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| **1200 Calories - Breakfast Choices** |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| **Lunch Choices** |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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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* |
| 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, 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* |
|  |  | Totals: | *68.37* | *33.94* | *11.77* | *504.14* |

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| Steak Salad | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 3 | ounce(s) | Beef, Organic Flank, separable lean only, 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* |

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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* |
| 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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| **Dinner Choices** |

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| 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* |

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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* |
| 3 | ounce(s) | Beef,OrganicFlank,separableleanonly,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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| **Snack Choices** |

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| --- | --- | --- | --- | --- | --- | --- |
| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| Evening Snack - Herbal tea | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 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* |