



It's never too late to be who you might have been.
- George Eliot



Ave. Grams of Protein / Day



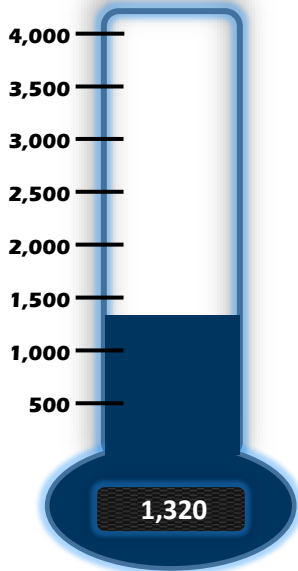
Ave. Grams of Carbs / Day



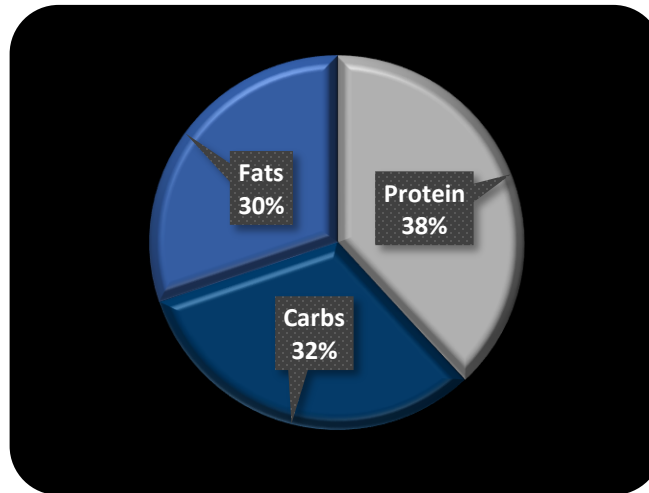
Ave. Grams of Fat / Day



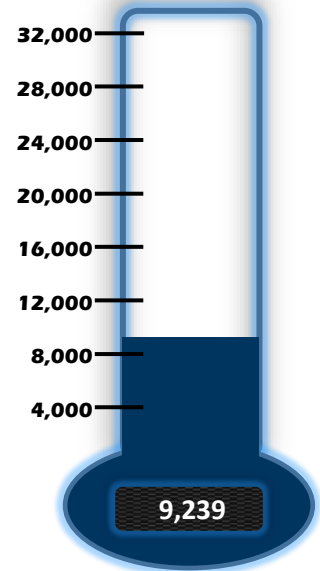
Ave. Calories / Day



Actual Macronutrients For The Week



Actual Week Calories



Meal Summary

Dinners

Monday	Beef & Black Bean Chili
Tuesday	BBQ Pork Burger
Wednesday	Chicken and Rice Bake
Thursday	Beer-Braised Pork Chops
Friday	Pea & Feta Frittata
Saturday	Mexican Beef Casserole
Sunday	Chicken Paillard Salad

Smoothie

Strawberry Mango Smoothie

Snack 1

Turkey and Whole Wheat English Muffin

Lunch

BLT Bread Salad

Snack 2

Diced Chicken Breast and Pepper Mixture

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. It is the user's responsibility to ensure that all food and meat is cooked

Monday

Many people die at 25 and aren't buried until they are 75.

- Benjamin Franklin

Step Qty UOM

Ingredient

Directions

Smoothie

1	3/4	Cup	Milk, Skim
1	1/2	Cup	Mango, Frozen
1	1/2	Cup	Strawberries, Frozen
1	3/4	Ea	Protein Powder, (25g)

Strawberry Mango Smoothie

- 1 Combine ingredients in blender and blend until smooth.

Snack 1

1	3	Oz	Turkey, Ground
2	1/2	Ea	English Muffin, Whole Wheat

Turkey and Whole Wheat English Muffin

Two Separate Snacks, Do Not Mix

- 1 Pan fry ground turkey with your favorite seasoning.
- 2 Toast muffin if desired.

Lunch

1	3 1/2	Ea	Bacon, Turkey (slice)
2	3/4	Tsp	Oil, Olive
2	1	Tbsp	Vinegar, Red Wine
2	1	Ea	Bread, Whole Wheat (slice)
3	3/4	Cup	Lettuce, Romaine, Shredded
3	1/4	Ea	Tomato, Medium
3	1	Tbsp	Scallions (Green Onions)

BLT Bread Salad

- 1 Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces.
- 2 Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
- 3 In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

Snack 2

1	4	Oz	Chicken, Breast
2	1/4	Ea	Bell Pepper, Green
2	1/4	Ea	Bell Pepper, Red

Diced Chicken Breast and Pepper Mixture

Two Separate Snacks, Do Not Mix

- 1 Pan fry boneless skinless chicken breast with your favorite seasoning.
- 2 Chop peppers into slices, then eat.

Dinner

1	1 1/2	Tsp	Oil, Olive
1	3/8	Ea	Onion, Medium
1	1/2	Ea	Garlic, Chopped Clove
1	6	Oz	Beef, Ground (90/10)
2	3	Oz	Tomatoes, Diced (canned)
2	3	Oz	Beans, Black
2	1	Oz	Peppers, Chipotle in Adobo
2	1/4	Tsp	Cumin, Ground
2	1	Pinch	Salt / Pepper
3	4	Oz	Beans, Green
3	1	Pinch	Salt / Pepper

Beef & Black Bean Chili

- 1 Heat oil in a saucepan over medium-high heat. Add chopped onion and garlic. Cook for 2 minutes, stirring occasionally. Add beef and cook for 2 minutes.
- 2 Add tomatoes, black beans, chiles, cumin, salt, and pepper. Bring to a boil and simmer for 10 minutes.
- 3 Add green beans to boiling water and cook for 5-10 minutes. Strain the water and season the beans with salt and pepper.

Daily Total

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 1362

Total Fat 44g

Total Carbohydrate 111g

Protein 131g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 266

Total Fat 2g

Total Carbohydrate 38g

Protein 25g

Snack 1

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 189

Total Fat 8g

Total Carbohydrate 12g

Protein 18g

Lunch

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 198

Total Fat 6g

Total Carbohydrate 21g

Protein 14g

Snack 2

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 133

Total Fat 2g

Total Carbohydrate 3g

Protein 27g

Dinner

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 576

Total Fat 26g

Total Carbohydrate 38g

Protein 47g

Tuesday

Extraordinary things are always hiding in places people never think to look.

- Unknown

Step Qty UOM Ingredient

Directions

Smoothie	1	3/4	Cup	Milk, Skim
	1	1/2	Cup	Mango, Frozen
	1	1/2	Cup	Strawberries, Frozen
	1	3/4	Ea	Protein Powder, (25g)

Strawberry Mango Smoothie	
1	Combine ingredients in blender and blend until smooth.

Snack 1	1	3	Oz	Turkey, Ground
	2	1/2	Ea	English Muffin, Whole Wheat

Turkey and Whole Wheat English Muffin		Two Separate Snacks, Do Not Mix	
1	Pan fry ground turkey with your favorite seasoning.		
2	Toast muffin if desired.		

Lunch	1	3 1/2	Ea	Bacon, Turkey (slice)
	2	3/4	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	3/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1	Tbsp	Scallions (Green Onions)	

BLT Bread Salad	
1	Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces.
2	Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
3	In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

Snack 2	1	4	Oz	Chicken, Breast
	2	1/4	Ea	Bell Pepper, Green
	2	1/4	Ea	Bell Pepper, Red

Diced Chicken Breast and Pepper Mixture		Two Separate Snacks, Do Not Mix	
1	Pan fry boneless skinless chicken breast with your favorite seasoning.		
2	Chop peppers into slices, then eat.		

Dinner	1	5	Oz	Pork, Ground
	1	1	Tbsp	Sauce, Barbecue
	1	3/4	Tsp	Mustard, Dijon
	1	1	Pinch	Salt / Pepper
	2	1	Oz	Cheese, Mont. Jack, Low Fat
	2	1	Ea	Hamburger Buns, Whole Wheat
	3	1	Ea	Lettuce, Romaine (Leaf)
	4	1 3/4	Tsp	Oil, Olive
	5	3/4	Cup	Spinach
5	1	Pinch	Salt / Pepper	

BBQ Pork Burger	
1	In a bowl, mix pork, barbecue sauce, mustard, salt, and pepper. Form a patty out of the pork. Cook on medium-high for 5 minutes per side until cooked through.
2	Place cheese on top during last minute to melt. Slice hamburger bun in half. Place burger on the bottom half of the bun.
3	Top with lettuce and the top half of bun. If recipe calls for more than 1 bun, split meat up to make the other half or whole burger.
4	Heat up the olive oil in a medium pan until hot.
5	Add in the spinach and cover for 3-5 minutes. Add a pinch of salt and pepper and enjoy.

Daily Total

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	1487
Total Fat	63g
Total Carbohydrate	108g
Protein	123g

Smoothie

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	266
Total Fat	2g
Total Carbohydrate	38g
Protein	25g

Snack 1

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	189
Total Fat	8g
Total Carbohydrate	12g
Protein	18g

Lunch

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	198
Total Fat	6g
Total Carbohydrate	21g
Protein	14g

Snack 2

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	133
Total Fat	2g
Total Carbohydrate	3g
Protein	27g

Dinner

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	701
Total Fat	46g
Total Carbohydrate	34g
Protein	38g

Wednesday



Definition of insanity is doing the same thing over and over and expecting different results.

- Unknown



Step Qty UOM Ingredient

Directions

Smoothie	1	3/4	Cup	Milk, Skim
	1	1/2	Cup	Mango, Frozen
	1	1/2	Cup	Strawberries, Frozen
	1	3/4	Ea	Protein Powder, (25g)

Strawberry Mango Smoothie	
1	Combine ingredients in blender and blend until smooth.

Snack 1	1	3	Oz	Turkey, Ground
	2	1/2	Ea	English Muffin, Whole Wheat

Turkey and Whole Wheat English Muffin		Two Separate Snacks, Do Not Mix	
1	Pan fry ground turkey with your favorite seasoning.		
2	Toast muffin if desired.		

Lunch	1	3 1/2	Ea	Bacon, Turkey (slice)
	2	3/4	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	3/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1	Tbsp	Scallions (Green Onions)	

BLT Bread Salad	
1	Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces.
2	Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
3	In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

Snack 2	1	4	Oz	Chicken, Breast
	2	1/4	Ea	Bell Pepper, Green
	2	1/4	Ea	Bell Pepper, Red

Diced Chicken Breast and Pepper Mixture		Two Separate Snacks, Do Not Mix	
1	Pan fry boneless skinless chicken breast with your favorite seasoning.		
2	Chop peppers into slices, then eat.		

Dinner	1	1/4	Ea	Onion, Medium
	1	1/4	Ea	Bell Pepper, Red
	1	1/4	Ea	Garlic, Chopped Clove
	1	1/2	Tsp	Oil, Olive
	2	3	Oz	Beans, Black
	2	3	Oz	Tomatoes, Diced (canned)
	2	2 1/2	Tbsp	Tomato Sauce
	2	1/4	Cup	Corn, Kernels (frozen)
	2	1/4	Cup	Rice, Brown (dry)
	2	1	Pinch	Chili Powder
	2	1	Pinch	Salt
	2	1	Pinch	Red Pepper (Cayenne) Flakes
	3	6	Oz	Chicken, Thigh (skinless)
3	1	Pinch	Paprika	

Chicken and Rice Bake	
1	In a saucepan, cook chopped onion, sliced bell pepper, and garlic in hot oil until tender.
2	Stir in black beans, undrained tomatoes, tomato sauce, corn, rice, chili powder, red pepper and salt. Bring to boil.
3	Transfer rice mixture to a baking dish. Sprinkle chicken with paprika and arrange on top of rice mixture.
4	Bake in a 375° F oven for 45-50 minutes or until chicken is no longer pink and rice is tender.

Daily Total

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 1428

Total Fat 36g

Total Carbohydrate 147g

Protein 129g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 266

Total Fat 2g

Total Carbohydrate 38g

Protein 25g

Snack 1

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 189

Total Fat 8g

Total Carbohydrate 12g

Protein 18g

Lunch

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 198

Total Fat 6g

Total Carbohydrate 21g

Protein 14g

Snack 2

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 133

Total Fat 2g

Total Carbohydrate 3g

Protein 27g

Dinner

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 642

Total Fat 18g

Total Carbohydrate 74g

Protein 45g

Thursday

Motivation is what gets you started. Habit is what keeps you going.

- Jim Rohn

Step Qty UOM Ingredient

Directions

Smoothie	1	3/4	Cup	Milk, Skim
	1	1/2	Cup	Mango, Frozen
	1	1/2	Cup	Strawberries, Frozen
	1	3/4	Ea	Protein Powder, (25g)

Strawberry Mango Smoothie	
1	Combine ingredients in blender and blend until smooth.

Snack 1	1	3	Oz	Turkey, Ground
	2	1/2	Ea	English Muffin, Whole Wheat

Turkey and Whole Wheat English Muffin		Two Separate Snacks, Do Not Mix	
1	Pan fry ground turkey with your favorite seasoning.		
2	Toast muffin if desired.		

Lunch	1	3 1/2	Ea	Bacon, Turkey (slice)
	2	3/4	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	3/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1	Tbsp	Scallions (Green Onions)	

BLT Bread Salad	
1	Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces.
2	Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
3	In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

Snack 2	1	4	Oz	Chicken, Breast
	2	1/4	Ea	Bell Pepper, Green
	2	1/4	Ea	Bell Pepper, Red

Diced Chicken Breast and Pepper Mixture		Two Separate Snacks, Do Not Mix	
1	Pan fry boneless skinless chicken breast with your favorite seasoning.		
2	Chop peppers into slices, then eat.		

Dinner	1	1/2	Tsp	Oil, Olive
	1	7	Oz	Pork, Bone-In Loin
	1	1	Pinch	Salt / Pepper
	2	1/2	Ea	Pear, Medium
	2	2	Oz	Beer (No Drinking! Ha)
	2	1/4	Tsp	Sage

Beer-Braised Pork Chops	
1	Season pork with salt and pepper. Heat oil in a skillet over medium-high heat. Cook pork chop for 4 minutes per side. Transfer to a plate.
2	Slice pear into wedges. Add them to the same skillet and cook for 6 minutes. Transfer them to the plate with the pork chop. Add beer and sage to the pan.
3	Scrape up caramelized bits from the bottom of the pan using a spoon. Return the pork chop and pears into the pan.
4	Bring to a simmer. Reduce heat to low. Cook for 5-7 minutes. Remove pork chop and pears from pan. Cook until sauce is reduce in half. Pour sauce over pork chop.
5	Add green beans to boiling water and cook for 5-10 minutes. Strain the water and season the beans with salt and pepper.

Daily Total

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	1180
Total Fat	34g
Total Carbohydrate	98g
Protein	120g

Smoothie

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	266
Total Fat	2g
Total Carbohydrate	38g
Protein	25g

Snack 1

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	189
Total Fat	8g
Total Carbohydrate	12g
Protein	18g

Lunch

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	198
Total Fat	6g
Total Carbohydrate	21g
Protein	14g

Snack 2

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	133
Total Fat	2g
Total Carbohydrate	3g
Protein	27g

Dinner

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	394
Total Fat	17g
Total Carbohydrate	25g
Protein	36g

Friday

The man on top of the mountain didn't fall there.

- Vince Lombardi

Step Qty UOM Ingredient

Directions

Smoothie	1	3/4	Cup	Milk, Skim
	1	1/2	Cup	Mango, Frozen
	1	1/2	Cup	Strawberries, Frozen
	1	3/4	Ea	Protein Powder, (25g)

Strawberry Mango Smoothie	
1	Combine ingredients in blender and blend until smooth.

Snack 1	1	3	Oz	Turkey, Ground
	2	1/2	Ea	English Muffin, Whole Wheat

Turkey and Whole Wheat English Muffin		Two Separate Snacks, Do Not Mix
1	Pan fry ground turkey with your favorite seasoning.	
2	Toast muffin if desired.	

Lunch	1	3 1/2	Ea	Bacon, Turkey (slice)
	2	3/4	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	3/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1	Tbsp	Scallions (Green Onions)	

BLT Bread Salad	
1	Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces.
2	Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
3	In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

Snack 2	1	4	Oz	Chicken, Breast
	2	1/4	Ea	Bell Pepper, Green
	2	1/4	Ea	Bell Pepper, Red

Diced Chicken Breast and Pepper Mixture		Two Separate Snacks, Do Not Mix
1	Pan fry boneless skinless chicken breast with your favorite seasoning.	
2	Chop peppers into slices, then eat.	

Dinner	1	1/2	Tbsp	Oil, Olive
	1	2 1/2	Tbsp	Peas, Frozen
	2	4	Ea	Egg, Regular
	2	1	Pinch	Salt / Pepper
	2	1	Oz	Cheese, Low Fat Feta
	2	1/2	Ea	Bell Pepper, Red
	3	1	Ea	Bread, Whole Wheat (slice)

Pea & Feta Frittata	
1	Heat oil in an ovenproof pan over medium-high heat. Add peas then cook for 2 minutes.
2	Crack the eggs in a bowl and whisk. Add in salt, pepper, crumbled Feta, and chopped bell pepper. Add the egg mixture into the pan and cook for 5 minutes.
3	Transfer the pan to the broiler and broil for 5 minutes or until top is golden brown. Serve with toasted bread.

Daily Total

Smoothie

Snack 1

Nutrition Facts

Nutrition Facts

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	1329
Total Fat	50g
Total Carbohydrate	100g
Protein	119g

Serving Size:	As Prepared
Amount Per Serving	
Calories	266
Total Fat	2g
Total Carbohydrate	38g
Protein	25g

Serving Size:	As Prepared
Amount Per Serving	
Calories	189
Total Fat	8g
Total Carbohydrate	12g
Protein	18g

Lunch

Snack 2

Dinner

Nutrition Facts

Nutrition Facts

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	198
Total Fat	6g
Total Carbohydrate	21g
Protein	14g

Serving Size:	As Prepared
Amount Per Serving	
Calories	133
Total Fat	2g
Total Carbohydrate	3g
Protein	27g

Serving Size:	As Prepared
Amount Per Serving	
Calories	544
Total Fat	33g
Total Carbohydrate	27g
Protein	35g

Saturday

To succeed in life, you need three things: A backbone, a wishbone and a funny bone.

- Reba McEntire

Step Qty UOM Ingredient

Directions

Smoothie	1	3/4	Cup	Milk, Skim
	1	1/2	Cup	Mango, Frozen
	1	1/2	Cup	Strawberries, Frozen
	1	3/4	Ea	Protein Powder, (25g)

Strawberry Mango Smoothie	
1	Combine ingredients in blender and blend until smooth.

Snack 1	1	3	Oz	Turkey, Ground
	2	1/2	Ea	English Muffin, Whole Wheat

Turkey and Whole Wheat English Muffin		Two Separate Snacks, Do Not Mix	
1	Pan fry ground turkey with your favorite seasoning.		
2	Toast muffin if desired.		

Lunch	1	3 1/2	Ea	Bacon, Turkey (slice)
	2	3/4	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	3/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1	Tbsp	Scallions (Green Onions)	

BLT Bread Salad	
1	Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces.
2	Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
3	In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

Snack 2	1	4	Oz	Chicken, Breast
	2	1/4	Ea	Bell Pepper, Green
	2	1/4	Ea	Bell Pepper, Red

Diced Chicken Breast and Pepper Mixture		Two Separate Snacks, Do Not Mix	
1	Pan fry boneless skinless chicken breast with your favorite seasoning.		
2	Chop peppers into slices, then eat.		

Dinner	1	6	Oz	Beef, Ground (90/10)
	2	3	Oz	Beans, Pinto
	2	2	Oz	Tomato Sauce
	2	1	Tbsp	Salsa
	2	1/4	Tsp	Chili Powder
	3	1	Oz	Cheese, Mont. Jack, Low Fat

Mexican Beef Casserole	
1	Cook beef in a nonstick pan over medium heat for 8-10 minutes, stirring occasionally.
2	Mix beef, beans, tomato sauce, salsa, and chili powder in an ungreased casserole dish.
3	Cover and bake for 40 minutes in an oven preheated to 375 °F. Sprinkle with shredded cheese. Bake uncovered for 5 more minutes or until cheese melts.

Daily Total

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 1278

Total Fat 42g

Total Carbohydrate 92g

Protein 133g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 266

Total Fat 2g

Total Carbohydrate 38g

Protein 25g

Snack 1

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 189

Total Fat 8g

Total Carbohydrate 12g

Protein 18g

Lunch

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 198

Total Fat 6g

Total Carbohydrate 21g

Protein 14g

Snack 2

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 133

Total Fat 2g

Total Carbohydrate 3g

Protein 27g

Dinner

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 492

Total Fat 25g

Total Carbohydrate 19g

Protein 48g

Sunday

The happiness of your life depends upon the quality of your thoughts.

- Marcus Aurelius

Step Qty UOM Ingredient

Directions

Smoothie	1	3/4	Cup	Milk, Skim
	1	1/2	Cup	Mango, Frozen
	1	1/2	Cup	Strawberries, Frozen
	1	3/4	Ea	Protein Powder, (25g)

Strawberry Mango Smoothie	
1	Combine ingredients in blender and blend until smooth.

Snack 1	1	3	Oz	Turkey, Ground
	2	1/2	Ea	English Muffin, Whole Wheat

Turkey and Whole Wheat English Muffin		Two Separate Snacks, Do Not Mix	
1	Pan fry ground turkey with your favorite seasoning.		
2	Toast muffin if desired.		

Lunch	1	3 1/2	Ea	Bacon, Turkey (slice)
	2	3/4	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	3/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1	Tbsp	Scallions (Green Onions)	

BLT Bread Salad	
1	Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces.
2	Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
3	In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

Snack 2	1	4	Oz	Chicken, Breast
	2	1/4	Ea	Bell Pepper, Green
	2	1/4	Ea	Bell Pepper, Red

Diced Chicken Breast and Pepper Mixture		Two Separate Snacks, Do Not Mix	
1	Pan fry boneless skinless chicken breast with your favorite seasoning.		
2	Chop peppers into slices, then eat.		

Dinner	1	1 1/2	Tsp	Oil, Olive
	1	6	Oz	Chicken, Breast
	1	1	Pinch	Salt / Pepper
	2	1/2	Tbsp	Vinegar, Red Wine
	2	1/2	Tbsp	Mustard, Dijon
	2	1	Tbsp	Oil, Olive
	2	3/4	Tsp	Basil, Ground
	2	1	Pinch	Salt / Pepper
	2	3/4	Cup	Lettuce, Romaine, Shredded
	2	1/4	Ea	Onion, Medium

Chicken Paillard Salad	
1	Season chicken with salt and pepper. Place oil in a pan over medium-high heat. Add chicken and cook for 3 minutes per side.
2	In a bowl, whisk together, vinegar, mustard, olive oil, and basil. Season vinaigrette with salt and pepper. Add the lettuce and sliced onion. Toss to combine.
3	Transfer the chicken to a plate. Top with the salad and serve.

Daily Total	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	1176
Total Fat	41g
Total Carbohydrate	78g
Protein	124g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	266
Total Fat	2g
Total Carbohydrate	38g
Protein	25g

Snack 1	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	189
Total Fat	8g
Total Carbohydrate	12g
Protein	18g

Lunch	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	198
Total Fat	6g
Total Carbohydrate	21g
Protein	14g

Snack 2	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	133
Total Fat	2g
Total Carbohydrate	3g
Protein	27g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	390
Total Fat	23g
Total Carbohydrate	5g
Protein	40g

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