will be increasing the QUALITY of the carbohydrates you ingest. If you 'fall off the wagon' so to speak, you haven't sabotaged everything, simply get back on the plan with the next meal.

You'll want to ensure that your protein requirements are met. In today's typical North American diet, dietary protein ingestion is reduced and replaced with carbohydrates. At first glance, this plan may seem to include more protein than you're used to eating.

Protein is included in the plan for a variety of reasons. Yes, it's required for muscle production and repair, but just as importantly, it's included to moderate blood sugar levels.

When you ingest carbohydrate, your body's response is to release insulin to lower the resulting blood sugar. By ingesting protein at the same time as carbohydrate, you will slow down the break down of carbohydrate and then lower the amount of insulin released to the blood. Your goal is to avoid insulin spikes, since insulin is the body's primary 'storage' hormone.

A deadly combination for fat gain/storage is when you eat carbohydrate and fats together. The carbohydrate will spike insulin and the fat eaten will be available for immediate storage. This is really a recipe to store fat. You will NEVER be able to lose your stored fat when you have an abundance of insulin.

You'll be avoiding carbohydrates that 'spike' insulin (these are typically high glycemic carbs from processed foods), you'll eat protein with your carbs and you'll also include necessary healthy fats in each meal.

Maintaining lean muscle tissue is also very important in helping you achieve the end result you desire. When you lose the weight, you want to look toned and defined NOT "skinny fat" (where your weight loss leaves you looking like a skinny version of your former self).

Including branched chain amino acids (BCAA's) is extremely beneficial. To put it in simple terms, BCAAs are the "best part" of protein. So, if you were to consume 10 grams of BCAAs, you're essentially consuming 10 grams of protein, only it's "super protein".

The guidelines for BCAA intake on this day are as follows:

Consume 0.15 grams per pound of body weight split over 6 doses taken throughout the day.

So, for a 200 lb individual, they'd require 30 grams of BCAAs, split over 6 doses, or six 5-gram doses taken throughout the day.

For a 150 lb individual, 22.5 grams of BCAAs, or six doses of approximately 4 grams each taken throughout the day.

You get the point – $0.15 \times \text{Body Weight}$ split evenly over 6 doses throughout the day.

Now, the 0.15 g per pound of body weight calculation only applies to BioTrust BCAA Matrix (the kind I use) as it is literally more than TWICE as absorbable as any other BCAA product due to its use of 3 distinct forms of BCAAs that target 3 different absorption pathways.

BCAA Matrix is the highest quality BCAA supplement available anywhere...period.

Read more about quality amino acids [here](#).

If you need a healthy protein supplement, my favorite Biotrust protein can be found [here](#).

Your Food Journal

A food journal of what you eat and how it affects your workouts is very helpful as well. Journaling your food intake creates automatic accountability. It allows you to pause so you don't give in to mindless eating. As well, it allows you to connect the dots on how nutritional fuel generally will produce more energy for more intense workouts.

Studies show that food journaling increases compliance and creates top of mind awareness to what you're ingesting. It may be a bit of a hassle, but it keeps your goals at the forefront of your mind and keeps you honest with your nutrition.

Make a promise to yourself right now that EVERY thing you eat MUST be included in your food journal. This will provide immediate and improved nutrition compliance.

There are a variety of ways to journal. Some people are pen and paper folks. If you're like this, you like a *hard copy*, or something more tangible that you keep on your counter or in your purse.

I've included a template for you if this is your style.

You will write down *everything* that you eat. General measurements are required. You don't need to log every nutrient unless this is something that you want to do.

There are plenty of online options if you'd like to log your foods with one of these free apps. My favorite is www.MyFitnessPal.com.

Another powerful option is to log your food on the Facebook private group page. Many beta members found this to be the BEST way to be accountable. Consider listing your food and even take a picture. This helps others hold you accountable and even gives them ideas. The social support you'll find on the Facebook page is invaluable.

You need to find what food logging method suits you and your lifestyle best but I HIGHLY RECOMMEND logging your food, especially in the jump-start phase. I believe it's imperative to your success and this is backed by many studies that prove it so.

Treat Meal

This may sound too good to be true, but you NEED to treat yourself. You will enjoy ONE meal on this day, not an entire 24 hours of reckless eating. This is proven scientifically to help with weight loss and is tied into an important fat loss hormone called LEPTIN.

Your body depends on two things to burn fat and they are high levels of leptin and sensitive leptin receptors.

When you 'diet' or significantly lower your caloric intake, leptin levels drop and your fat burning potential is reduced. This is due to the fact that our bodies were designed to 'survive' in times of famine. The reptilian brain of ours thinks that we're actually starving when we 'diet' and so in an effort to

‘survive’ the body preserves fat stores. Leptin is the hormone whose main function is to protect the body against starvation. We need to manipulate leptin in order to keep losing fat.

Research shows that leptin levels can plummet by 50% after just 7 days of dieting. Each passing day of dieting has your leptin levels sinking even more.

In addition, many people suffer from leptin resistance due to high body fat levels and a highly processed diet. This means that even though you may have adequate leptin levels, receptor sites are damaged and your body is unable to tap into leptin’s fat burning effects, which further decreases your ability to drop the flub.

The solution is two fold.

First of all, by having a treat meal, you’ll ‘trick’ your body into believing it’s not starving and leptin levels will return back to normal. For those that do not suffer from leptin resistance, this is an effective strategy to gain the benefits of leptin’s fat burning properties.

As well, you’ll get the mental break that you can eat what ever your heart and belly desires, making adherence to the program easier.

A second strategy is to take supplements to increase leptin and leptin sensitivity. There are six herbs that together have shown to do just that. They are:

#1. IrvingiaGabonensis, a powerful extract from the African mango that has been shown **to support leptin sensitivity** by inhibiting the production of *C-reactive protein* (CRP), a chemical in the body that has been linked with the development of leptin resistance, by up to 52%.

To further support this extracts dramatic effect on weight loss, in one double-blind study, 102 otherwise-healthy overweight volunteers received either 150 mg of Irvingia extract or a placebo, twice daily prior to meals, for a period of 10 weeks.

At the end of 10 weeks, the Irvingia group lost an average of **28 pounds** (13.1% decrease in body weight), shed **6.7 inches** from their waistline, and had reduced their total body fat by an average of **18.4%!**

Furthermore, it was found that those who supplemented with Irvingia experienced a 26% decrease in total cholesterol, and blood sugar levels dropped from an unhealthy fasting blood level of 85.5 to a much healthier 66.3.

As expected, those receiving the placebo experienced no measurable difference in scale weight, girth measurements, body fat percentage, or health markers

#2. Oleanolic Acid. This compound extracted from olive tree leaves has a stimulatory effect on a specific gut peptide called Glucagon-like Peptide-1 (GLP-1). Research shows that an oral dose of this extract can increase GLP-1 by 48%, which has in turn been closely linked to **increased leptin production**.

#3. Modifilan®, a potent seaweed extract harvested from pristine Arctic waters off the coast of Iceland, has been shown to stimulate increased leptin production in fat cells by up to 18% through its ability to stimulate Thyroid Stimulating Hormone (TSH) in the adrenals. Stimulation of TSH in turn stimulates the **production of leptin** in fat cells.

#4. PanaxNotoginseng, a well-known and commonly used traditional Chinese herb called “Shan Qi” by master herbalists was recently shown to also have unique metabolic properties, including naturally suppressing appetite and **increasing leptin sensitivity**.

#5 & 6. YerbaX™, a potent blend of a rare green tea extract and South American yerba mate extract which together have been shown to synergistically increase resting metabolic rate and **mobilize fatty acids from fat cells to be burned**, all while suppressing appetite and increasing energy and alertness.

Now, while you *could* try to locate all of the above ingredients individually, the good news is that it’s already be done for you at BioTrust Nutrition and put it in to one scientifically-backed, lab-tested, ultra-convenient product called [LeptiBurn™](#).

You would take 2 capsules in the morning and 2 capsules in the afternoon.

[LeptiBurn™](#) is the ONLY scientifically-backed dietary supplement created specifically to solve your body’s BIGGEST fat-loss problem: your body’s production of, and sensitivity to, the ONE solitary hormone that literally controls *everything* related to fat loss.

Food Timing Tips

- Eat every 3-4 hours
- START eating before you’re too hungry and STOP eating before you’re full.
- Eat 3 meals and 2 snacks per day in the jump-start phase.
- Your goal is to avoid an insulin response (which means your body is primed for fat storing), by eating meals too close together, you’ll feel sluggish and you’ll have less opportunity to burn fat.
- Eating meals/snacks too far apart puts your body at risk of entering a catabolic (muscle eating) stage. The LAST thing you want to burn for energy is precious metabolically active muscle.
- Try to eat starchy carbs earlier in the day with insulin sensitivity is at it’s highest. Some carbs are fine after your workout as this is the ONLY time that you want an insulin response since it will help shuttle needed nutrients to the muscles.
- When possible, eat 2-3 hours prior to training. This allows you to partially digest food and feel more energized.
- Eat within 60 minutes of exercise to utilize the increased metabolism to feed your body.

Why Should I Eat That?

- If you pay attention, you'll notice that foods are combined thoughtfully in Challenge Diet. Rather than expecting you to 'crack the code', here's what you'll find:
- Always eat some protein at every feeding.
 - This helps moderate insulin
 - Moderating insulin prevents blood sugar swings to keep energy levels high
 - It keeps the body in an 'anabolic' state (muscle building)
 - Provides the muscles with amino acids needed for growth and repair
- Never eat carbs by themselves. This jacks up insulin levels more than other foods, which creates a fat storing environment inside our body. It's nearly impossible to burn fat in the presence of high insulin.
- Always combine your carbs with some type of lean protein.
- Avoid eating carbs and fats together (the increased insulin levels make it easier to shuttle fat into storage).
- Combining protein and fat or protein and carbs is fine. When having a meal with protein, fat and carbs, keep fat to around 10 grams or less.
- Fat slows down digestion, which keeps you satiated longer. This is fantastic most of the time as you won't be feeling as much hunger in the day when you include the healthy fats in your plan.
- Avoid eating fat before and after working out. Slowed digestion prior to training is undesirable. It's actually fine to have an insulin response after training to help shuttle nutrients to the muscles.

How many calories?

Now, I've got a prescribed plan for you, but if this plan leaves you over the top starving (you should expect to be a little hungry) or over stuffed, you should make adjustments accordingly. As well, as you move forward on to the Challenge Diet maintenance plan and beyond, you may want a general idea of how many calories are right for you. Remember, it's never my full intent to count every single calorie. A general idea of what you're consuming is useful, but as you get to your goals, the actual calorie counting should stop.

You should be listening to your body's hunger cues.

Counting every calorie that you consume is time consuming and tedious – not a strategy for long term. So, with this in mind, here's a ballpark formula on how many calories you should be consuming....

First you will need to determine your BASAL METABOLIC RATE or BMR. Your BMR is the number of calories your body needs to maintain your current weight while it performs basic functions, including circulating blood, digesting food and breathing. A ballpark number can be established using the following formula:

Female BMR = $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Male BMR = $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

For example, if you are a 35 year old, five foot five, 150 lb woman, your BMR would be 1448 calories a day. This is the approximate number of calories that this woman would need to consume just to perform basic functions while maintaining her current weight.

Next, you can use the **Harris Benedict Formula** to determine your daily caloric needs. This is a formula that uses your BMR and applies an activity factor to determine your total energy expenditure or calories. For those individuals that fit into the general population, the formula will be quite accurate. However, the formula will probably underestimate caloric needs for very lean people, and overestimate calories for the obese. It should also be noted that a factor omitted by the Harris Benedict Formula is the amount of lean body mass a person has. Lean mass or muscle tissue increases metabolism. Therefore, more muscular bodies generally have higher caloric demands.

To determine your total daily calorie needs, multiply your BMR by the appropriate activity factor, as follows:

1. If you are sedentary (little or no exercise) : Calorie-Calculation = BMR x 1.2
2. If you are lightly active (light exercise/sports 1-3 days/week) : Calorie-Calculation = BMR x 1.375
3. If you are moderately active (moderate exercise/sports 3-5 days/week) : Calorie-Calculation = BMR x 1.55
4. If you are very active (hard exercise/sports 6-7 days a week) : Calorie-Calculation = BMR x 1.725
5. If you are extremely active (very hard exercise/sports & physical job): Calorie-Calculation = BMR x 1.9

In order to lose weight, there needs to be a calorie deficit. There is approximately 3500 calories in a pound of stored body fat. So, if you create a 3500-calorie deficit through diet, exercise or a combination of both, you will lose one pound of body weight.

A safety guide set out by the American College of Sports Medicine (ACSM) recommends that caloric intake never drops below 1200 calories per day for women or 1800 calories per day for men. These low calorie levels, for extended periods, can be dangerous to your health as well as low caloric intake will sabotage weight loss from a hormonal perspective.

A safe way to calculate caloric intake for weight reduction is to reduce calories by 20% below your calculated daily calorie maintenance needs. You may increase or decrease this slightly, depending on your weight loss goals.

My main focus is NOT on calorie counting per se. It's important to listen to your body, but a basic guideline is sometimes needed so I felt it necessary to include this.

Your BEST method of calorie counting or determining how MUCH you should be eating is to LISTEN to your body's cues. As a rule of thumb, **eat before you're starving and stop eating before you're stuffed.** Simply following these guidelines and by cutting out the junk and processed foods in your plan will allow for noticeable changes in your belly fat.

What to Drink?

Avoid liquid calories period. Unsweetened coffee, green tea and other teas are acceptable. The rules of thumb as far as liquids go: if it has calories, avoid it.

Sugar – Get Off It

While this advice is sound, you may have a hard time swallowing it.

Sugar can sadly be your worst diet enemy.

Sugar comes in many forms, here's a list of other names for sugar that you need to watch out for:

- barley malt
- beet sugar
- brown sugar
- buttered syrup
- cane-juice crystals
- cane sugar
- caramel
- carob syrup
- corn syrup
- corn-syrup solids
- date sugar
- dextran
- dextrose
- diastase
- diastatic malt
- ethyl maltol
- evaporated cane juice
- fructose
- fruit juice
- fruit-juice concentrate
- glucose
- glucose solids
- golden sugar
- golden syrup
- grape sugar
- high-fructose corn syrup

- honey
- invert sugar
- lactose
- malt syrup
- maltodextrin
- maltose
- mannitol
- molasses
- raw sugar
- refiner's syrup
- sorbitol
- sorghum syrup
- sucrose
- turbinado sugar
- yellow sugar

There's really nothing wrong with sugar, it's the quantity of consumption that's in question. If you start to read labels, you'd be surprised to see that sugar is added to literally every food item, even in foods that you wouldn't expect to find sugar. The average North American diet consists of 20 teaspoons of added sugar daily. This is a lot especially when you consider this doesn't count naturally occurring sugars found in food.

According to the World Health Organization, no more than 10 percent of calories should come from added sweeteners. In a diet composed of 2,000 daily calories that would amount to about 200 calories, or 50 grams of sugar.

Sugar is an addictive substance.

Once you taste something sweet, you crave more.

The more sugar you ingest, the more sugar you want. You'll lose your taste for naturally occurring sugars when you eat intensely sweetened foods.

Here are a five of the obvious detrimental things that sugar does to your body:

- Refined sugar contains no fiber, no minerals, no proteins, no fats, no enzymes, only empty calories. When you eat sugar, your body must borrow vital nutrients from healthy cells to metabolize it. Calcium, sodium, potassium and magnesium are taken from various parts of the body to make use of the sugar. Calcium is used to neutralize the effects of sugar so sometimes the body draws this from the bones. Bones can then become osteoporotic.
- If sugar consumption is continued, an over-acid condition results, and more minerals are needed from deep in the body to correct the imbalance. In essence, the pH of the body isn't balanced.

- Sugar makes the blood very thick and sticky, inhibiting much of the blood flow into the minute capillaries that supply our gums and teeth with vital nutrients. This can lead to diseased gums and dental problems.
- The pancreas overreacts to large amounts of sugar in the blood and releases too much insulin. This can lead to diabetes.
- Refined sugar may be one of the major dietary risk factors in gallstone disease. Gallstones are composed of fats and calcium. Sugar can upset all of the minerals, and one of the minerals, calcium, can become toxic, depositing itself anywhere in the body, including the gallbladder.

Your best bet is to become aware of all the places sugar hides and then reduce your consumption. Over time you'll develop a taste for naturally occurring sugars. If you try to cut out sugar, you'll likely experience some withdrawal symptoms. You'll have crazy cravings and may feel sluggish and have a headache. After 4-5 days though, this will pass.

It's easy to figure out your sugar consumption by reading food labels. The best way to visualize sugar content is to take the carbohydrate count and divide it by four. For example: if a serving size has 28 g of carbs, then that would amount to 7 teaspoons of sugar. Your goal should be to limit sugar consumption to a serving size of no more than 4 teaspoons of sugar or 16g of carbs at a time. In the jump-start plan we will keep refined and process sugars out of your diet completely.

What About Artificial Sweeteners?

Does substituting artificial sweeteners for real sugar products improve your chances of diet success? Artificial sweeteners might seem to be a smart choice to sweeten foods without adding calories, but the reality might surprise you. I want to make a case for making it easier to lose weight if you forego the 'fake sweeteners'.

Artificial sweeteners are products like Equal (aspartame), Sweet n Low (saccharine) and Splenda (sucralose). It's true that they contain few or no calories. And by themselves, they will not elicit an insulin response, as sugar does. But don't let this fool you. These products will mess with your body in other ways that may make it difficult to drop the extra pounds.

To begin, let's look at the liver. This is the largest organ in the body and everything you ingest eventually is metabolized by it. The liver decides what foods need to be absorbed and what needs to be filtered out. Artificial sweeteners are not naturally occurring. Your liver isn't quite sure what to do with them, so anything that is not natural will be treated as a toxin. This goes for any substance that is not a natural food source.

If your diet contains an over abundance of artificial sweeteners, your liver becomes less effective at processing nutrients and fats. If you become less efficient at processing the needed nutrients and fats, this may create a series of events, which may prevent you from losing weight, or worse, cause you to gain weight.

Saccharin is 300 times sweeter than sugar.

Aspartame is 200 times sweeter than sugar.

Sucralose is 600 times sweeter than sugar.

Constant use of these sweeteners will increase our sweet tooth. Simply put, our desire for sweet foods increases. Natural flavors taste bland in comparison to the sweetness that these products provide.

Experts have determined that sweet foods provide a stimulus that initiates digestive reflexes. The false sweetness from an artificially sweetened food is not followed by an influx of calories. This causes confusion in the body's digestive sequence. It may cause you to overeat as you just don't feel satisfied or satiated. Your healthy eating efforts may be sabotaged if you feel hunger pangs all day long. These hunger signals tell you to eat more, until you finally eat enough to shut the signal off. Even when high quality foods are consumed, the quantity undermines any weight loss efforts.

This explains, in part, why obesity rates are climbing at the same alarming rate as artificial sweetener use.

Another phenomenon occurs when artificial sweeteners are consumed. Under normal circumstances, body temperature elevates after a meal. One study showed that when these sweeteners are ingested, there was no subsequent rise in body temperature, suggesting that appetite control mechanisms were again disrupted. This again leads to over eating.

Some artificial sweetener advocates argue that the clinical studies on these substances are done using lab rats, so the results don't translate to humans. If you're concerned with your health in the least, it seems reckless to assume that these substances are completely safe. In fact, there is much compelling evidence to suggest that the use of artificial sweeteners should at least be moderated.

There is an alternative to artificial sweeteners, called stevia that I can advocate the use of with the Challenge Diet plan and beyond.

Stevia is a naturally occurring product that's harvested from a plant. It can be found at most health food stores. It is calorie free and therefore will not elicit an insulin response as sugar does. It's used by hundreds of millions of people worldwide to balance blood sugar levels, reduce sweet cravings and aid in digestion. It is even known for its antimicrobial properties.

The use of a small amount of stevia is acceptable in the Challenge Diet plan.

CHALLENGE DIET DAILY FOOD TEMPLATE

Day:

	Time	Food/serving size	Hunger Level	Mood
Breakfast				
Snack				
Lunch				
Snack				
Dinner				

Other				
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Water (8oz): ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Workout Type: _____

Intensity Level: _____ (Out of 10 where a '1' is sleeping and '10' is close to barfing)

Weight and Measurement Chart

Date:				
Weight:				
Desired weight:				
Chest:				
Arm left (around middle of bicep):				
Arm right:				
Waist (smallest point around the midsection):				
Abdomen (one inch below the belly button):				
Hips (widest point):				
Thigh left (one inch below the inseam):				
Thigh right:				
Inches lost	xxxxxxx			
Weight lost	xxxxxxx			

1200 Calories Diet Plan

Breakfast Choices

Omelet with Peppers

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	tablespoon	Coconut Oil	0.00	0.00	13.60	117.00
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
1	cup, chopped	Peppers, sweet, red, raw	1.28	6.91	0.45	29.80
Totals:			20.76	15.90	29.30	395.54

Eggs, Avocado, Salsa & Almonds

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	ounce(s)	Almonds, raw	6.00	6.10	14.00	163.00
1/2	cup, sliced	Avocados	1.46	6.23	10.70	116.80
2	large	Eggs, organic	12.00	0.00	10.00	140.00
3	tablespoons	Salsa, medium, no sugar added	0.00	0.00	0.00	6.00
Totals:			19.46	12.33	34.70	425.80

Bacon, Eggs & Grapefruit

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
2	large	Eggs, organic	12.00	0.00	10.00	140.00
1	each	Grapefruit, pink or red 4" diam.	1.20	23.80	0.20	92.00
2	slices, cooked	Pork, cured, bacon	5.93	0.23	6.68	86.56
Totals:			19.13	24.03	16.88	318.56

Eggs with Avocado & Almonds with Blueberries

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	ounce(s)	Almonds, raw	3.00	3.05	7.00	81.50
1/2	cup, sliced	Avocados, raw, all varieties	1.46	6.23	10.70	116.80
1/2	Cup	Blueberries, raw	0.54	10.51	0.24	41.33
2	large	Eggs, organic	12.00	0.00	10.00	140.00

		Totals:	17.00	19.78	27.94	379.62
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Yogurt with Strawberries, Chia & Cinnamon

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
1	cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
5	ounce(s)	Yogurt, Greek, non-fat	15.00	5.83	0.00	83.33
		Totals:	20.60	32.64	9.27	279.89

Tex Mex Breakfast Scramble (See Recipe)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
2	ounce(s)	Chicken breast, white meat	13.00	0.00	0.80	62.00
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
2	large	Eggs, Organic Valley large brown egg, hard-boiled	12.00	0.00	10.00	140.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
		Totals:	26.28	6.91	24.65	348.80

Smoked Salmon Scrambled Eggs (See Recipe)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
2	large	Eggs, Organic Valley large brown egg, hard-boiled	12.00	0.00	10.00	140.00
2	ounce(s)	Fish, salmon, Chinook, smoked, (lox), regular	10.24	0.00	2.42	65.52
		Totals:	24.54	8.50	30.02	390.52

Lunch Choices

Turkey Spinach Salad

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
3	Cups	Spinach, raw	2.57	3.27	0.35	20.70
3	slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
4	ounce(s)	Turkey breast, white meat	34.00	0.00	0.80	152.00
Totals:			38.87	11.77	18.75	369.70

Tuna Wraps with Walnuts

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
2	Each	Celery, raw stalk trimmed	1.00	4.00	0.00	20.00
4	leaf, outer	Lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
1	tablespoon	Mayo, organic, light	0.00	1.00	3.00	35.00
1/2	ounce(s)	Walnuts, English	2.13	1.92	9.13	91.56
1	tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
2	slices	Tomato, sliced, organic	0.00	0.00	0.00	8.00
3	ounce(s)	Tuna solid white, in water sm. Can	22.50	1.50	1.50	105.00
Totals:			27.11	12.99	13.97	282.60

Chicken Fajitas Leftovers

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	ounce(s)	Chicken breast, white meat	26.00	0.00	1.60	124.00
2	tablespoons	Onion, chopped	0.20	1.80	0.00	8.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
3	tablespoons	Salsa, chunky medium, Pace	0.00	0.00	0.00	6.00
Totals:			31.26	26.20	19.90	391.54

Spinach & Shrimp Salad

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
4 ½	ounces(s)	Crustaceans, shrimp, moist heat	26.66	0.00	1.38	126.22
1	cup, sliced	Cucumber, peeled, raw	0.70	2.57	0.19	14.28
1	cup slices	Cucumber, with peel, raw	0.68	3.78	0.11	15.60
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
3	Cups	Spinach, raw	2.57	3.27	0.35	20.70
4	Slices	Tomato, sliced, organic	0.00	0.00	0.00	16.00
1	Teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
Totals:			30.64	10.52	16.03	317.47

Tuna Salad

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
2	Each	Celery, raw stalk trimmed	1.00	4.00	0.00	20.00
1	Tablespoon	Mayonnaise, low fat	0.00	4.00	1.00	25.00
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
1	Large	Salad,lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1/2	ounce	Seeds,pumpkinraw	4.67	1.90	5.97	73.99
1	Cup	Tuna solid white, in water, reg. can	60.00	4.00	4.00	280.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			68.37	33.94	11.77	504.14

Steak Salad

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
3	ounce(s)	Beef,OrganicFlank,separableleanonly,trimmed,cooked	23.00	0.00	7.00	164.90
1/2	cup, slices	Carrots, raw	0.59	6.41	0.14	27.30
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:			26.99	28.21	21.94	424.20

Chicken, Avocado, Coleslaw & Seeds						
Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	ounce(s)	Chicken Breast / White Meat	24.00	0.00	0.00	124.00
1	Cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1	ounce	Seeds,pumpkin,raw	9.35	3.81	11.94	147.99
		Totals:	37.19	27.20	32.68	539.79

Dinner Choices

Shrimp & Salad

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1/2	tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
1	Large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
4	ounce(s)	Shrimp, boiled or steamed	23.68	0.00	1.20	112.00
1	teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
Totals:			26.31	19.90	22.60	391.66

Steak & Veggies

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
8	spears	Asparagus, baked	3.54	2.30	0.50	21.60
3	ounce(s)	Beef, Organic Flank, separable lean only, trimmed	23.00	0.00	7.00	164.90
1/2	Cup	Bok Choy, boiled, steamed	1.00	1.00	0.00	10.00
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
Totals:			27.54	3.30	21.10	313.50

Non-Dairy Chicken Alfredo (see recipe)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	cup, chopped	Kale, steamed	2.47	7.32	0.52	36.40
1/2	cup, pieces	Mushrooms, stir-fried	1.69	4.13	0.37	21.84
1/2	tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
3	ounce(s)	Chicken, white	15.00	6.00	6.00	150.00
Totals:			20.75	26.49	14.13	313.38

Hamburger & Portabella Mushrooms with Asparagus

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
4	spears (1/2" base)	Asparagus, baked	5.76	9.86	0.53	52.80
1	Patty	Beef, ground, 90% lean meat patty, broiled	21.41	0.00	9.62	177.94
1	piece, whole	Mushrooms, Portabella, raw	2.10	4.26	0.17	21.84
1/2	tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
1	tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
Totals:			29.37	15.02	17.31	321.58

Sushi/Sashimi with Seaweed Salad

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	cup, chopped	Broccoli, steamed	3.71	11.20	0.64	54.60
3	Each	Salmon Sashimi	18.30	0.00	5.10	123.00
2	tablespoons	Seaweed, agar, raw	0.05	0.68	0.00	2.60
2	tablespoons	Seaweed, kelp, raw	0.17	0.96	0.06	4.30
2	tablespoons	Seaweed, wakame, raw	0.30	0.91	0.06	4.50
1	tablespoons	Seeds, sesame seeds, whole, dried	1.60	2.11	4.47	51.57
2	Each	Tuna sashimi	13.20	0.00	0.54	62.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
		Totals:	37.33	16.00	10.87	305.72

Salmon, Asparagus & Salad

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
8	spears	Asparagus, boiled, drained	2.88	4.93	0.26	26.40
1/2	tablespoon	Coconut oil	0.00	0.00	6.80	58.50
1	medium	Salad, med. garden w/tomato, onion	1.95	14.25	0.60	74.00
3	ounce(s)	Salmon, broiled	18.81	0.00	10.50	174.00
1	tablespoon	Vinegar, cider	0.00	0.14	0.00	3.15
		Totals:	23.64	19.32	18.16	336.05

Chicken Fajitas with Lettuce Wraps

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	ounce(s)	Chicken breast, white meat	26.00	0.00	1.60	124.00
6	leaf, outer	Lettuce, cos or romaine, raw	2.07	5.51	0.50	28.56
3	tablespoons	Onion, chopped	0.30	2.70	0.00	12.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
3	tablespoons	Salsa, chunky medium, Pace	0.00	0.00	0.00	6.00
		Totals:	33.42	32.61	20.40	424.10

Snack Choices

Hard-Boiled Egg

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	each	Egg, whole w/ yolk	6.70	1.30	7.30	70.00
		Totals:	6.70	1.30	7.30	70.00

Walnuts

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
		Totals:	4.26	3.84	18.26	183.12

Cucumber & Almonds

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	ounce(s)	Almonds, raw	6.00	6.10	14.00	163.00
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
		Totals:	6.80	8.90	14.00	177.00

AM Snack - Avocado & Peppers

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/4	cup	Avocado - pureed	1.15	4.25	8.80	92.50
1	Each	Pepper, red or green	2.80	19.20	0.40	80.00
		Totals:	3.95	23.45	9.20	172.50

Walnuts & Peppers

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
		Totals:	5.74	12.82	18.71	221.86

Apple & Almond Butter

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
		Totals:	2.70	24.40	10.00	182.00

Avocado & Cucumber

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
Totals:			3.10	11.30	17.60	199.00

Hard-Boiled Egg & Celery

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
4	each	Celery, raw stalk trimmed	2.00	8.00	0.00	40.00
1	large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
Totals:			8.29	8.56	5.30	117.50

Hard-Boiled Egg & Carrots

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	large	Carrots, baby, raw	0.10	1.24	0.02	5.25
1	large	Eggs, organic, hard-boiled	6.00	0.00	5.00	70.00
Totals:			6.10	1.24	5.02	75.25

AM Snack - Hard-Boiled Egg & Peppers

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	large	Eggs, organic, hard boiled	6.00	0.00	5.00	70.00
1	cup, strips	Peppers, sweet, red, raw	1.24	9.04	0.27	37.80
Totals:			7.24	9.04	5.27	107.80

AM Snack - Avocado & Celery

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	each	Celery, raw stalk, trimmed	2.00	8.00	0.00	40.00
Totals:			4.30	16.50	17.60	225.00

PM Snack - Green Tea

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00

Evening Snack - Herbal tea

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
1	cup (8 floz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
		Totals:	0.00	0.47	0.00	2.37

1900 Calories Diet Plan

Breakfast Choices

Omelet with Peppers

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Blackberries, raw	2.00	13.84	0.71	61.92
1 1/2	tablespoon	Coconut oil	0.00	0.00	20.40	175.50
3	large	Eggs, organic	18.00	0.00	15.00	210.00
1	cup, sliced	Mushrooms, white, stir-fried	3.87	4.36	0.36	28.08
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:			26.62	34.10	37.16	544.04

Eggs, Avocado, Salsa & Almonds

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	ounce(s)	Almonds, raw	6.00	6.10	14.00	163.00
1/2	cup, sliced	Avocados	1.46	6.23	10.70	116.80
3	large	Eggs, organic	18.00	0.00	15.00	210.00
3	tablespoons	Salsa, medium, no sugar added	0.00	0.00	0.00	6.00
Totals:			25.46	12.33	39.70	495.80

Smoked Salmon Eggs & Onions

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
3	large	Eggs, organic	18.00	0.00	15.00	210.00
3	ounce(s)	Fish, salmon, smoked, (lox), regular	15.36	0.00	3.63	98.28
1	tablespoon, chopped	Onions, spring or scallions, raw	0.11	0.44	0.01	1.92
1	cup, slices	Peaches, raw	1.55	16.22	0.42	66.30
2	cups	Spinach, steamed	10.80	13.60	0.80	84.00
Totals:			45.81	30.26	19.87	460.50

Blueberry Smoothie

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	cup, chopped	Kale, raw	2.21	6.71	0.47	33.50
1/2	Cup	Kefir	5.50	6.00	1.00	55.00
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1 ½	Oz	Chia seeds, ground	6.64	18.65	13.08	208.37
1	Cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
		Totals:	20.69	58.20	37.28	602.64

Bacon, Eggs & Grapefruit

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
3	large	Eggs, organic	18.00	0.00	15.00	210.00
1	each	Grapefruit, pink or red 4" diam.	1.20	23.80	0.20	92.00
1/2	tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
3	slices, cooked	Pork, cured, bacon, broiled, pan-fried or roasted	8.89	0.34	10.03	129.84
4	slices	Tomato, sliced, organic	0.00	0.00	0.00	16.00
		Totals:	28.09	24.14	32.23	512.84

Cherry Smoothie

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	cup, without pits	Cherries, sour, red, raw	1.55	18.88	0.47	77.50
2	scoops	Protein powder	24.00	8.00	3.00	150.00
1	ounce(s)	Chia seeds, dried	4.43	12.43	8.72	138.92
2	cups	Unsweetened Almond Milk	2.00	4.00	8.00	80.00
		Totals:	31.98	43.31	20.18	446.42

Yogurt with Strawberries, Chia & Cinnamon

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
2	cup, halves	Strawberries, raw	2.04	23.34	0.92	97.28
10	ounce(s)	Yogurt, Greek, non-fat	30.00	11.16	0.00	166.66
		Totals:	37.62	49.63	9.73	411.86

Lunch Choices

Turkey Spinach Salad

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
3	cups	Spinach, raw	2.57	3.27	0.35	20.70
3	slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
6	ounce(s)	Turkey breast, white meat	51.00	0.00	1.20	228.00
Totals:			56.67	14.57	33.15	579.70

Tuna Wraps with Walnuts

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
2	each	Celery, raw stalk trimmed	1.00	4.00	0.00	20.00
4	leaf, outer	Lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
2	tablespoons	Mayo, organic, light	0.00	2.00	6.00	70.00
1	ounce(s)	Walnuts, English	4.26	3.84	18.26	183.12
1	tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
2	slices	Tomato, sliced, organic	0.00	0.00	0.00	8.00
5	ounce(s)	Tuna solid white, in water sm. can	37.50	2.50	2.50	175.00
Totals:			44.24	16.91	27.09	479.16

Chicken Fajitas Leftovers

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
6	ounce(s)	Chicken breast, white meat	39.00	0.00	2.40	186.00
2	tablespoons	Onion, chopped	0.20	1.80	0.00	8.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
6	tablespoons	Salsa, chunky medium, Pace	0.00	0.00	0.00	12.00
Totals:			44.26	26.20	20.70	459.54

Lettuce Wrap with Turkey

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	leaves, outer	Lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	cup, cubes	Squash,butternut, baked, no salt	1.84	21.50	0.18	82.00
6	ounce(s)	Turkey breast slices, nitrate free	42.00	0.00	0.00	150.00
		Totals:	51.79	37.52	36.38	619.16

Tuna Salad

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
2	each	Celery, raw stalk trimmed	1.00	4.00	0.00	20.00
2	tablespoons	Mayonnaise, low fat	0.00	8.00	2.00	50.00
1	tablespoons	Onion, chopped	0.10	0.90	0.00	4.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1/2	ounce	Seeds,pumpkinraw	4.67	1.90	5.97	73.99
1	Cup	Tuna solid white, in water, reg. can	60.00	4.00	4.00	280.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
		Totals:	68.37	37.94	12.77	529.14

Steak Salad

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
3/4	ounce(s)	Almonds, raw	4.50	4.57	10.50	122.25
4	ounce(s)	Beef,OrganicFlank,separableleanonly,trimmed,cooked	30.67	0.00	9.33	219.87
1/2	cup, slices	Carrots, raw	0.59	6.41	0.14	27.30
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
		Totals:	39.16	32.79	34.77	601.42

Chicken, Avocado, Coleslaw & Seeds						
Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
5	ounce(s)	Chicken breast / white meat	30.00	0.00	0.00	155.00
1	Cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1/2	tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	ounce	Seeds,pumpkin, raw	9.35	3.81	11.94	147.99
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
		Totals:	45.79	46.34	40.48	731.94

Dinner Choices

Chicken Fajitas with Lettuce Wraps

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
6	ounce(s)	Chicken breast, white meat	39.00	0.00	2.40	186.00
6	leaf, outer	Lettuce, cos or romaine, raw	2.07	5.51	0.50	28.56
1/2	tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
3	tablespoons	Onion, chopped	0.30	2.70	0.00	12.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
6	tablespoons	Salsa, chunky medium, Pace	0.00	0.00	0.00	12.00
		Totals:	46.42	32.61	28.20	552.10

Sausage with Squash& Tomato Sauce

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	cup, chopped	Broccoli, steamed	3.71	11.20	0.64	54.60
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
3	links	Pork Sausage, Fresh, Cooked	13.99	0.00	20.42	244.08
1	cup, sliced	Zucchini, baked	1.15	7.07	0.09	28.80
1	Cup	Squash, spaghetti, baked, no salt	1.02	10.01	0.40	41.85
1/2	Cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
		Totals:	21.46	37.33	35.80	544.47

Ginger Beef & Broccoli (see recipe)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	serving (3 oz)	Beef, bottomsirloin, tri-tipsteak, lean and fat, 0" trim, all grades	25.47	0.00	12.90	225.25
2	cups (1" pieces)	Broccoli, steamed	5.80	13.50	0.79	68.40
1	cup, chopped	Kale, steamed	2.47	7.32	0.52	36.40
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	small	Tomato, sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
		Totals:	34.74	26.52	28.61	476.05

Buffalo Chicken Wings in "Peanut Sauce" (see recipe)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	tablespoon	Peanut butter, raw	2.40	3.40	9.50	101.00
6	ounce(s)	Chicken breast / white meat	39.00	0.00	2.40	186.00
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	Cup	Vegetables, mixed, frozen, steamed	5.21	23.82	0.27	118.30
		Totals:	46.61	27.22	26.17	535.30

Steak, Broccoli & Seeds

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	1 serving (3 oz)	Beef,shortloin,porterhousesteak,leanandfat,0"trim	20.07	0.00	17.13	240.55
1	Cup	Broccoli, steamed	5.70	9.84	0.20	51.52
1	tablespoon	Butter, no salt	0.12	0.01	11.51	101.74
1	Cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1	tablespoon	Sesame seeds, whole, raw	1.60	2.11	4.47	51.57
		Totals:	29.04	26.86	36.44	528.18

Hamburger & Portabella Mushrooms with Asparagus

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
8	spears (1/2" base)	Asparagus, baked	2.88	4.93	0.26	26.40
1	patty	Beef, ground, 90% lean meat / 10% fat, patty, broiled	21.41	0.00	9.62	177.94
2	pieces, whole	Mushrooms, Portabella, grilled	4.20	8.52	0.34	43.68
1	teaspoon or 1 packet	Mustard, prepared, yellow	0.20	0.39	0.16	3.30
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
8	large	Olives, ripe (small-extra large)	0.27	2.00	3.42	36.80
1	tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
		Totals:	31.66	35.88	28.59	523.27

Dijon Almond Crusted Salmon (see recipe)

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
8	spears	Asparagus, baked	3.54	2.30	0.50	21.60
3	ounce(s)	Salmon, wild	22.19	0.00	26.32	332.35
		Totals:	25.73	2.30	26.82	353.95

Snacks Choices

PM Snack - Green Tea, Kefir & Raspberries

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Cup	Kefir	11.00	12.00	2.00	110.00
1	Cup	Raspberries, raw	1.48	14.69	0.80	63.96
1/2	ounce(s)	Chia seeds, dried	2.21	6.22	4.36	69.46
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			14.69	32.90	7.16	243.42

PM Snack - Green Tea Coconut Protein Smoothie

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1/4	Cup	Nuts, coconut milk, canned	1.14	1.59	12.05	111.31
2	scoops	Protein powder	24.00	8.00	3.00	150.00
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			25.14	9.59	15.05	261.31

AM Snack -Apple & Pumpkin Seeds

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	each	Apple, medium with peel	0.30	21.10	0.00	81.00
1	ounce(s)	Seeds, pumpkin and squash seed kernels, roasted, no salt	9.35	3.81	11.94	147.99
Totals:			9.65	24.91	11.94	228.99

AM Snack - Apple & Almond Butter

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			2.70	24.40	10.00	182.00

Evening Snack – Herbal

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00

AM Snack - Hard-Boiled Eggs, Apple, Celery & Peppers

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
4	each	Celery, raw stalk, trimmed	2.00	8.00	0.00	40.00
2	large	Eggs, organic, hard boiled	12.00	0.00	10.00	140.00
1	cup, strips	Peppers, sweet, red, raw	1.24	9.04	0.27	37.80
		Totals:	15.54	38.05	10.77	298.80

Celery, Cucumber & Hardboiled egg

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
4	each	Celery, raw stalk trimmed	2.00	8.00	0.00	40.00
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
2	large	Egg, whole, hard-boiled	12.58	1.12	10.61	155.00
		Totals:	15.38	11.92	10.61	209.00

AM Snack - Cashews, Cucumber & Pear

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	ounce(s)	Cashews, raw	5.00	9.00	13.00	160.00
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
		Totals:	6.50	36.90	13.00	272.00

AM Snack - Hard-Boiled Egg, Cucumber & Almonds

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	ounce(s)	Almonds, raw	6.00	6.10	14.00	163.00
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	large	Eggs, organic, hard-boiled	6.00	0.00	5.00	70.00
		Totals:	12.80	8.90	19.00	247.00

AM Snack - Apple, Almond Butter & Celery

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
5	each	Celery, raw stalk trimmed	2.50	10.00	0.00	50.00
		Totals:	5.20	34.40	10.00	232.00

AM Snack - Pear, Almond Butter & Celery

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	tablespoon	Almond Butter	2.40	3.40	9.50	101.00
4	stalks, medium	Celery, raw	1.10	4.75	0.27	22.40
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
		Totals:	4.20	33.25	9.77	221.40

PM Snack - Green Tea& Apple

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	each	Apple, medium w/peel	0.70	25.10	0.00	98.00
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
		Totals:	0.70	25.10	0.00	98.00

AM Snack - Nuts, Pear & Peppers

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
		Totals:	6.44	37.92	18.71	319.86