



Fruit juice 3/4 cup(s)- 86 cals

1 egg(s)- 69 cals

0

Kiwi 1 kiwi- 47 cals

Dinner 455 cals, 41g protein, 8g net carbs, 24g fat



Avocado tuna salad stuffed pepper 2 half pepper(s)- 456 cals



Simple mixed greens salad 68 cals



Roast beef & pickle sandwich 1/2 sandwich(es)- 227 cals

Day 3

#### Breakfast

170 cals, 5g protein, 13g net carbs, 9g fat



Avocado toast 1 slice(s)- 168 cals

#### Lunch

400 cals, 26g protein, 46g net carbs, 8g fat

Lentils 174 cals



Clementine 1 clementine(s)- 39 cals



Avocado tuna salad sandwich 1/2 sandwich(es)- 185 cals

#### Dinner

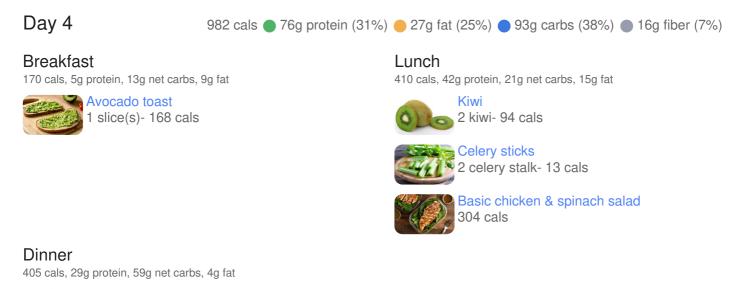
405 cals, 29g protein, 59g net carbs, 4g fat



Fruit juice 1 1/4 cup(s)- 143 cals



Bbq chicken stuffed sweet potatoes 1/2 potato(es)- 260 cals





Fruit juice 1 1/4 cup(s)- 143 cals



Bbq chicken stuffed sweet potatoes 1/2 potato(es)- 260 cals



#### **Breakfast**

170 cals, 5g protein, 13g net carbs, 9g fat



Avocado toast 1 slice(s)- 168 cals

#### Lunch

435 cals, 17g protein, 29g net carbs, 26g fat



1 link- 257 cals



Dinner

435 cals, 21g protein, 47g net carbs, 14g fat



Milk 1/2 cup(s)- 75 cals



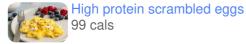
Lentil Soup 361 cals

# Day 6

978 cals 51g protein (21%) 49g fat (45%) 70g carbs (29%) 12g fiber (5%)

#### Breakfast

195 cals, 12g protein, 15g net carbs, 7g fat



99 cals



Carrot sticks 3 1/2 carrot(s)- 95 cals

#### Dinner

350 cals, 23g protein, 25g net carbs, 17g fat



Simple mixed greens salad 68 cals



Chipotle honey pork chops 206 cals



Fruit juice 2/3 cup(s)- 76 cals

#### Lunch

435 cals, 17g protein, 29g net carbs, 26g fat



Italian sausage 1 link- 257 cals



Sweet potato fries 177 cals

## Day 7

#### Breakfast

195 cals, 12g protein, 15g net carbs, 7g fat



High protein scrambled eggs 99 cals



Carrot sticks 3 1/2 carrot(s)- 95 cals

Dinner 350 cals, 23g protein, 25g net carbs, 17g fat



Simple mixed greens salad 68 cals



Chipotle honey pork chops 206 cals

Fruit juice 2/3 cup(s)- 76 cals Lunch

435 cals, 23g protein, 29g net carbs, 23g fat



Rosemary mushroom cheese sandwich 1 sandwich(es)- 408 cals

Simple kale salad 1/2 cup(s)- 28 cals



## **Dairy and Egg Products**



## **Fruits and Fruit Juices**



## **Baked Products**

bre	ad	
1/2	lbs	(256g)

## **Finfish and Shellfish Products**

🚽 canned tuna					
2	1/4	can	(387g)		

## **Spices and Herbs**



## Vegetables and Vegetable Products

bell pepper 2 large (328g) onion 1/2 medium (2-1/2" dia) (58g) pickles 2 slices (14g) sweet potatoes 2 1/2 sweetpotato, 5" long (513g) raw celery 2 1/3 stalk, medium (7-1/2" - 8" long) (93g) fresh spinach 2 cup(s) (63g) carrots 7 1/3 medium (447g) garlic 1/3 clove(s) (1g) canned crushed tomatoes 1/6 can (68g) mushrooms 1 1/2 oz (43g) kale leaves 1/2 cup, chopped (20g)

#### Other

☐ mixed greens 5 cup (150g) ☐ Italian pork sausage, raw

<sup>1</sup> 2 link (215g)

## Fats and Oils

- salad dressing 6 1/2 tbsp (98mL) oil 1 tbsp (14mL)
  - olive oil 3/4 oz (20mL)

#### **Sausages and Luncheon Meats**

roast beef cold cuts 2 oz (57g)

#### Soups, Sauces, and Gravies

barbecue sauce 2 3/4 tbsp (48g)

## **Poultry Products**

 paprika 1/3 tsp (1g)
 oregano, dried 1 1/2 dash, leaves (0g)
 basil, dried 1 1/2 dash, leaves (0g)
 chipotle seasoning 1/3 tsp (1g)
 rosemary 2 dash (0g)

boneless skinless chicken breast, raw 14 oz (394g)

#### **Beverages**

\_ water 2 1/2 cup (576mL)

#### **Legumes and Legume Products**

lentils, raw 9 1/4 tbsp (112g)

#### Sweets

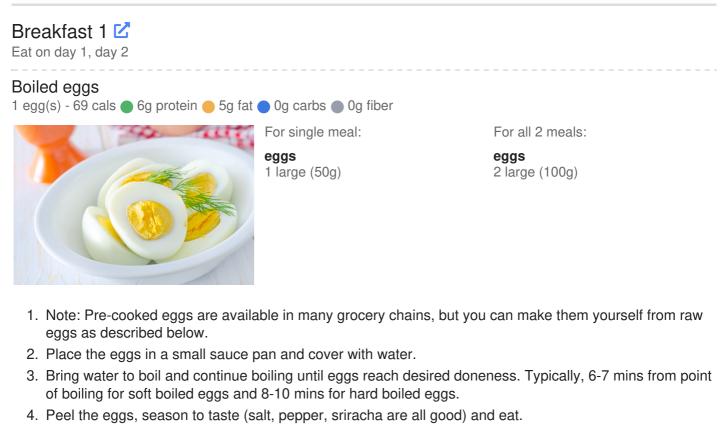
honey 1/2 tbsp (9g)

#### **Pork Products**

pork loin chops, boneless, raw 6 2/3 oz (189g)

# **Recipes**





#### Fruit juice



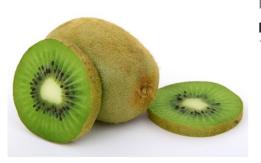
For all 2 meals:

12 fl oz (360mL)

fruit juice

1. This recipe has no instructions.





For single meal: **kiwi** 1 fruit (69g) For all 2 meals: **kiwi** 2 fruit (138g)

1. Slice the kiwi and serve.

## Breakfast 2 🗹

Eat on day 3, day 4, day 5

Avocado toast

1 slice(s) - 168 cals 
5g protein 
9g fat 
13g carbs 
5g fiber



For single meal:

bread 1 slice (32g) avocados, ripe, sliced 1/4 avocado(s) (50g) For all 3 meals:

bread 3 slice (96g) avocados, ripe, sliced 3/4 avocado(s) (151g)

- 1. Toast the bread.
- 2. Top with ripe avocado and use a fork to smash.

# Breakfast 3 Z

Eat on day 6, day 7

#### High protein scrambled eggs

99 cals 
10g protein 
6g fat 
1g carbs 
0g fiber



oil 1/4 tsp (1mL) low fat cottage cheese (1% milkfat) 2 tbsp (28g) eggs 1 large (50g)

For all 2 meals:

oil 1/2 tsp (3mL) low fat cottage cheese (1% milkfat) 4 tbsp (57g) eggs 2 large (100g)

- 1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
- 2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
- 3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

#### Carrot sticks

3 1/2 carrot(s) - 95 cals 
2g protein 
0g fat 
14g carbs 
6g fiber



carrots 3 1/2 medium (214g)

For single meal:

For all 2 meals:

carrots 7 medium (427g)

1. Cut carrots into strips and serve.

Lunch 1

Eat on day 1

Grilled cheese sandwich

1/2 sandwich(es) - 248 cals 
11g protein 
16g fat 
12g carbs 
2g fiber



Makes 1/2 sandwich(es)

bread 1 slice (32g) butter 1/2 tbsp (7g) sliced cheese 1 slice (1 oz) (28g) 1. Preheat skillet to mediumlow.

- 2. Spread butter on one side of one slice of bread.
- 3. Place bread on skillet, butter-side down and top with cheese.
- 4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
- 5. Grill until lightly browned and then flip. Continue until cheese is melted.

String cheese

1 stick(s) - 83 cals 
7g protein 
6g fat 
2g carbs 
0g fiber



Makes 1 stick(s)

string cheese 1 stick (28g)

1. This recipe has no instructions.

#### Lunch 2 🗹 Eat on day 2

Simple mixed greens salad 68 cals 🌑 1g protein 🛑 5g fat 🔵 4g carbs 🌑 1g fiber



mixed greens 1 1/2 cup (45g) salad dressing 1 1/2 tbsp (23mL) 1. Mix greens and dressing in a small bowl. Serve.



Makes 1/2 sandwich(es)

dijon mustard 1/2 tbsp (8g) pickles 2 slices (14g) sliced cheese 1 slice (2/3 oz) (19g) roast beef cold cuts 2 oz (57g) bread 1 slice(s) (32g)

1. Assemble sandwich by spreading mustard on one slice of bread and topping with remaining ingredients. Serve.



#### Avocado tuna salad sandwich

1/2 sandwich(es) - 185 cals 
14g protein 
7g fat 
13g carbs 
4g fiber



Makes 1/2 sandwich(es)

black pepper 1/4 dash (0g) salt 1/4 dash (0g) lime juice 1/4 tsp (1mL) avocados 1/8 avocado(s) (25g) canned tuna, drained 1/4 can (43g) bread 1 slice (32g) onion, minced 1/8 small (4g)

- 1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
- 2. Place mixture in between bread slices and serve.

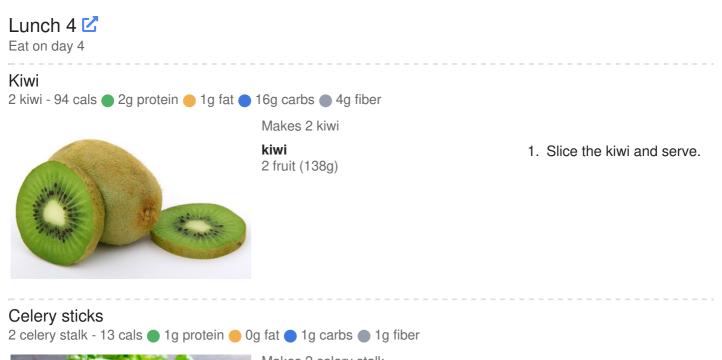
#### Lentils

174 cals 
12g protein 
1g fat 
25g carbs 
5g fiber



**salt** 1/2 dash (0g) **water** 1 cup(s) (237mL) **lentils, raw, rinsed** 4 tbsp (48g)

- 1. Cooking instructions of lentils can vary. Follow package instructions if possible.
- 2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.





Makes 2 celery stalk

**raw celery** 2 stalk, medium (7-1/2" - 8" long) (80g) 1. Slice celery into sticks and serve.

Basic chicken & spinach salad 304 cals 40g protein 14g fat 4g carbs 1g fiber



salad dressing 1 1/2 tbsp (23mL) oil 1 tsp (5mL) boneless skinless chicken breast, raw, chopped, cooked 6 oz (170g) fresh spinach 2 cup(s) (60g)

- 1. Season chicken breasts with some salt and pepper.
- 2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
- 3. Arrange spinach and top with chicken.
- 4. Drizzle dressing over top when serving.

# Lunch 5 ℃ Eat on day 5, day 6 Italian sausage 1 link - 257 cals ● 14g protein ● 21g fat ● 3g carbs ● 0g fiber For single meal: For all 2 meals: Italian pork sausage, raw 1 link (108g) 1 link (215g)

 Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to ½" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

Sweet potato fries 177 cals 
3g protein 
5g fat 
26g carbs 
5g fiber



For single meal:

sweet potatoes, peeled 1/3 lbs (151g) olive oil 1 tsp (5mL) garlic powder 1 1/3 dash (1g) paprika 1 1/3 dash (0g) salt 1 1/3 dash (1g) black pepper 2/3 dash, ground (0g) For all 2 meals:

sweet potatoes, peeled 2/3 lbs (303g) olive oil 2 tsp (10mL) garlic powder 1/3 tsp (1g) paprika 1/3 tsp (1g) salt 1/3 tsp (2g) black pepper 1 1/3 dash, ground (0g)

- 1. Heat the oven to 400.
- 2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
- 3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
- 4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
- 5. Serve.

## Lunch 6 🗹

Eat on day 7

#### Rosemary mushroom cheese sandwich

1 sandwich(es) - 408 cals 
23g protein 
21g fat 
27g carbs 
5g fiber



Makes 1 sandwich(es)

rosemary 2 dash (0g) mixed greens 1/2 cup (15g) mushrooms 1 1/2 oz (43g) cheese 1/2 cup, shredded (57g) bread 2 slice(s) (64g)

- 1. Heat a skillet over medium heat.
- Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
- Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Simple kale salad 1/2 cup(s) - 28 cals • 1g protein • 2g fat • 2g carbs • 0g fiber



Makes 1/2 cup(s)

salad dressing 1/2 tbsp (8mL) kale leaves 1/2 cup, chopped (20g) 1. Toss kale in dressing of your choice and serve.

## Dinner 1 🗹

Eat on day 1, day 2

#### Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals 
41g protein 
24g fat 
8g carbs 
10g fiber



For single meal: canned tuna, drained

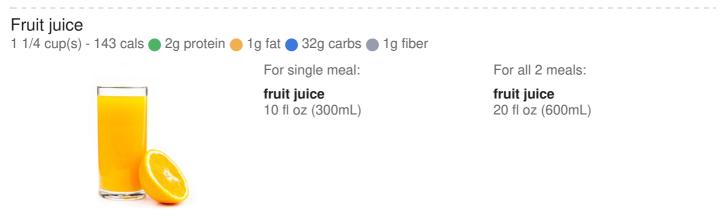
1 can (172g) **avocados** 1/2 avocado(s) (101g) **lime juice** 1 tsp (5mL) **salt** 1 dash (0g) **black pepper** 1 dash (0g) **bell pepper** 1 large (164g) **onion** 1/4 small (18g) For all 2 meals:

canned tuna, drained 2 can (344g) avocados 1 avocado(s) (201g) lime juice 2 tsp (10mL) salt 2 dash (1g) black pepper 2 dash (0g) bell pepper 2 large (328g) onion 1/2 small (35g)

- 1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until wellblended.
- 2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
- 3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

# Dinner 2 🗹

Eat on day 3, day 4



1. This recipe has no instructions.

#### Bbq chicken stuffed sweet potatoes

1/2 potato(es) - 260 cals 
27g protein 
3g fat 
28g carbs 
3g fiber



For all 2 meals:

sweet potatoes, halvedsweet potatoes, halved1/2 sweetpotato, 5" long (105g)1 sweetpotato, 5" long (210g)barbecue saucebarbecue sauce4 tsp (24g)2 2/3 tbsp (48g)boneless skinless chicken breast,<br/>rawraw4 oz (112g)1/2 lbs (224g)

- 1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
- 2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
- 3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
- 4. Bake until soft, about 35 minutes.
- 5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
- 6. Top each potato with equal spoonfuls of chicken.
- 7. Serve.

# Dinner 3 🗹

Eat on day 5

Milk 1/2 cup(s) - 75 cals • 4g protein • 4g fat • 6g carbs • 0g fiber Makes 1/2 cup(s) whole milk 1/2 cup (120mL)

1. This recipe has no instructions.

#### Lentil Soup

361 cals 
18g protein 
10g fat 
41g carbs 
9g fiber



onion, chopped 1/6 medium (2-1/2" dia) (18g) carrots, diced 1/3 medium (20g) raw celery, chopped 1/3 stalk, medium (7-1/2" - 8" long) (13g) garlic, minced 1/3 clove(s) (1g) oregano, dried  $1 \frac{1}{3}$  dash, leaves (0g) canned crushed tomatoes 1/6 can (68g) lentils, raw 1/3 cup (64g) water 1 1/3 cup(s) (316mL) fresh spinach, thinly sliced 1/8 cup(s) (3g) salt 1 1/3 dash (1g) black pepper 2/3 dash, ground (0g) olive oil 2 tsp (10mL) basil, dried 1 1/3 dash, leaves (0g)

- 1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
- Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

Dinner 4 🗹

Eat on day 6, day 7

#### Simple mixed greens salad

68 cals 
1g protein 
5g fat 
4g carbs 
1g fiber



For single meal:

mixed greens 1 1/2 cup (45g) salad dressing 1 1/2 tbsp (23mL) For all 2 meals:

mixed greens 3 cup (90g) salad dressing 3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

#### Chipotle honey pork chops

206 cals 
20g protein 
12g fat 
4g carbs 
0g fiber



For single meal:

ghee 1/4 tbsp (3g) water 1 tsp (5mL) oil 1/4 tbsp (3mL) chipotle seasoning 1 1/3 dash (0g) honey 1/4 tbsp (5g) pork loin chops, boneless, raw 1/4 lbs (94g) For all 2 meals:

ghee 1/2 tbsp (6g) water 2 tsp (10mL) oil 1/2 tbsp (7mL) chipotle seasoning 1/3 tsp (1g) honey 1/2 tbsp (9g) pork loin chops, boneless, raw 6 2/3 oz (189g)

- 1. Pat pork dry and season with some salt and pepper.
- 2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
- 3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
- 4. Slice pork and top with chipotle honey sauce. Serve.

#### Fruit juice

2/3 cup(s) - 76 cals 
1g protein 
0g fat 
17g carbs 
0g fiber



For single meal:

**fruit juice** 5 1/3 fl oz (160mL) For all 2 meals:

**fruit juice** 10 2/3 fl oz (320mL)

1. This recipe has no instructions.