



Basic scrambled eggs 2 egg(s)- 142 cals

Dinner

365 cals, 34g protein, 12g net carbs, 19g fat



Pesto chicken & quinoa stuffed peppers 2 half pepper(s)- 367 cals Chunky canned soup (non-creamy) 1/2 can(s)- 124 cals

Day 3

992 cals • 72g protein (29%) • 30g fat (27%) • 96g carbs (39%) • 12g fiber (5%)

Breakfast

155 cals, 9g protein, 7g net carbs, 10g fat



Pesto scrambled eggs 1 eggs- 99 cals

> Toast with butter 1/2 slice(s)- 57 cals

Dinner 445 cals, 37g protein, 42g net carbs, 11g fat



Tortilla chips 141 cals



Mexican posole soup 302 cals

Lunch

395 cals, 26g protein, 48g net carbs, 9g fat



Crackers 8 cracker(s)- 135 cals



Bbq deli chicken sandwich 1 sandwich(es)- 258 cals



992 cals • 72g protein (29%) • 30g fat (27%) • 96g carbs (39%) • 12g fiber (5%)

Breakfast

Day 4

155 cals, 9g protein, 7g net carbs, 10g fat



Pesto scrambled eggs 1 eggs- 99 cals



Toast with butter 1/2 slice(s)- 57 cals

Dinner

445 cals, 37g protein, 42g net carbs, 11g fat



Tortilla chips 141 cals



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Lunch

395 cals, 26g protein, 48g net carbs, 9g fat



Crackers 8 cracker(s)- 135 cals



Bbq deli chicken sandwich 1 sandwich(es)- 258 cals

Day 5

Breakfast

235 cals, 12g protein, 14g net carbs, 11g fat



Carrots and hummus 164 cals

Boiled eggs 1 egg(s)- 69 cals

Lunch

355 cals, 25g protein, 25g net carbs, 16g fat



Mashed sweet potatoes with butter 125 cals



Sauteed mushrooms 4 oz mushrooms- 95 cals



Easy garlic chicken 3 oz- 137 cals

Dinner

370 cals, 33g protein, 36g net carbs, 9g fat



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



Milk 3/4 cup(s)- 112 cals

Day 6

961 cals • 70g protein (29%) • 35g fat (33%) • 75g carbs (31%) • 16g fiber (7%)

Breakfast 235 cals, 12g protein, 14g net carbs, 11g fat



Carrots and hummus 164 cals

Boiled eggs 1 egg(s)- 69 cals Lunch

355 cals, 25g protein, 25g net carbs, 16g fat



Mashed sweet potatoes with butter 125 cals



Sauteed mushrooms 4 oz mushrooms- 95 cals



Easy garlic chicken 3 oz- 137 cals

Dinner

370 cals, 33g protein, 36g net carbs, 9g fat



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

Milk 3/4 cup(s)- 112 cals

Day 7

Breakfast

235 cals, 12g protein, 14g net carbs, 11g fat



Carrots and hummus 164 cals



Boiled eggs 1 egg(s)- 69 cals

Dinner

335 cals, 39g protein, 8g net carbs, 15g fat



Chicken beet & carrot salad bowl 337 cals

Lunch

430 cals, 22g protein, 45g net carbs, 15g fat



Chicken club sandwich 1/2 sandwich(es)- 273 cals



Clementine 4 clementine(s)- 156 cals



Fats and Oils



└── 2/3 can (~15 oz) (280g)

Dairy and Egg Products

provolone cheese 1 slice(s) (28g)
☐ eggs 9 2/3 medium (426g)
mozzarella cheese, shredded 4 tbsp (22g)
☐ sliced cheese 1 1/2 slice (3/4 oz) (32g)
lowfat flavored greek yogurt 1 (5.3 oz) container(s) (150g)
butter 1/6 stick (21g)
whole milk 1 1/2 cup (360mL)

Vegetables and Vegetable Products

onion 1/2 medium (2-1/2" dia) (55g)
bell pepper 1 1/6 large (193g)
romaine lettuce 2 1/2 leaf inner (15g)
frozen broccoli 1/4 package (71g)
sweet potatoes 2 1/2 sweetpotato, 5" long (525g)
tomatoes 1 3/4 medium whole (2-3/5" dia) (219g)

Beef Products

sirloin steak, raw 4 oz (113g)

Spices and Herbs

T	— paprika
L	2 dash (1g)
Г	- salt
L	— 2 dash (2g)
[black pepper 2 dash, ground (1g)
-	Thyme, dried
L	1/8 oz (1g)
Г	chipotle seasoning
L	── 1/2 tbsp (3g)
I	Poultry Products
Ť	boneless skinless chicken breast, raw
L	1 3/4 lbs (788g)
	Fruits and Fruit Juices
	Fluits and Fluit Juices
[Clementines 6 fruit (444g)
	6 Iruit (4449)
9	Soups, Sauces, and Gravies
[pesto sauce 1 1/2 oz (46g)
Γ	chunky canned soup (non-creamy varieties)
L	─ 1/2 can (~19 oz) (263g)
[→ barbecue sauce → 3 1/4 fl oz (116g)
г	apple cider vinegar
Ļ	
	Cereal Grains and Pasta
	Gereal Grains and Pasta
[quinoa, uncooked
[1 tbsp (9g)
[── 1 tbsp (9g) ── white hominy
[[☐ 1 tbsp (9g) ☐ white hominy ☐ 2/3 can (15.5 oz) (293g)

crackers

16 crackers (56g)

mushrooms 1/2 lbs (244g)	bread 2 tbsp
baby carrots 48 medium (480g)	Sausage
garlic 1 1/2 clove(s) (5g)	Chicker
Carrots 3/8 medium (23g)	└── 10 oz (
beets, precooked (canned or refrigerated)	Snacks
└── 3 oz (85g)	□ tortilla 2 oz (5

b	read	cri	umbs
2	tbsp	(1	4g)

es and Luncheon Meats

chicken cold cuts	
10 oz (284g)	

chips . 57g)

Beverages

water 2/3 cup(s) (159mL)		
2/3	cup(s)	(159mL)

Pork Products

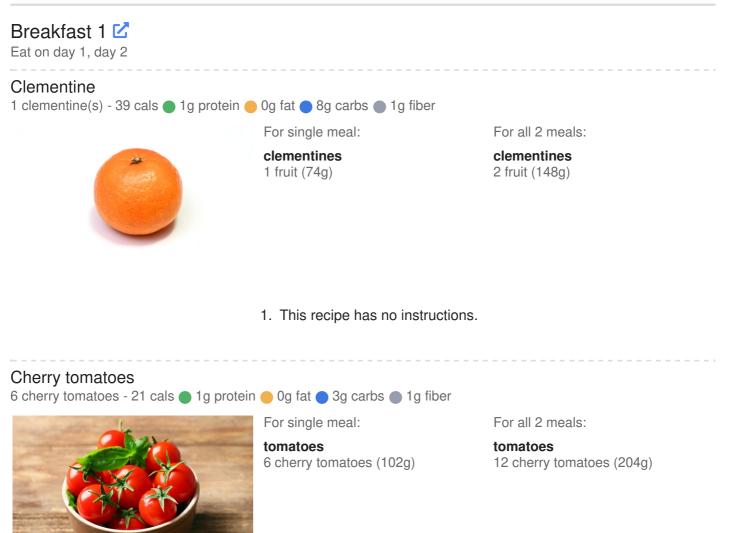
pork tenderloin, raw 2/3 lbs (302g)

Legumes and Legume Products

hummus 3/4 cup (180g)

Recipes





1. Rinse tomatoes, remove any stems, and serve.

Basic scrambled eggs

2 egg(s) - 142 cals
11g protein
11g fat
1g carbs
0g fiber

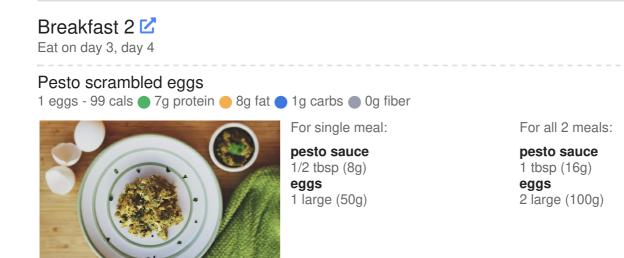


For single meal: oil 1/2 tsp (3mL) eggs 2 medium (88g)

For all 2 meals:

oil 1 tsp (5mL) eggs 4 medium (176g)

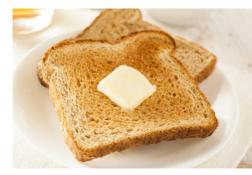
- 1. Beat eggs in medium bowl until blended.
- 2. Heat oil in large nonstick skillet over medium heat until hot.
- 3. Pour in egg mixture.
- 4. As eggs begin to set, scramble them.
- 5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.



- 1. In a small bowl, whisk together the eggs and pesto until well blended.
- 2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

Toast with butter

1/2 slice(s) - 57 cals
2g protein
2g fat
6g carbs
1g fiber



For single meal:

bread 1/2 slice (16g) butter 4 dash (2g)

For all 2 meals:

bread 1 slice (32g) butter 1 tsp (5g)

- 1. Toast the bread to desired toastiness.
- 2. Spread the butter on the bread.

Breakfast 3 Z

Eat on day 5, day 6, day 7

Carrots and hummus 164 cals
6 g protein
6 g fat
14 g carbs
8 g fiber



For single meal:

hummus 4 tbsp (60g) baby carrots 16 medium (160g) For all 3 meals:

hummus 3/4 cup (180g) baby carrots 48 medium (480g)

1. Serve carrots with hummus.

Boiled eggs



eggs 1 large (50g) For all 3 meals:

eggs 3 large (150g)

- 1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
- 2. Place the eggs in a small sauce pan and cover with water.
- 3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
- 4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Lunch 1 🗹

Eat on day 1

Philly cheesesteak lettuce wrap

2 lettuce wrap(s) - 445 cals
32g protein
31g fat
7g carbs
2g fiber



Makes 2 lettuce wrap(s)

oil

2 tsp (10mL) italian seasoning 2 dash (1g) provolone cheese 1 slice(s) (28g) onion, sliced 1/2 medium (2-1/2" dia) (55g) bell pepper, cut into strips 1 small (74g) sirloin steak, raw, cut into strips 4 oz (113g) romaine lettuce 2 leaf inner (12g)

- Heat oil in a skillet over medium heat. Add in beef and cook until browned and fully cooked, about 5-10 minutes. Remove beef from skillet and set aside.
- Add onions and peppers to the skillet with any remaining beef juices and fry until vegetables are tender, about 10 minutes.
- Drain any remaining liquid and add the beef back to the pan. Add the cheese and stir until cheese has melted throughout. Season with italian seasoning and salt/pepper to taste.
- 4. Scoop beef mixture into lettuce leaves and serve.

Lunch 2 🗹

Eat on day 2

Grilled cheese with mushrooms

162 cals
7g protein
8g fat
13g carbs
2g fiber



mushrooms 4 tbsp, chopped (18g) olive oil 1/4 tbsp (4mL) thyme, dried 4 dash, ground (1g) bread 1 slice(s) (32g) sliced cheese 1/2 slice (3/4 oz) (11g)

- In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
- 2. Put the cheese on one slice of bread and put the mushrooms on top.
- 3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
- 4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Lowfat Greek yogurt

1 container(s) - 155 cals
12g protein
4g fat
16g carbs
2g fiber

Makes 1 container(s)

lowfat flavored greek yogurt 1 (5.3 oz) container(s) (150g) 1. This recipe has no instructions.



Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals
9g protein
3g fat
12g carbs
3g fiber



Makes 1/2 can(s)

chunky canned soup (non-creamy varieties) 1/2 can (~19 oz) (263g) 1. Prepare according to instructions on package.

Lunch 3 🗹

Eat on day 3, day 4

Crackers

8 cracker(s) - 135 cals
2g protein
6g fat
18g carbs
1g fiber

For single meal:

crackers 8 crackers (28g) For all 2 meals:

crackers 16 crackers (56g)

1. Enjoy.

Bbq deli chicken sandwich 1 sandwich(es) - 258 cals 24g protein 3g fat 30g carbs 3g fiber



For single meal:

coleslaw mix 1/3 cup (30g) barbecue sauce 2 tbsp (34g) chicken cold cuts 4 oz (113g) bread 1 slice(s) (32g) For all 2 meals:

coleslaw mix 2/3 cup (60g) barbecue sauce 4 tbsp (68g) chicken cold cuts 1/2 lbs (227g) bread 2 slice(s) (64g)

1. Create sandwich by spreading barbecue sauce over the half the bread and fill with chicken and coleslaw. Top with remaining bread. Serve.

Lunch 4 🗹

Eat on day 5, day 6

Mashed sweet potatoes with butter



125 cals
2g protein
4g fat
18g carbs
3g fiber

For single meal: **butter** 1 tsp (5g) **sweet potatoes** 1/2 sweetpotato, 5" long (105g) For all 2 meals:

butter 2 tsp (9g) sweet potatoes 1 sweetpotato, 5" long (210g)

- 1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
- 2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Sauteed mushrooms



For single meal:

oil 1/2 tbsp (8mL) mushrooms, sliced 4 oz (113g) For all 2 meals:

oil 1 tbsp (15mL) mushrooms, sliced 1/2 lbs (227g)

- 1. Heat oil in a skillet over medium heat.
- 2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
- 3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

Easy garlic chicken

3 oz - 137 cals 🔵 20g protein 🔴 4g fat 🔵 4g carbs 🔵 0g fiber

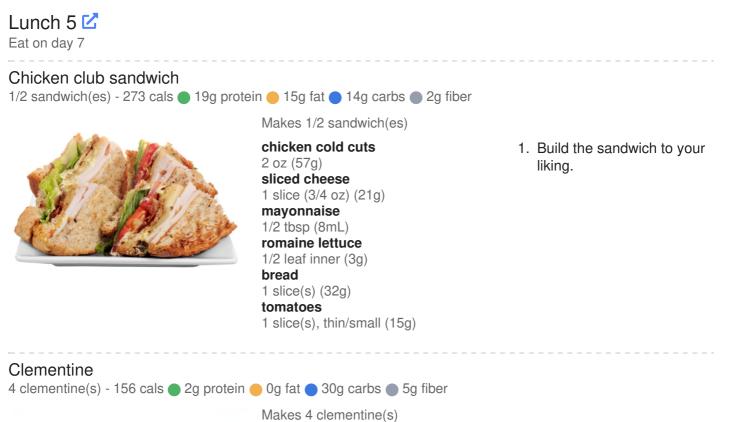


For single meal:

raw 3 oz (85g) butter 1/4 tbsp (4g) bread crumbs 1 tbsp (7g) garlic, minced 3/4 clove(s) (2g) For all 2 meals:

boneless skinless chicken breast, boneless skinless chicken breast, raw 6 oz (170g) butter 1/2 tbsp (7g) bread crumbs 2 tbsp (14g) garlic, minced 1 1/2 clove(s) (5g)

- 1. Preheat oven to 375°F (190°C).
- 2. In a small saucepan melt butter/margarine with garlic. Dip chicken pieces in butter/garlic sauce, letting extra drip off, then coat completely with bread crumbs.
- 3. Place coated chicken in a baking dish. Combine any leftover butter/garlic sauce with bread crumbs and spoon mixture over chicken pieces. Bake in the preheated oven for 20 to 30 minutes or until no longer pink inside. Time may vary depending on thickness of the chicken breast.
- 4. Serve.





clementines 4 fruit (296g)

1. This recipe has no instructions.

Dinner 1 🗹

Eat on day 1

Chicken-broccoli-sweet potato bowl

286 cals 29g protein 8g fat 20g carbs 6g fiber



frozen broccoli 1/4 package (71g) sweet potatoes, cut into bite-sized cubes 1/2 sweetpotato, 5" long (105g) paprika 2 dash (1g) boneless skinless chicken breast, raw, cut into bite-sized cubes 4 oz (112g) salt $2 \operatorname{dash}(2g)$ black pepper 2 dash, ground (1g) olive oil 1 tsp (5mL)

- 1. Preheat oven to 425 F (220 C)
- 2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
- 3. Take half of the mixture and coat the sweet potatoes.
- 4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
- 5. Meanwhile, take the remaining spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
- 6. Prepare the broccoli according to the instructions on its packaging. Set aside.
- 7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separatewhichever you prefer!). Serve.

Cottage cheese & fruit cup

1 container - 107 cals
10g protein
3g fat
11g carbs
0g fiber



Makes 1 container

cottage cheese & fruit cup 1 container (133g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Dinner 2 🗹

Eat on day 2

Pesto chicken & quinoa stuffed peppers

2 half pepper(s) - 367 cals
34g protein
19g fat
12g carbs
3g fiber



Makes 2 half pepper(s)

bell pepper 1 medium (119g) mozzarella cheese, shredded 4 tbsp (22g) pesto sauce 1/6 jar (6.25 oz) (30g) quinoa, uncooked 2 2/3 tsp (9g) boneless skinless chicken breast, raw 4 oz (113g)

- 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.
- Cook quinoa according to package. Should yield about 1 cup of cooked quinoa. Set aside.
- 4. Meanwhile, turn on broiler and place bell peppers under broiler for 5 minutes until skin blisters and blackens. Remove and set aside.
- 5. Preheat oven to 350 F (180 C).
- 6. In a medium bowl mix the quinoa, chicken, cheese, and pesto together.
- 7. When peppers have cooled, cut in half and remove seeds.
- 8. Fill pepper halves with chicken mixture and top with cheese.
- 9. Bake for 10 minutes. Serve.

Dinner 3 🗹

Eat on day 3, day 4

Tortilla chips



For all 2 meals:

tortilla chips 2 oz (57g)

1. This recipe has no instructions.

Mexican posole soup

302 cals 35g protein 5g fat 24g carbs 6g fiber



For single meal:

water 1/3 cup(s) (79mL) white hominy, undrained 1/3 can (15.5 oz) (146g) into bite-sized pieces 1/3 lbs (151g) chipotle seasoning 1/4 tbsp (1g) stewed tomatoes with peppers and spices, undrained 1/3 can (~15 oz) (140g)

For all 2 meals:

water 2/3 cup(s) (158mL) white hominy, undrained 2/3 can (15.5 oz) (293g) pork tenderloin, raw, trimmed, cut pork tenderloin, raw, trimmed, cut into bite-sized pieces 2/3 lbs (302g) chipotle seasoning 1/2 tbsp (3g) stewed tomatoes with peppers and spices, undrained 2/3 can (~15 oz) (280g)

- 1. Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
- 2. Sprinkle pork evenly with chipotle seasoning blend.
- 3. Add pork to pan; cook 4 minutes or until browned.
- 4. Stir in hominy, tomatoes, and 1 cup water. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until pork is tender. Stir in cilantro (optional).
- 5. Serve.

Dinner 4 🗹

Eat on day 5, day 6

Bbq chicken stuffed sweet potatoes

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



For single meal:

sweet potatoes, halved 1/2 sweetpotato, 5" long (105g) barbecue sauce 4 tsp (24g) raw 4 oz (112g)

For all 2 meals:

sweet potatoes, halved 1 sweetpotato, 5" long (210g) barbecue sauce 2 2/3 tbsp (48g) boneless skinless chicken breast, boneless skinless chicken breast, raw 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 bbg sauce until warmed through, 5-10 minutes.
- 6. Top each potato with equal spoonfuls of chicken.
- 7. Serve.

Milk

3/4 cup(s) - 112 cals G g protein G g fat G 9g carbs O g fiber

For single meal:

whole milk 3/4 cup (180mL) For all 2 meals:

whole milk 1 1/2 cup (360mL)



1. This recipe has no instructions.

Dinner 5 🗹

Eat on day 7

Chicken beet & carrot salad bowl

337 cals
39g protein
15g fat
8g carbs
2g fiber



boneless skinless chicken breast, raw, cubed 6 oz (168g) apple cider vinegar 3/8 tsp (0mL) thyme, dried 1 1/2 dash, leaves (0g) oil 3/4 tbsp (11mL) carrots, thinly sliced 3/8 medium (23g) beets, precooked (canned or refrigerated), cubed 3 oz (85g)

- Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
- 2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.