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| **Maintenance plan women** |

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| **Breakfast choices** |

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| Eggs On Toast | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | slice | Bread, Ezekiel Sprouted Grain, | *4.00* | *15.00* | *0.50* | *80.00* |
| 2 | large | Egg, whole, scrambled | *12* | *0* | *10* | *140* |
| 1 | cup | Spinach, boiled, drained, no salt | *5.35* | *6.75* | *0* | *41.40* |
| 1 | small | Tomato - sm. w/peel, 2.5" diam. | *1.00* | *5.70* | *0.40* | *26.00* |
|  |  | Totals: | ***22.835*** | ***27.2*** | ***10.9*** | ***287.4*** |

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| Yoghurt Parfait | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| ½ | cup | Fiber One cereal | *2.40* | *24.30* | *0.81* | *59.10* |
| ½ | ounce | Seeds, chia seeds, dried | *2.21* | *6.22* | *4.36* | *69.46* |
| 1 | cup, halves | Strawberries, raw | *1.02* | *11.67* | *0.46* | *48.64* |
| 6 | ounce(s) | Yogurt, Greek, non-fat, plain | *18.00* | *7.00* | *0.00* | *100.00* |
|  |  | **Totals:** | ***23.63*** | ***49.19*** | ***5.62*** | ***277.20*** |

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| Toast + P.B., Yoghurt W/ Fruit And Flax | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | cup | Blackberries, raw | *2.00* | *13.84* | *0.71* | *61.92* |
| 1 | slice | Bread, Ezekiel Sprouted Grain, | *4.00* | *15.00* | *0.50* | *80.00* |
| ½ | tablespoon | Peanut Butter - all natural smooth style | *2.00* | *1.50* | *4.00* | *52.50* |
| 1 | tablespoon, whole | Seeds, flaxseed | *1.83* | *2.89* | *4.22* | *53.40* |
| 3 | ounce(s) | Yogurt, Greek, non-fat, plain | *9.00* | *3.50* | *0.00* | *50.00* |
|  |  | **Totals:** | ***18.83*** | ***36.73*** | ***9.42*** | ***297.82*** |

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| Oatmeal Topped with Nuts, Fruit (add dash of cinnamon) | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| ½ | cup, cooked | Cereals,oats,slow cooked | *4.07* | *16.83* | *1.60* | *96.53* |
| 6 | ounce(s) | Yogurt, Greek, non-fat, plain | *18.00* | *7.00* | *0.00* | *100.00* |
| ½ | ounce | Nuts, walnuts, | *2.13* | *1.92* | *9.13* | *91.56* |
| 1 | cup, halves | Strawberries, raw | *0.51* | *5.84* | *0.23* | *24.32* |
|  |  | **Totals:** | ***24.71*** | ***31.59*** | ***10.96*** | ***312.41*** |

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| Toast W/ Peanut Butter, Grapefruit, Egg | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | slice | Bread, Ezekiel Sprouted Grain | *5* | *15* | *0.5* | *80.00* |
| 1 | large | Egg, whole, hard-boiled | *6.29* | *0.56* | *5.30* | *77.50* |
| ½ | large (approx4-1/2" dia) | Grapefruit, raw, pink and red and white, all areas | *1.05* | *13.41* | *0.17* | *53.12* |
| ½ | tablespoon | Peanut Butter | *2.00* | *1.75* | *4.08* | *47.50* |
|  |  | **Totals:** | ***12.06*** | ***28.65*** | ***10.75*** | ***247.37*** |

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| Mixed Berry Smoothie | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | cup, unthawed | Blackberries, frozen, unsweetened | *1.78* | *23.66* | *0.65* | *96.64* |
| 1/2 | teaspoon | Cinnamon | *0.15* | *2.70* | *0.10* | *9.00* |
| 2 | tablespoons | Hemp seeds | *6.00* | *2.00* | *8.00* | *112.00* |
| 1 | cup | Spinach, raw | *0.86* | *1.09* | *0.12* | *6.90* |
| 1 | cup, sliced | Strawberries, raw | *1.11* | *12.75* | *0.50* | *53.12* |
| 1 | cup | Unsweetened Almond Milk | *1.00* | *2.00* | *4.00* | *40.00* |
|  |  | **Totals:** | ***10.90*** | ***44.20*** | ***13.36*** | ***317.66*** |

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| 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 | Tablespoon | Coconut oil | *0.00* | *0.00* | *13.60* | *117.00* |
| 2 | Scoops | Protein powder | *24.00* | *8.00* | *3.00* | *150.00* |
| 1 | Cup | Unsweetened Almond Milk | *1.00* | *2.00* | *4.00* | *40.00* |
|  |  | **Totals:** | ***26.07*** | ***31.01*** | ***21.08*** | ***389.65*** |

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| **Lunch Choices** |

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| --- | --- | --- | --- | --- | --- | --- |
| Tuna, Mayo, Veggies And Dressing | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | slice | Bread, Ezekiel Sprouted Grain | *5.00* | *15* | *0.5* | *80.00* |
| 1 | tablespoon | Mayonnaise - low fat | *0.00* | *4.00* | *1.00* | *25.00* |
| 4 | large | Olives, ripe, canned (small-extra large) | *0.15* | *1.10* | *1.88* | *20.24* |
| 2 | tablespoons | Salad dressing, italian dressing, reduced calorie | *0.08* | *1.88* | *5.60* | *56.00* |
| 2 | leaves | Spinach, raw | *0.57* | *0.73* | *0.08* | *4.60* |
| 4 | ounce(s) | Tuna, light in water | *20.00* | *0.00* | *1.33* | *120.00* |
| ½ | cup | Tomato, diced | *0.00* | *2.00* | *0.00* | *9.50* |
|  |  | **Totals:** | ***25.8*** | ***24.71*** | ***10.39*** | ***315.34*** |

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| Lettuce Tuna Wrap | | | | | | |
| 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 | Broccoli, steamed | *5.70* | *9.84* | *0.22* | *51.52* |
| 3 | leaves, outer | Lettuce, cos or romaine, raw | *1.03* | *2.76* | *0.25* | *14.28* |
| 1 | Tablespoon | Onion, chopped | *0.10* | *0.90* | *0.00* | *4.00* |
| 4 | ounce(s) | Tuna, in water | *20.00* | *0.00* | *1.33* | *120.00* |
|  |  | **Totals:** | ***29.14*** | ***22.00*** | ***19.41*** | ***374.80*** |

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| --- | --- | --- | --- | --- | --- | --- |
| Salad with Chicken& Balsamic Vinegar | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| ½ | cup, sliced | Avocados | *1.46* | *6.23* | *10.70* | *116.80* |
| 8 | medium | Carrots, baby, raw | *0.51* | *6.59* | *0.10* | *28.00* |
| 3 | ounce(s) | Chicken breast / white meat | *18.00* | *0.00* | *0.00* | *93.00* |
| 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* |
| 1 | small | Tomato, sm. w/peel, 2.5" diam. | *1.00* | *5.70* | *0.40* | *26.00* |
| 2 | teaspoons | Vinegar, balsamic | *0.05* | *1.81* | *0.00* | *9.33* |
|  |  | **Totals:** | ***23.60*** | ***23.59*** | ***25.56*** | ***413.83*** |

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| Chicken, Avocado, Coleslaw & Seeds | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| ½ | 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*** |

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| Tuna Salad, Chia Seeds with Oil & Balsamic | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 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* |
| ½ | ounce | Chia seeds, ground | *2.21* | *6.22* | *4.36* | *69.46* |
| 3 | ounce(s) | Tuna solid white, in water sm. can | *22.50* | *1.50* | *1.50* | *105.00* |
| 2 | teaspoons | Vinegar, balsamic | *0.05* | *1.81* | *0.00* | *9.33* |
| 1 | 1 slice | Bread, Ezekiel Sprouted Grain | *5.00* | *15.00* | *0.50* | *80.00* |
|  |  | **Totals:** | ***32.36*** | ***43.53*** | ***21.16*** | ***481.79*** |

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| 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 | leaf, outer | Lettuce, cos or romaine, raw | *1.38* | *3.67* | *0.34* | *19.04* |
| 1/2 | ounce | Walnuts, raw | *2.13* | *1.92* | *9.13* | *91.56* |
| 3 | ounce(s) | Turkey breast slices, nitrate free | *21.00* | *0.00* | *0.00* | *75.00* |
|  |  | **Totals:** | ***26.81*** | ***14.09*** | ***27.07*** | ***370.60*** |

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| Fish Wraps with Lettuce Leave | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| ½ | Cup | Avocado, pureed | *2.30* | *8.50* | *17.60* | *185.00* |
| 1 | Cup | Brussels sprouts, baked | *2.97* | *7.88* | *0.26* | *37.84* |
| 3 | ounce(s) | Halibut, broiled | *22.50* | *0.00* | *3.00* | *120.00* |
| 4 | leaf, outer | Lettuce, cos or romaine, raw | *1.38* | *3.67* | *0.34* | *19.04* |
| 1 | tablespoon | Salsa, medium, no sugar added | *0.00* | *0.00* | *0.00* | *2.00* |
| 1 | cup, cubes | Squash, butternut, baked, no salt | *1.84* | *21.50* | *0.18* | *82.00* |
|  |  | **Totals:** | ***31.00*** | ***41.55*** | ***21.38*** | ***445.88*** |

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| **Dinner Choices** |

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| Chicken With Kale, Onion & Sweet Potato | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | tablespoon | Butter, no salt | *0.12* | *0.01* | *11.51* | *101.74* |
| 4 | ounce(s) | Chicken breast, white meat | *26.00* | *0.00* | *1.60* | *124.00* |
| 1 | cup, chopped | Kale, boiled, drained, no salt | *2.47* | *7.32* | *0.52* | *36.40* |
| 2 | tablespoons | Onion, chopped | *0.20* | *1.80* | *0.00* | *8.00* |
| 1 | Cup | Yam, baked or boiled | *2.00* | *37.60* | *0.20* | *158.00* |
|  |  | **Totals:** | ***30.79*** | ***46.73*** | ***13.83*** | ***428.14*** |

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| Halibut, Broc And Caul W/ Oil, Rice | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| ½ | cup, chopped | Broccoli, boiled, drained, no salt | *1.86* | *5.60* | *0.32* | *27.30* |
| ½ | cup (1" pieces) | Cauliflower, boiled, drained, no salt | *1.14* | *2.55* | *0.28* | *14.26* |
| 3 | ounces | Fish, halibut, Atlantic and Pacific, cooked, dry heat | *22.69* | *0.00* | *2.50* | *119.00* |
| ½ | tablespoon | Olive oil – pure | *0.00* | *0.00* | *7.00* | *65.00* |
| ½ | Cup | Rice, brown, long-grain, cooked | *2.52* | *22.39* | *0.88* | *108.22* |
|  |  | **Totals:** | ***28.20*** | ***30.53*** | ***10.98*** | ***333.78*** |

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| Broil Or Grill Fish, Top Potato W/Salsa | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 3 | ounce(s) | Fish, salmon, wild, cooked, dry heat | 21.62 | 0.00 | 6.91 | 154.70 |
| 2 | ounce(s) | Green beans - string boiled & drained | 1.04 | 4.44 | 0.14 | 20.00 |
| ½ | Cup | Potato - white medium | 2.10 | 20.55 | 0.09 | 90.00 |
| 1 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 3 | tablespoon | Salsa – Garden Fresh | 0.00 | 0.00 | 0.00 | 6.00 |
| 1 | Tbsp | Oil & Vinegar | 0.10 | 1.90 | 0.90 | 16.00 |
|  |  | **Totals:** | 26.16 | 36.39 | 8.44 | 335.7 |

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| Chicken, Veg And Sweet Potato | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | cup, chopped | Broccoli, boiled, drained, no salt | *3.71* | *11.20* | *0.64* | *54.60* |
| 3 | ounce(s) | Chicken Breast / White Meat | *19.50* | *0.00* | *1.20* | *93.00* |
| ½ | table spoon | Olive Oil, Extra Virgin | *0.00* | *0.00* | *3.50* | *30.00* |
| ½ | Cup | Pepper - sweet bell, all colors, chopped, | *0.60* | *4.60* | *0.10* | *19.00* |
| ½ | Cup | Sweet potato, baked in skin, no salt | *2.01* | *20.71* | *0.15* | *90.00* |
| ½ | Cup | Rice, brown, long-grain, cooked | *2.52* | *22.39* | *0.88* | *108.22* |
|  |  | **Totals:** | ***28.34*** | ***58.9*** | ***6.47*** | ***394.82*** |

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| Chicken With Sweet Pot. Add Your Own Spices | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| ½ | cup, chopped | Broccoli, boiled, drained, no salt | *1.86* | *5.60* | *0.32* | *27.30* |
| 4 | ounce(s) | Chicken breast, organic | *24.00* | *0.00* | *0.00* | *124.00* |
| 1 | Tbsp | Oil & Vinegar | *0.10* | *1.90* | *0.90* | *16.00* |
| 1 | small | Salad - sm. garden w/tomato, onion | *1.30* | *9.50* | *0.40* | *49.00* |
| ½ | Cup | Yam -baked or boiled | *1.00* | *18.80* | *0.10* | *79.00* |
|  |  | **Totals:** | ***28.26*** | ***35.8*** | ***1.72*** | ***295.3*** |

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| Faux Spaghetti & Meat Sauce with Kale & Olives | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | serving (3 oz) | Beef, ground, 95%lean meat/5%fat,crumbles,pan-browned | *24.79* | *0.00* | *6.44* | *164.05* |
| 1 | cup, chopped | Kale, steamed | *2.47* | *7.32* | *0.52* | *36.40* |
| 1 | tablespoon | Olive oil, pure | *0.00* | *0.00* | *14.00* | *130.00* |
| 4 | large | Olives, ripe, canned (small-extra large) | *0.13* | *1.00* | *1.71* | *18.40* |
| 3 | ounce(s) | Shiritaki Noodles | *0.00* | *1.00* | *0.00* | *0.00* |
| ½ | Cup | Tomato sauce, no salt added | *1.59* | *9.04* | *0.24* | *45.14* |
|  |  | **Totals:** | ***28.98*** | ***18.36*** | ***22.92*** | ***393.99*** |

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| Sausage, Yam & Coleslaw | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | Cup | Brussels sprouts, baked | *5.64* | *12.90* | *0.60* | *65.10* |
| 1 | tablespoon | Coconut oil | *0.00* | *0.00* | *13.60* | *117.00* |
| ½ | Cup | Coleslaw, home-prepared | *0.77* | *7.45* | *1.57* | *41.40* |
| 3 | links | Pork and beef sausage, fresh, cooked | *5.38* | *1.05* | *14.14* | *154.44* |
| ½ | cup, cubes | Yam, baked | *1.01* | *18.75* | *0.10* | *78.88* |
|  |  | **Totals:** | ***12.81*** | ***40.15*** | ***30.00*** | ***456.82*** |

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| **Snack Choices** |

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| Snack | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 6 | ounce(s) | Yogurt, Greek, non-fat, plain, sweetened with vanilla and touch of stevia | *16.50* | *6.42* | *0.00* | *91.67* |
|  |  | **Totals:** | ***16.50*** | ***6.42*** | ***0.00*** | ***91.67*** |

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| Kiwi And Almonds | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | fruit without skin, medium | Kiwi fruit, (chinese gooseberries), fresh, raw | *0.87* | *11.14* | *0.40* | *46.36* |
| 10 | almond | Nuts, almonds | *1.70* | *1.58* | *4.05* | *46.24* |
|  |  | **Totals:** | ***2.57*** | ***12.72*** | ***4.45*** | ***92.60*** |

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| Yogurt With Flax And Cinnamon | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1/3 | teaspoon | Cinnamon | *0.09* | *1.62* | *0.06* | *5.40* |
| 1 | tablespoon, ground | Seeds, flaxseed | *1.28* | *2.02* | *2.95* | *37.38* |
| 3 | ounce(s) | Yogurt, Greek, non-fat, plain | *9.00* | *3.50* | *0.00* | *50.00* |
|  |  | **Totals:** | ***10.37*** | ***7.14*** | ***3.01*** | ***92.78*** |

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| --- | --- | --- | --- | --- | --- | --- |
| Hard boiled egg with peppers | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | large | Eggs, Organic Valley large brown egg, hard boiled | *6.00* | *0.00* | *5.00* | *70.00* |
| 1 | whole | Pepper - sweet bell, all colors, chopped, | *1.20* | *9.20* | *0.20* | *38.00* |
|  |  | **Totals:** | ***7.20*** | ***9.20*** | ***5.20*** | ***108.00*** |

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| Apple And Cottage Cheese | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | small | Apples, raw, with skin | *0.14* | *7.32* | *0.09* | *27.56* |
| ½ | Cup | Cottage Cheese - 1% fat | *14.00* | *3.10* | *1.15* | *82.00* |
|  |  | **Totals:** | ***14.14*** | ***10.42*** | ***1.24*** | ***109.56*** |

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| Guacamole With Celery | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| ¼ | Cup | Avocado – pureed | *1.15* | *4.25* | *8.80* | *92.50* |
| 3 | each | Celery, Organic stalk, trimmed | *0.00* | *6.00* | *0.00* | *30.00* |
|  |  | **Totals:** | ***1.15*** | ***10.25*** | ***8.80*** | ***122.50*** |

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| --- | --- | --- | --- | --- | --- | --- |
| Greek Yoghurt, Peaches And Cinnamon | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| ½ | teaspoon | Cinnamon | *0.15* | *2.70* | *0.10* | *9.00* |
| 1 | small | Peaches, raw | *0.72* | *7.54* | *0.20* | *30.81* |
| 5 | ounce(s) | Yogurt, Greek, non-fat, plain | *15.00* | *5.83* | *0.00* | *83.33* |
|  |  | **Totals:** | ***15.87*** | ***16.07*** | ***0.30*** | ***123.14*** |

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| Blackberries and cottage cheese | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | Cup | Blackberries, raw | *2.00* | *13.84* | *0.71* | *61.92* |
| ½ | Cup | Cottage Cheese - 1% fat | *14.00* | *3.10* | *1.15* | *82.00* |
|  |  | **Totals:** | ***16.00*** | ***16.94*** | ***1.86*** | ***143.92*** |

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| Hummus, Crackers And Celery | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 4 | stalks | Celery - raw stalk, trimmed | *2.00* | *8.00* | *0.00* | *40.00* |
| 3 | tablespoons | Hummus, home prepared | *2.19* | *9.05* | *3.87* | *79.65* |
| 1 | each | Wasa Crackers, light rye | *1.00* | *7.00* | *0.00* | *30.00* |
|  |  | **Totals:** | ***5.19*** | ***24.05*** | ***3.87*** | ***149.65*** |

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| Apple with Nuts | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | each | Apple - medium with peel | *0.30* | *21.00* | *0.50* | *81.00* |
| ½ | ounce | Nuts, walnuts, | *2.13* | *1.92* | *9.13* | *91.56* |
|  |  | **Totals:** | ***2.43*** | ***22.92*** | ***9.63*** | ***172.56*** |

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| Use Chia Seeds To Mix In Yogurt | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| ½ | Cup | Raspberries, raw | *0.74* | *7.34* | *0.40* | *31.98* |
| ½ | ounce | Seeds, chia seeds, dried | *2.21* | *6.22* | *4.36* | *69.46* |
| 6 | ounce(s) | Yogurt, Greek, non-fat, plain | *18.00* | *7.00* | *0.00* | *100.00* |
|  |  | **Totals:** | ***20.95*** | ***20.56*** | ***4.76*** | ***201.44*** |

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| Tuna salad on crackers | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | Cup | Cucumber – slices | *0.80* | *2.80* | *0.00* | *14.00* |
| 1 | tablespoon | Mayonnaise, fat free | *0.00* | *3.00* | *0.00* | *8.00* |
| 1 | tablespoon | Relish | *0.10* | *5.30* | *0.10* | *20.00* |
| 3 | ounce(s) | Tuna, light in water | *22.50* | *1.50* | *1.50* | *105.00* |
| 2 | each | Wasa Crackers, light rye | *2.00* | *14.00* | *0.00* | *60.00* |
|  |  | **Totals:** | ***25.40*** | ***26.60*** | ***1.60*** | ***207.00*** |