



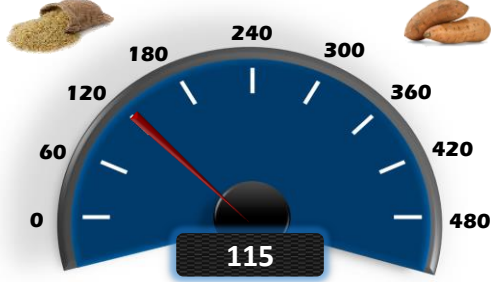
It's never too late to be who you might have been.
- George Eliot



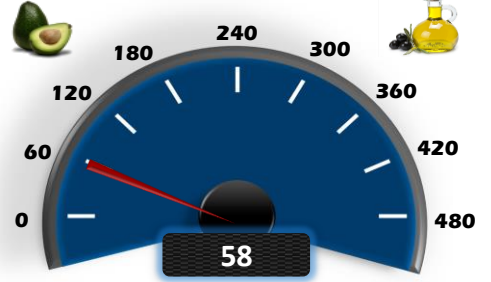
Ave. Grams of Protein / Day



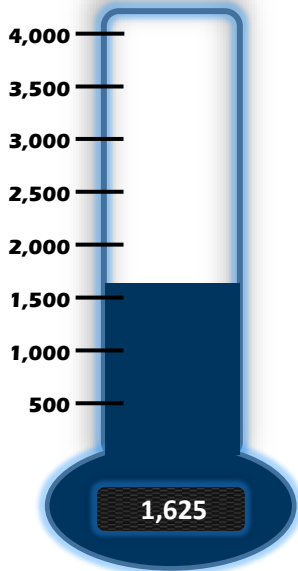
Ave. Grams of Carbs / Day



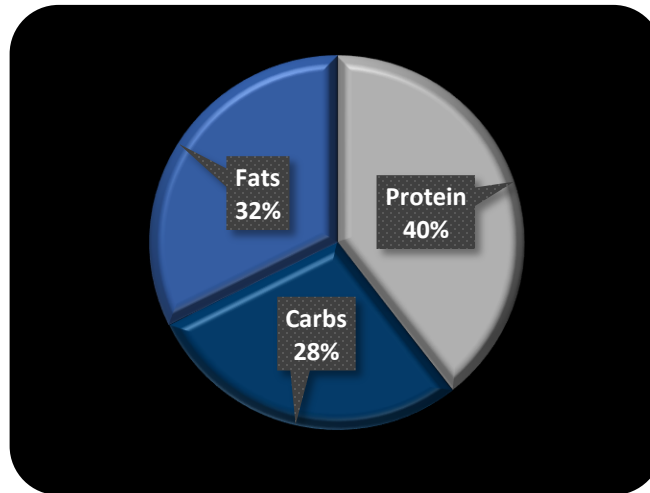
Ave. Grams of Fat / Day



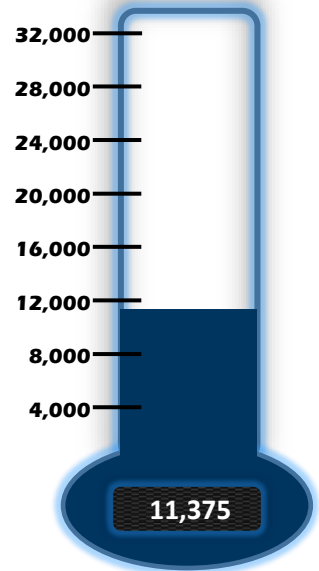
Ave. Calories / Day



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

Strawberry Mango Smoothie

- 1 Combine ingredients in blender and blend until smooth.

Snack 1

1	5	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	4 1/2	Ea	Bacon, Turkey (slice)
2	1	Tsp	Oil, Olive
2	1	Tbsp	Vinegar, Red Wine
2	1	Ea	Bread, Whole Wheat (slice)
3	1 1/4	Cup	Lettuce, Romaine, Shredded
3	1/4	Ea	Tomato, Medium
3	1 1/2	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	2 1/4	Tsp	Oil, Olive
1	1/2	Ea	Onion, Medium
1	3/4	Ea	Garlic, Chopped Clove
1	8	Oz	Beef, Ground (90/10)
2	4	Oz	Tomatoes, Diced (canned)
2	4	Oz	Beans, Black
2	1	Oz	Peppers, Chipotle in Adobo
2	1/4	Tsp	Cumin, Ground
2	1	Pinch	Salt / Pepper
3	5	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 1732

Total Fat 61g

Total Carbohydrate 128g

Protein 169g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 323

Total Fat 2g

Total Carbohydrate 43g

Protein 33g

Snack 1

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 275

Total Fat 13g

Total Carbohydrate 12g

Protein 29g

Lunch

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 230

Total Fat 8g

Total Carbohydrate 22g

Protein 18g

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 771

Total Fat 36g

Total Carbohydrate 49g

Protein 62g

Tuesday

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

- Unknown

Step Qty UOM Ingredient

Directions

Smoothie

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

Strawberry Mango Smoothie

- Combine ingredients in blender and blend until smooth.

Snack 1

1	5	Oz	Turkey, Ground
2	1/2	Ea	English Muffin, Whole Wheat

Turkey and Whole Wheat English Muffin

Two Separate Snacks, Do Not Mix

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

Lunch

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

BLT Bread Salad

- 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.
- Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
- 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

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

Dinner

1	7	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	2 1/4	Tsp	Oil, Olive
5	1	Cup	Spinach
5	1	Pinch	Salt / Pepper

BBQ Pork Burger

- 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.
- Place cheese on top during last minute to melt. Slice hamburger bun in half. Place burger on the bottom half of the bun.
- 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.
- Heat up the olive oil in a medium pan until hot.
- 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	1832
Total Fat	84g
Total Carbohydrate	114g
Protein	155g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories	323
Total Fat	2g
Total Carbohydrate	43g
Protein	33g

Snack 1

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories	275
Total Fat	13g
Total Carbohydrate	12g
Protein	29g

Lunch

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories	230
Total Fat	8g
Total Carbohydrate	22g
Protein	18g

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	870
Total Fat	60g
Total Carbohydrate	35g
Protein	48g

Wednesday



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

- Unknown



Step Qty UOM Ingredient

Directions

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

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

Snack 1	1	5	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	4 1/2	Ea	Bacon, Turkey (slice)
	2	1	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1 1/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1 1/2	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	3	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	8	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 1688

Total Fat 47g

Total Carbohydrate 154g

Protein 162g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 323

Total Fat 2g

Total Carbohydrate 43g

Protein 33g

Snack 1

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 275

Total Fat 13g

Total Carbohydrate 12g

Protein 29g

Lunch

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 230

Total Fat 8g

Total Carbohydrate 22g

Protein 18g

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 727

Total Fat 23g

Total Carbohydrate 75g

Protein 56g

Thursday

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

- Jim Rohn

Step Qty UOM Ingredient

Directions

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

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

Snack 1	1	5	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	4 1/2	Ea	Bacon, Turkey (slice)
	2	1	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1 1/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1 1/2	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	9	Oz	Pork, Bone-In Loin
	1	1	Pinch	Salt / Pepper
	2	1/2	Ea	Pear, Medium
	2	3	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	1459
Total Fat	45g
Total Carbohydrate	110g
Protein	153g

Smoothie

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	323
Total Fat	2g
Total Carbohydrate	43g
Protein	33g

Snack 1

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	275
Total Fat	13g
Total Carbohydrate	12g
Protein	29g

Lunch

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	230
Total Fat	8g
Total Carbohydrate	22g
Protein	18g

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	498
Total Fat	21g
Total Carbohydrate	31g
Protein	47g

Friday

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

- Vince Lombardi

Step Qty UOM Ingredient

Directions

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

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

Snack 1	1	5	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	4 1/2	Ea	Bacon, Turkey (slice)
	2	1	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1 1/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1 1/2	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	3	Tbsp	Peas, Frozen
	2	5	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	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	1584
Total Fat	63g
Total Carbohydrate	107g
Protein	148g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	323
Total Fat	2g
Total Carbohydrate	43g
Protein	33g

Snack 1	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	275
Total Fat	13g
Total Carbohydrate	12g
Protein	29g

Lunch	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	230
Total Fat	8g
Total Carbohydrate	22g
Protein	18g

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	623
Total Fat	38g
Total Carbohydrate	28g
Protein	42g

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

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

Snack 1	1	5	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	4 1/2	Ea	Bacon, Turkey (slice)
	2	1	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1 1/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1 1/2	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	8	Oz	Beef, Ground (90/10)
	2	5	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 1605

Total Fat 56g

Total Carbohydrate 107g

Protein 170g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 323

Total Fat 2g

Total Carbohydrate 43g

Protein 33g

Snack 1

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 275

Total Fat 13g

Total Carbohydrate 12g

Protein 29g

Lunch

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 230

Total Fat 8g

Total Carbohydrate 22g

Protein 18g

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 643

Total Fat 31g

Total Carbohydrate 28g

Protein 63g

Sunday

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

- Marcus Aurelius

Step Qty UOM Ingredient

Directions

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

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

Snack 1	1	5	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	4 1/2	Ea	Bacon, Turkey (slice)
	2	1	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1 1/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1 1/2	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	2 1/4	Tsp	Oil, Olive
	1	9	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	1	Tsp	Basil, Ground
	2	1	Pinch	Salt / Pepper
	2	1	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	1474
Total Fat	52g
Total Carbohydrate	85g
Protein	166g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	323
Total Fat	2g
Total Carbohydrate	43g
Protein	33g

Snack 1	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	275
Total Fat	13g
Total Carbohydrate	12g
Protein	29g

Lunch	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	230
Total Fat	8g
Total Carbohydrate	22g
Protein	18g

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	513
Total Fat	28g
Total Carbohydrate	6g
Protein	59g

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