| **Foods** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| Sprouts - Steel Cut Oats, 0.5 cup | 340 | 58g | 6g | 14g | 0mg | 0mg | 0g | 10g |
| Honey - Raw Unpasteurized, 1 Tbsp 21g | 64 | 17g | 0g | 0g | 0mg | 0mg | 16g | 0g |
| Almonds - Roasted no Salt, 1 oz | 180 | 5g | 17g | 6g | 0mg | 0mg | 1g | 3g |
| **Lunch** | | | | | | | | |
| Ground turkey, raw, 0.25 lb | 168 | 0g | 9g | 22g | 78mg | 66mg | 0g | 0g |
| Raw Spinach - Fresh Spinach Leaves, 1 cup | 7 | 5g | 0g | 4g | 0mg | 24mg | 0g | 1g |
| Rice - Brown, long-grain, cooked, 0.5 cup | 108 | 22g | 1g | 3g | 0mg | 5mg | 0g | 2g |
| **Dinner** | | | | | | | | |
| Chicken Breast - Grilled , 0.5 cup | 133 | 2g | 2g | 7g | 90mg | 213mg | 0g | 0g |
| Broccoli - - Steamed, 8 oz | 38 | 7g | 0g | 3g | 0mg | 37mg | 2g | 3g |
| Flik - Quinoa, 0.5 cup | 111 | 20g | 2g | 4g | 0mg | 6mg | 1g | 3g |
| **Snacks** | | | | | | | | |
| Noosa - Tart Cherry, 4 ounces | 140 | 16g | 6g | 7g | 15mg | 55mg | 15g | 1g |
| Organic - Organic Banana, 1 banana | 120 | 0g | 0g | 0g | 0mg | 0mg | 0g | 0g |
| **TOTAL:** | **1,409** | **152g** | **43g** | **70g** | **183mg** | **406mg** | **35g** | **23g** |
| **Foods** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| **Breakfast** | | | | | | | | |
| Sprouts - Steel Cut Oats, 0.5 cup | 340 | 58g | 6g | 14g | 0mg | 0mg | 0g | 10g |
| Honey - Raw Unpasteurized, 1 Tbsp 21g | 64 | 17g | 0g | 0g | 0mg | 0mg | 16g | 0g |
| Almonds - Roasted no Salt, 1 oz | 180 | 5g | 17g | 6g | 0mg | 0mg | 1g | 3g |
| **Lunch** | | | | | | | | |
| Ground turkey, raw, 0.25 lb | 168 | 0g | 9g | 22g | 78mg | 66mg | 0g | 0g |
| Raw Spinach - Fresh Spinach Leaves, 1 cup | 7 | 5g | 0g | 4g | 0mg | 24mg | 0g | 1g |
| Rice - Brown, long-grain, cooked, 0.5 cup | 108 | 22g | 1g | 3g | 0mg | 5mg | 0g | 2g |
| **Dinner** | | | | | | | | |
| Broccoli - - Steamed, 8 oz | 38 | 7g | 0g | 3g | 0mg | 37mg | 2g | 3g |
| Flik - Quinoa, 0.5 cup | 111 | 20g | 2g | 4g | 0mg | 6mg | 1g | 3g |
| Chicken Breast - Grilled , 1 cup | 266 | 3g | 4g | 13g | 180mg | 426mg | 0g | 0g |
| **Snacks** | | | | | | | | |
| Noosa - Tart Cherry, 4 ounces | 140 | 16g | 6g | 7g | 15mg | 55mg | 15g | 1g |
| Organic - Organic Banana, 1 banana | 120 | 0g | 0g | 0g | 0mg | 0mg | 0g | 0g |
| Gold Standard Whey - Chocolate, 30 g | 120 | 3g | 1g | 24g | 30mg | 130mg | 1g | 0g |
| Fair Life - 2% Milk, 1 Cup | 120 | 6g | 5g | 13g | 20mg | 120mg | 6g | 0g |
| **TOTAL:** | **1,782** | **162g** | **51g** | **113g** | **323mg** | **869mg** | **42g** | **23g** |

| **Foods** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| Sprouts - Steel Cut Oats, 0.5 cup | 340 | 58g | 6g | 14g | 0mg | 0mg | 0g | 10g |
| Honey - Raw Unpasteurized, 1 Tbsp 21g | 64 | 17g | 0g | 0g | 0mg | 0mg | 16g | 0g |
| Almonds - Roasted no Salt, 1 oz | 180 | 5g | 17g | 6g | 0mg | 0mg | 1g | 3g |
| Scrambled Egg - Scrambled Eggs, 2 egg | 160 | 2g | 10g | 12g | 338mg | 176mg | 2g | 0g |
| **Lunch** | | | | | | | | |
| Raw Spinach - Fresh Spinach Leaves, 1 cup | 7 | 5g | 0g | 4g | 0mg | 24mg | 0g | 1g |
| Rice - Brown, long-grain, cooked, 0.5 cup | 108 | 22g | 1g | 3g | 0mg | 5mg | 0g | 2g |
| Ground turkey, raw, 0.5 lb | 336 | 0g | 17g | 45g | 156mg | 132mg | 0g | 0g |
| **Dinner** | | | | | | | | |
| Broccoli - - Steamed, 8 oz | 38 | 7g | 0g | 3g | 0mg | 37mg | 2g | 3g |
| Flik - Quinoa, 0.5 cup | 111 | 20g | 2g | 4g | 0mg | 6mg | 1g | 3g |
| Chicken Breast - Grilled , 1 cup | 266 | 3g | 4g | 13g | 180mg | 426mg | 0g | 0g |
| Salad Greens - Spring Mix, 2 cups | 20 | 3g | 0g | 2g | 0mg | 50mg | 0g | 2g |
| Newmans Own - Balsamic Vinagrette, 2 tbs | 90 | 3g | 9g | 0g | 0mg | 280mg | 1g | 0g |
| **Snacks** | | | | | | | | |
| Noosa - Tart Cherry, 4 ounces | 140 | 16g | 6g | 7g | 15mg | 55mg | 15g | 1g |
| Organic - Organic Banana, 1 banana | 120 | 0g | 0g | 0g | 0mg | 0mg | 0g | 0g |
| Gold Standard Whey - Chocolate, 30 g | 120 | 3g | 1g | 24g | 30mg | 130mg | 1g | 0g |
| Fair Life - 2% Milk, 1 Cup | 120 | 6g | 5g | 13g | 20mg | 120mg | 6g | 0g |
| **TOTAL:** | **2,220** | **170g** | **78g** | **150g** | **739mg** | **1,441mg** | **45g** | **25g** |

| **Foods** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| Sprouts - Steel Cut Oats, 0.5 cup | 340 | 58g | 6g | 14g | 0mg | 0mg | 0g | 10g |
| Honey - Raw Unpasteurized, 1 Tbsp 21g | 64 | 17g | 0g | 0g | 0mg | 0mg | 16g | 0g |
| Almonds - Roasted no Salt, 1 oz | 180 | 5g | 17g | 6g | 0mg | 0mg | 1g | 3g |
| Scrambled Egg - Scrambled Eggs, 2 egg | 160 | 2g | 10g | 12g | 338mg | 176mg | 2g | 0g |
| **Lunch** | | | | | | | | |
| Rice - Brown, long-grain, cooked, 0.5 cup | 108 | 22g | 1g | 3g | 0mg | 5mg | 0g | 2g |
| Ground turkey, raw, 0.5 lb | 336 | 0g | 17g | 45g | 156mg | 132mg | 0g | 0g |
| Grilled Asparagus - Grilled Asparagus, 1 cup (134 g) | 27 | 5g | 0g | 3g | 0mg | 3mg | 3g | 3g |
| Sweet Potato, Baked - Sweet Potato Baked In Skin, 200 g | 180 | 41g | 0g | 4g | 0mg | 72mg | 17g | 7g |
| **Dinner** | | | | | | | | |
| Broccoli - - Steamed, 8 oz | 38 | 7g | 0g | 3g | 0mg | 37mg | 2g | 3g |
| Flik - Quinoa, 0.5 cup | 111 | 20g | 2g | 4g | 0mg | 6mg | 1g | 3g |
| Salad Greens - Spring Mix, 2 cups | 20 | 3g | 0g | 2g | 0mg | 50mg | 0g | 2g |
| Newmans Own - Balsamic Vinagrette, 2 tbs | 90 | 3g | 9g | 0g | 0mg | 280mg | 1g | 0g |
| Tyson's - Chicken Breast, 8 oz (112g) | 220 | 0g | 3g | 46g | 130mg | 360mg | 0g | 0g |
| **Snacks** | | | | | | | | |
| Noosa - Tart Cherry, 4 ounces | 140 | 16g | 6g | 7g | 15mg | 55mg | 15g | 1g |
| Organic - Organic Banana, 1 banana | 120 | 0g | 0g | 0g | 0mg | 0mg | 0g | 0g |
| Gold Standard Whey - Chocolate, 30 g | 120 | 3g | 1g | 24g | 30mg | 130mg | 1g | 0g |
| Fair Life - 2% Milk, 1 Cup | 120 | 6g | 5g | 13g | 20mg | 120mg | 6g | 0g |
| Sprouts Granola, 0.5 cup | 250 | 37g | 10g | 5g | 0mg | 60mg | 11g | 4g |
| **TOTAL:** | **2,624** | **245g** | **87g** | **191g** | **689mg** | **1,486mg** | **76g** | **38g** |

| **Foods** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| Sprouts - Steel Cut Oats, 0.5 cup | 340 | 58g | 6g | 14g | 0mg | 0mg | 0g | 10g |
| Honey - Raw Unpasteurized, 1 Tbsp 21g | 64 | 17g | 0g | 0g | 0mg | 0mg | 16g | 0g |
| Almonds - Roasted no Salt, 1 oz | 180 | 5g | 17g | 6g | 0mg | 0mg | 1g | 3g |
| Scrambled Egg - Scrambled Eggs, 2 egg | 160 | 2g | 10g | 12g | 338mg | 176mg | 2g | 0g |
| **Lunch** | | | | | | | | |
| Rice - Brown, long-grain, cooked, 0.5 cup | 108 | 22g | 1g | 3g | 0mg | 5mg | 0g | 2g |
| Grilled Asparagus - Grilled Asparagus, 1 cup (134 g) | 27 | 5g | 0g | 3g | 0mg | 3mg | 3g | 3g |
| Sweet Potato, Baked - Sweet Potato Baked In Skin, 200 g | 180 | 41g | 0g | 4g | 0mg | 72mg | 17g | 7g |
| Organic Valley - Grassfed Butter (Lightly Salted), 1 tbsp (4g) | 110 | 0g | 12g | 0g | 30mg | 40mg | 0g | 0g |
| Ground turkey, raw, 0.75 lb | 503 | 0g | 26g | 67g | 235mg | 197mg | 0g | 0g |
| **Dinner** | | | | | | | | |
| Broccoli - - Steamed, 8 oz | 38 | 7g | 0g | 3g | 0mg | 37mg | 2g | 3g |
| Flik - Quinoa, 0.5 cup | 111 | 20g | 2g | 4g | 0mg | 6mg | 1g | 3g |
| Salad Greens - Spring Mix, 2 cups | 20 | 3g | 0g | 2g | 0mg | 50mg | 0g | 2g |
| Newmans Own - Balsamic Vinagrette, 2 tbs | 90 | 3g | 9g | 0g | 0mg | 280mg | 1g | 0g |
| Tyson's - Chicken Breast, 8 oz (112g) | 220 | 0g | 3g | 46g | 130mg | 360mg | 0g | 0g |
| **Snacks** | | | | | | | | |
| Noosa - Tart Cherry, 4 ounces | 140 | 16g | 6g | 7g | 15mg | 55mg | 15g | 1g |
| Organic - Organic Banana, 1 banana | 120 | 0g | 0g | 0g | 0mg | 0mg | 0g | 0g |
| Gold Standard Whey - Chocolate, 30 g | 120 | 3g | 1g | 24g | 30mg | 130mg | 1g | 0g |
| Fair Life - 2% Milk, 1 Cup | 120 | 6g | 5g | 13g | 20mg | 120mg | 6g | 0g |
| Sprouts Granola, 0.5 cup | 250 | 37g | 10g | 5g | 0mg | 60mg | 11g | 4g |
| **TOTAL:** | **2,901** | **245g** | **108g** | **213g** | **798mg** | **1,591mg** | **76g** | **38g** |

| **Foods** | **Calories** | **Carbs** | **Fat** | **Protein** | **Cholest** | **Sodium** | **Sugars** | **Fiber** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | | | | | | | |
| Sprouts - Steel Cut Oats, 0.5 cup | 340 | 58g | 6g | 14g | 0mg | 0mg | 0g | 10g |
| Honey - Raw Unpasteurized, 1 Tbsp 21g | 64 | 17g | 0g | 0g | 0mg | 0mg | 16g | 0g |
| Almonds - Roasted no Salt, 1 oz | 180 | 5g | 17g | 6g | 0mg | 0mg | 1g | 3g |
| Scrambled Egg - Scrambled Eggs, 2 egg | 160 | 2g | 10g | 12g | 338mg | 176mg | 2g | 0g |
| Pederson's - Sugar Free Bacon, 3 slice (11g) | 180 | 0g | 18g | 3g | 30mg | 315mg | 0g | 0g |
| **Lunch** | | | | | | | | |
| Rice - Brown, long-grain, cooked, 0.5 cup | 108 | 22g | 1g | 3g | 0mg | 5mg | 0g | 2g |
| Grilled Asparagus - Grilled Asparagus, 1 cup (134 g) | 27 | 5g | 0g | 3g | 0mg | 3mg | 3g | 3g |
| Sweet Potato, Baked - Sweet Potato Baked In Skin, 200 g | 180 | 41g | 0g | 4g | 0mg | 72mg | 17g | 7g |
| Organic Valley - Grassfed Butter (Lightly Salted), 1 tbsp (4g) | 110 | 0g | 12g | 0g | 30mg | 40mg | 0g | 0g |
| Ground turkey, raw, 0.75 lb | 503 | 0g | 26g | 67g | 235mg | 197mg | 0g | 0g |
| **Dinner** | | | | | | | | |
| Broccoli - - Steamed, 8 oz | 38 | 7g | 0g | 3g | 0mg | 37mg | 2g | 3g |
| Newmans Own - Balsamic Vinagrette, 2 tbs | 90 | 3g | 9g | 0g | 0mg | 280mg | 1g | 0g |
| Tyson's - Chicken Breast, 8 oz (112g) | 220 | 0g | 3g | 46g | 130mg | 360mg | 0g | 0g |
| Salad Greens - Spring Mix, 3 cups | 30 | 5g | 0g | 3g | 0mg | 75mg | 0g | 3g |
| Flik - Quinoa, 1 cup | 222 | 39g | 4g | 8g | 0mg | 13mg | 2g | 5g |
| **Snacks** | | | | | | | | |
| Noosa - Tart Cherry, 4 ounces | 140 | 16g | 6g | 7g | 15mg | 55mg | 15g | 1g |
| Organic - Organic Banana, 1 banana | 120 | 0g | 0g | 0g | 0mg | 0mg | 0g | 0g |
| Gold Standard Whey - Chocolate, 30 g | 120 | 3g | 1g | 24g | 30mg | 130mg | 1g | 0g |
| Fair Life - 2% Milk, 1 Cup | 120 | 6g | 5g | 13g | 20mg | 120mg | 6g | 0g |
| Sprouts Granola, 0.5 cup | 250 | 37g | 10g | 5g | 0mg | 60mg | 11g | 4g |
| Cuties - Clementines, 3 clementine (84 g) | 135 | 33g | 1g | 2g | 0mg | 0mg | 27g | 5g |
| **TOTAL:** | **3,337** | **299g** | **129g** | **223g** | **828mg** | **1,938mg** | **104g** | **46g** |