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| **Maintenance plan men** |

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| **Breakfast choices** |

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| Toast W/ Peanut Butter, Grapefruit, Egg | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | Slice | Bread, whole-grain or sprouted grain | *2.73* | *12.93* | *1.20* | *69.25* |
| 2 | large | Egg, whole, hard-boiled or scrambled | *12* | *0.* | *10* | *140* |
| ½ | large | Grapefruit, raw, pink and red and white, all areas | *1.05* | *13.41* | *0.17* | *53.12* |
| 1 | tablespoon | Peanut Butter, natural | *4.00* | *3.50* | *8.15* | *95.00* |
|  |  | Totals: | *19.78* | *29.84* | *19.52* | *357.37* |

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| Steel Cut Oats Cooked, Berries, Chia And Yoghurt | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | Cup | Blueberries, raw | *1.07* | *21.01* | *0.48* | *82.65* |
| 1/2 | ounce | Seeds, chia seeds, dried | *2.21* | *6.22* | *4.36* | *69.46* |
| 6 | ounce(s) | Yogurt, Greek, non-fat, plain | *15.00* | *5.83* | *0.00* | *83.33* |
| 1 | Cup | Cereal, oats, steel cut, cooked | *5.00* | *27.00* | *2.00* | *150.00* |
|  |  | Totals: | *23.29* | *60.06* | *6.84* | *385.44* |

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| Eggs On Toast | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | Slice | Bread, Ezekiel Sprouted Grain, Low Sodium | *4.00* | *15.00* | *0.50* | *80.00* |
| 1 | Cup | Egg, white, raw | *26.49* | *1.77* | *0.41* | *126.36* |
| 2 | large | Egg, whole, scrambled | *12* | *0* | *10* | *140* |
| 1 | Cup | Spinach, boiled, drained, no salt | *5.35* | *6.75* | *0.47* | *41.40* |
| 1 | small | Tomato - sm. w/peel, 2.5" diam. | *1.00* | *5.70* | *0.40* | *26.00* |
|  |  | Totals: | ***48.84*** | ***29.22*** | ***11.78*** | ***413.76*** |

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| Oatmeal Top W/ Cin, Nuts, Fruit | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | cup, cooked | Cereals, oats, steel cut | *5.43* | *22.44* | *2.13* | *128.70* |
| ½ | teaspoon | Cinnamon | *0.15* | *2.70* | *0.10* | *9.00* |
| 1 | ounce (14 halves) | Nuts, walnuts, | *4.26* | *3.84* | *18.26* | *183.12* |
| 1 | ounce | Seeds, chia seeds, dried | *2.21* | *6.22* | *4.36* | *69.46* |
| ½ | cup, halves | Strawberries, raw | *0.51* | *5.84* | *0.23* | *24.32* |
|  |  | **Totals:** | ***12.57*** | ***41.03*** | ***25.08*** | ***414.60*** |

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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* |
| 3 | Scoops | Protein powder | *36.00* | *12.00* | *4.50* | *225.00* |
| 1 | Cup | Unsweetened Almond Milk | *1.00* | *2.00* | *4.00* | *40.00* |
|  |  | Totals: | ***38.07*** | ***35.01*** | ***22.58*** | ***464.65*** |

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| Eggs Scrambled, Fruit | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 2 | slices | Bread, whole-grain or sprouted grain | *5.45* | *25.85* | *2.40* | *138.50* |
| 1 | cup | Egg substitute, liquid | *30.12* | *1.61* | *8.31* | *210.84* |
| 1 | large | Egg, whole, hard-boiled | *6.29* | *0.56* | *5.30* | *77.50* |
| ½ | large (approx 4-1/2" dia) | Grapefruit, raw, pink and red and white, all areas | *1.05* | *13.41* | *0.17* | *53.12* |
|  |  | **Totals:** | ***42.91*** | ***41.43*** | ***16.18*** | ***479.96*** |

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| Yogurt with Strawberries, Chia & Cinnamon | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | cup | Blackberries, raw | *2.00* | *13.84* | *0.71* | *61.92* |
| 2 | slices | Bread, Ezekiel Sprouted Grain, Low Sodium | *8.00* | *30.00* | *1.00* | *160.00* |
| 1 | tablespoon | Peanut Butter - all natural smooth style | *4.00* | *3.00* | *8.00* | *105.00* |
| 1 | tablespoon, whole | Seeds, flaxseed | *1.83* | *2.89* | *4.22* | *53.40* |
| 6 | ounce(s) | Yogurt, Greek, non-fat, plain | *18.00* | *7.00* | *0.00* | *100.00* |
|  |  | **Totals:** | ***33.83*** | ***56.73*** | ***13.92*** | ***480.32*** |

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| **Lunch Choices** |

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| Turkey sandwich | | | | | | |
| 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* |
| 6 | ounce(s) | Turkey breast slices, nitrate free | *42.00* | *0.00* | *0.00* | *150.00* |
| 2 | Slice | Bread, Ezekiel Sprouted Grain | *10.00* | *30.00* | *1.00* | *160.00* |
|  |  | Totals: | ***59.94*** | ***46.01*** | ***37.2*** | ***697.16*** |

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| Salad with Chicken& Dressing | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1/2 | cup, sliced | Avocado | *1.46* | *6.23* | *10.70* | *116.80* |
| 8 | medium | Carrots, baby, raw | *0.51* | *6.59* | *0.10* | *28.00* |
| 6 | ounce(s) | Chicken breast / white meat | *36.00* | *0.00* | *0.00* | *186.00* |
| 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:** | ***41.60*** | ***23.59*** | ***25.56*** | ***506.83*** |

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| Tasty Tuna Salad (see recipe) | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 8 | spears | Asparagus | *3.54* | *2.30* | *0.50* | *21.60* |
| 6 | ounce(s) | Tuna, canned in water | *45.00* | *0.00* | *2.00* | *240.00* |
| 1 | ounce | Walnuts, raw | *4.26* | *3.84* | *18.26* | *183.12* |
| 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:** | ***55.40*** | ***25.28*** | ***25.56*** | ***545.87*** |

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| 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*** |

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| 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, pumpkin raw | *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* |
| 2 | Slice | Bread, Ezekiel Sprouted Grain | *10.00* | *30.00* | *1.00* | *160.00* |
|  |  | Totals: | ***78.37*** | ***67.94*** | ***13.77*** | ***689.14*** |

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| Salmon& Veggies | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 3/4 | ounce(s) | Almonds, raw | *4.50* | *4.57* | *10.50* | *122.25* |
| 1 | cup, chopped | Broccoli, steamed | *3.71* | *11.20* | *0.64* | *54.60* |
| 1 | large | Salad, lrg. garden w/tomato & onion | *2.60* | *19.00* | *0.80* | *98.00* |
| 5 | ounce(s) | Salmon, broiled | *31.35* | *0.00* | *17.50* | *290.00* |
| 1 | tablespoon | Vinegar, apple cider | *0.00* | *0.14* | *0.00* | *3.15* |
| ½ | Cup | Rice, brown, long-grain, cooked | *2.52* | *22.39* | *0.88* | *108.22* |
|  |  | Totals: | ***44.68*** | ***57.3*** | ***30.32*** | ***676.22*** |

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| Chicken with Mushrooms & Cauliflower | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | cup, (1" pieces) | Cauliflower | *2.28* | *5.10* | *0.56* | *28.52* |
| 6 | ounce(s) | Chicken breast, organic | *36.00* | *0.00* | *0.00* | *186.00* |
| 1 | tablespoon | Coconut oil | *0.00* | *0.00* | *13.60* | *117.00* |
| 1 | cup, sliced | Mushrooms, white, stir-fried | *3.87* | *4.36* | *0.36* | *28.08* |
| 1 | large | Salad, lrg. garden w/tomato & onion | *2.60* | *19.00* | *0.80* | *98.00* |
| 1 | tablespoon | Vinegar, cider | *0.00* | *0.14* | *0.00* | *3.15* |
| ½ | Cup | Rice, brown, long-grain, cooked | *2.52* | *22.39* | *0.88* | *108.22* |
|  |  | Totals: | *47.27* | *50.99* | *16.2* | *568.97* |

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| **Dinner Choices** |

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| Steak, Mushrooms & Spinach Salad with Oil & Balsamic | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 6 | ounce(s) | Beef, top sirloin, lean only, 1/4" trim, choice, broiled | *51.63* | *0.00* | *13.60* | *343.40* |
| 1 | cup | Cucumber, raw, slices | *0.80* | *2.80* | *0.00* | *14.00* |
| 1/2 | cup, sliced | Mushrooms, white, stir-fried | *1.93* | *2.18* | *0.18* | *14.04* |
| 2 | tablespoons | Olive oil, pure | *0.00* | *0.00* | *28.00* | *260.00* |
| 2 | cups | Spinach, raw | *1.72* | *2.18* | *0.23* | *13.80* |
| 1 | small | Tomato, sm. sliced | *1.00* | *5.70* | *0.40* | *26.00* |
| 2 | teaspoons | Vinegar, balsamic | *0.05* | *1.81* | *0.00* | *9.33* |
|  |  | **Totals:** | ***57.13*** | ***14.66*** | ***42.41*** | ***680.57*** |

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| Fish & Green Beans | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | cup | Green beans, steamed | *2.01* | *8.71* | *0.23* | *37.80* |
| 6 | ounce(s) | Halibut, broiled | *45.00* | *0.00* | *6.00* | *240.00* |
| 1 | tablespoon | Olive oil, extra virgin | *0.00* | *0.00* | *14.00* | *120.00* |
| 8 | large | Olives, ripe, (small-extra large) | *0.27* | *2.00* | *3.42* | *36.80* |
| 1 | cup, sliced | Zucchini, baked | *1.15* | *7.07* | *0.09* | *28.80* |
| ½ | cup | Rice, brown, long-grain, cooked | *2.52* | *22.39* | *0.88* | *108.22* |
| 1 | cup, (1" pieces) | Cauliflower | *2.28* | *5.10* | *0.56* | *28.52* |
|  |  | Totals: | ***53.23*** | ***45.27*** | ***25.18*** | ***600.14*** |

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| 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*** |

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| Steak & Veggies | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 8 | spears | Asparagus, baked | *3.54* | *2.30* | *0.50* | *21.60* |
| 4 | ounce(s) | Beef, Organic Flank, separable lean only, trimmed, cooked | *30.67* | *0.00* | *9.33* | *219.87* |
| 1 | Cup | Bok Choy, boiled, drained | *2.00* | *2.00* | *0.00* | *20.00* |
| 1 | 1/2tablespoon | Coconut oil | *0.00* | *0.00* | *20.40* | *175.50* |
| ½ | Cup | Rice, brown, long-grain, cooked | *2.52* | *22.39* | *0.88* | *108.22* |
| 1 | cup, (1" pieces) | Cauliflower | *2.28* | *5.10* | *0.56* | *28.52* |
|  |  | Totals: | ***41.01*** | ***31.79*** | ***31.67*** | ***573.71*** |

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| Lamb & Spaghetti Squash | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 5 | ounce(s) | Lamb,leg,shankhalf,leanandfat,1/4"trim,raw | *26.34* | *0.00* | *19.12* | *284.92* |
| 1 | tablespoon | Olive oil, pure | *0.00* | *0.00* | *14.00* | *130.00* |
| 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* |
| 1 | Cup | Vegetables, mixed, steamed | *5.20* | *23.80* | *0.20* | *108.00* |
|  |  | **Totals:** | ***34.15*** | ***42.85*** | ***33.97*** | ***609.91*** |

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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* |
| 1 | cup | Coleslaw, home-prepared | *1.55* | *14.89* | *3.13* | *82.80* |
| 1/2 | tablespoon | Olive oil, pure | *0.00* | *0.00* | *7.00* | *65.00* |
| 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* |
| ½ | Cup | Rice, brown, long-grain, cooked | *2.52* | *22.39* | *0.88* | *108.22* |
|  |  | Totals: | ***16.1*** | ***69.98*** | ***39.45*** | ***671.44*** |

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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* |
| 6 | ounce(s) | Chicken breast, white meat | *39.00* | *0.00* | *2.40* | *186.00* |
| 2 | cups, chopped | Kale, boiled, drained, no salt | *4.94* | *14.64* | *1.04* | *72.80* |
| 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* |
| ½ | Cup | Rice, brown, long-grain, cooked | *2.52* | *22.39* | *0.88* | *108.22* |
|  |  | Totals: | ***48.78*** | ***76.44*** | ***16.03*** | ***634.76*** |

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| **Snacks Choices** |

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| Yogurt n Fruit | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| ½ | Cup | Blueberries, raw | *0.54* | *10.51* | *0.24* | *41.33* |
| 5 | Almond | Nuts, almonds | *1.06* | *0.99* | *2.53* | *28.90* |
| ½ | tablespoon | Seeds, flaxseed (mix in yogurt) | *1.10* | *1.73* | *2.53* | *32.04* |
| 1 | container (6 oz) | Yogurt, plain, skim milk | *13.01* | *17.43* | *0.41* | *127.12* |
|  |  | **Totals:** | ***15.70*** | ***30.66*** | ***5.71*** | ***229.38*** |

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| Hummus, Crackers And 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* |
| 3 | tablespoon | Hummus, home prepared | *2.19* | *9.05* | *3.87* | *79.65* |
| 2 | each | Wasa Crackers, light rye | *2.00* | *14.00* | *0.00* | *60.00* |
|  |  | **Totals:** | ***6.19*** | ***31.05*** | ***3.87*** | ***179.65*** |

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| Apple Topped With Peanut Butter | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | small | Apple - medium with peel | *0.15* | *10.50* | *0.25* | *40.50* |
| 1 | tablespoon | Peanut Butter, natural | *4.00* | *3.50* | *8.15* | *95.00* |
|  |  | **Totals:** | ***4.15*** | ***14.00*** | ***8.40*** | ***135.50*** |

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| Apple And Cottage Cheese | | | | | | |
| 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 | cup | Cheese, cottage, lowfat, 1% | *14.01* | *3.05* | *1.13* | *81.36* |
|  |  | **Totals:** | ***14.31*** | ***24.05*** | ***1.63*** | ***162.36*** |

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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* |
| 6 | ounce(s) | Yogurt, Greek, non-fat, plain | *18.00* | *7.00* | *0.00* | *100.00* |
|  |  | **Totals:** | ***19.37*** | ***10.64*** | ***3.01*** | ***142.78*** |
| Fruit And Nuts 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* |
| 12 | almond | Nuts, almonds, raw | *2.55* | *2.37* | *6.08* | *69.36* |
|  |  | **Totals:** | ***18.55*** | ***19.31*** | ***7.93*** | ***213.28*** |

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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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| 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* |
| 1 | cup | Cottage Cheese - 1% fat | *28.00* | *6.20* | *2.30* | *164.00* |
|  |  | **Totals:** | ***28.14*** | ***13.52*** | ***2.39*** | ***191.56*** |

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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 | cup | 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 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* |
| 1 | ounce (14 halves) | Nuts, walnuts, | *4.26* | *3.84* | *18.26* | *183.12* |
|  |  | **Totals:** | ***4.56*** | ***24.84*** | ***18.76*** | ***264.12*** |

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| Snack - Tuna Salad On Crackers | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | Cup | Cucumber - raw, slices | *0.80* | *2.80* | *0.00* | *14.00* |
| 1 | tablespoon | Mayonnaise - KRAFT Free, fat free | *0.00* | *3.00* | *0.00* | *8.00* |
| 1 | tablespoon | Relish – pickle | *0.10* | *5.30* | *0.10* | *20.00* |
| 4 | ounce(s) | Tuna Solid White -Water Sm. can | *30.00* | *2.00* | *2.00* | *140.00* |
| 2 | each | Wasa Crackers, light rye | *2.00* | *14.00* | *0.00* | *60.00* |
|  |  | **Totals:** | ***32.90*** | ***27.10*** | ***2.10*** | ***242.00*** |

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| Guacamole With Celery | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| ½ | cup | Avocado – pureed | *2.30* | *8.50* | *17.60* | *185.00* |
| 3 | each | Celery, Organic stalk, trimmed | *0.00* | *6.00* | *0.00* | *30.00* |
|  |  | **Totals:** | ***2.30*** | ***14.50*** | ***17.60*** | ***215.00*** |