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| **1900 Calories - Breakfast Choices** |

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| 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* |

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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* |
| 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* |

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| 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* |

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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 | 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* |

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| 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* |

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| 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* |

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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* |
| 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* |

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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* |
| 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* |

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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* |
| 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* |

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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 |
| 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 |

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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 | 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* |

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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* |
|  |  | Totals: | *68.37* | *37.94* | *12.77* | *529.14* |

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| 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, Organic Flank, separable lean only, 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* |

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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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| **Dinner Choices** |

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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* |
| 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* |

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| 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* |

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| Ginger Beef & Broccoli (see recipe) | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | serving (3 oz) | Beef, bottomsirloin, tri-tip steak, 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 |

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| 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* |

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| Steak, Broccoli & Seeds | | | | | | |
| Qty | Measure | Description | Protein(gm) | Carbs(gm) | Fats(gm) | Calories |
| 1 | 1 serving (3 oz) | Beef, short loin, porterhouse steak, lean and fat,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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| 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* |

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| Dijon Almond Crusted Salmon (see recipe) | | | | | | |
| 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) | Salmon, wild | *22.19* | *0.00* | *26.32* | *332.35* |
|  |  | Totals: | *25.73* | *2.30* | *26.82* | *353.95* |

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| **Snacks Choices** |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |

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| 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* |