



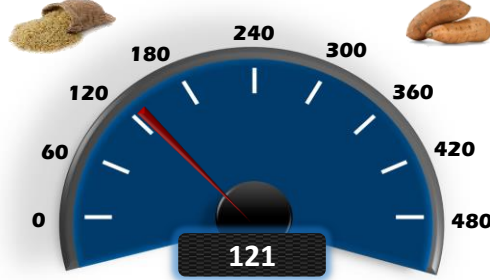
It's never too late to be who you might have been.
- George Eliot



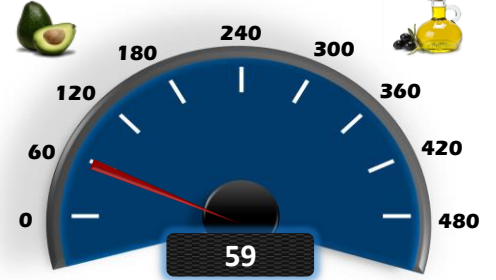
Ave. Grams of Protein / Day



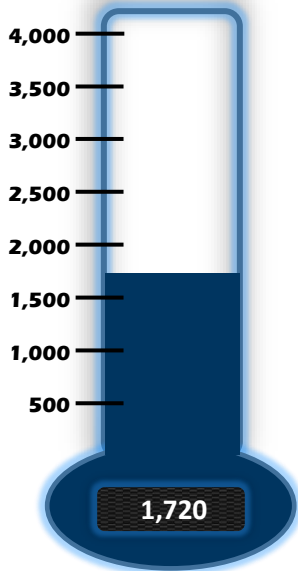
Ave. Grams of Carbs / Day



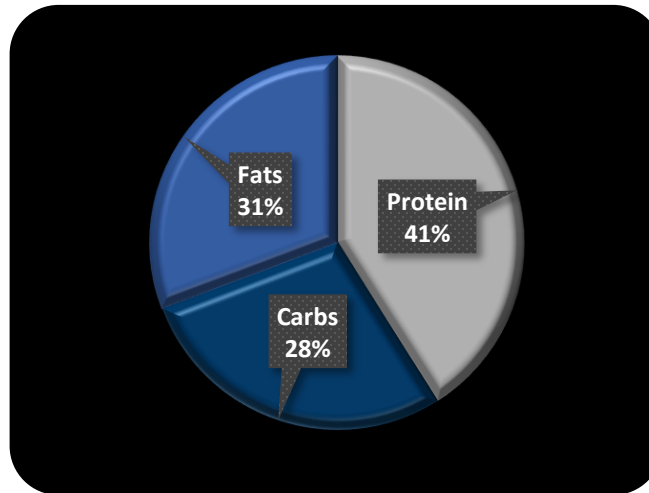
Ave. Grams of Fat / Day



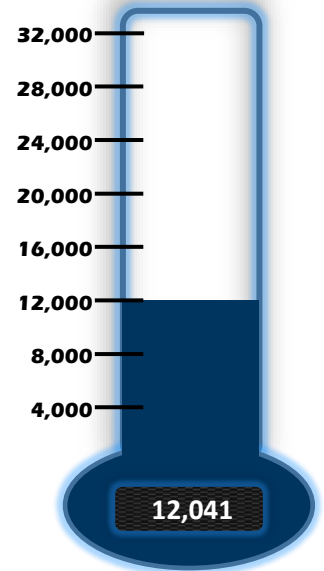
Ave. Calories / Day



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

Grocery List

Category	Item	1 Person	2 People	3 People	UOM	Price
Canned / Packaged	Rice, Brown (dry)	1	2	4	Cup	\$ 0.24
Canned / Packaged	Tomatoes, Diced (canned)	8	16	32	Oz	\$ 0.48
Canned / Packaged	Beans, Black	8	16	32	Oz	\$ 0.64
Canned / Packaged	Peppers, Chipotle in Adobo	1	2	4	Oz	\$ 0.28
Canned / Packaged	Tomato Sauce	4	8	16	Oz	\$ 0.20
Canned / Packaged	Beans, Pinto	5	10	20	Oz	\$ 0.30
Canned / Packaged	Salsa	1	2	4	Oz	\$ 0.14
Produce	Garlic, Chopped Clove	2	4	8	Ea	\$ 0.16
Produce	Onion, Medium	2	4	8	Ea	\$ 0.30
Produce	Tomato, Medium	2	4	8	Ea	\$ 0.86
Produce	Bell Pepper, Red	3	6	12	Ea	\$ 3.00
Produce	Lettuce, Romaine, Shredded	9	18	36	Cup	\$ 3.60
Produce	Scallions (Green Onions)	1	2	4	Cup	\$ 0.50
Produce	Lettuce, Romaine (Leaf)	1	2	4	Ea	\$ 0.25
Produce	Pear, Medium	1	2	4	Ea	\$ 0.89
Produce	Beans, Green	12	24	48	Oz	\$ 0.60
Produce	Spinach	1	2	4	Cup	\$ 0.45
Produce	Bell Pepper, Green	2	4	8	Ea	\$ 2.00
Meat	Beef, Ground (90/10)	16	32	64	Oz	\$ 5.76
Meat	Chicken, Breast	44	88	176	Oz	\$ 8.36
Meat	Pork, Ground	7	14	28	Oz	\$ 2.24
Meat	Chicken, Thigh (skinless)	8	16	32	Oz	\$ 1.60
Meat	Pork, Bone-In Loin	9	18	36	Oz	\$ 4.23
Meat	Turkey, Ground	35	70	140	Oz	\$ 7.70
Refrigerated / Frozen	Cheese, Low Fat Feta	1	2	4	Oz	\$ 0.83
Refrigerated / Frozen	Milk, Skim	9	18	36	Cup	\$ 1.71
Refrigerated / Frozen	Mango, Frozen	4	8	16	Cup	\$ 4.60
Refrigerated / Frozen	Strawberries, Frozen	4	8	16	Cup	\$ 3.20
Refrigerated / Frozen	Bacon, Turkey (slice)	32	64	128	Ea	\$ 4.16
Refrigerated / Frozen	Cheese, Mont. Jack, Low Fat	2	4	8	Oz	\$ 0.62
Refrigerated / Frozen	Corn, Kernels (frozen)	1	2	4	Cup	\$ 0.65
Refrigerated / Frozen	Peas, Frozen	1	2	4	Cup	\$ 0.60
Refrigerated / Frozen	Egg, Regular	6	12	24	Ea	\$ 0.78
Bakery / Deli	Hamburger Buns, Whole Wheat	1	2	4	Ea	\$ 0.24
Bakery / Deli	Bread, Whole Wheat (slice)	8	16	32	Ea	\$ 0.88
Bakery / Deli	English Muffin, Whole Wheat	4	8	16	Ea	\$ 1.92

Staples
Salt / Pepper
Oil, Olive
Protein Powder, (25g)
Salt
Cumin, Ground
Vinegar, Red Wine
Sauce, Barbecue
Mustard, Dijon
Chili Powder
Red Pepper (Cayenne) Flakes
Paprika
Beer (No Drinking! Ha)
Sage
Basil, Ground

Approximate Consumption Total \$ 64.97

* Costs are the approximate cost you will consume as prepared per meal plan, actual costs will vary.

Monday

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

- Benjamin Franklin

Step Qty UOM

Ingredient

Directions

Smoothie	1	1 1/4	Cup	Milk, Skim
	1	1/2	Cup	Mango, Frozen
	1	1/2	Cup	Strawberries, Frozen
	1	1 1/4	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	3/4	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1	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	5	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	5/8	Ea	Onion, Medium
	1	3/4	Ea	Garlic, Chopped Clove
	1	8	Oz	Beef, Ground (90/10)
	2	5	Oz	Tomatoes, Diced (canned)
	2	5	Oz	Beans, Black
	2	1	Oz	Peppers, Chipotle in Adobo
	2	1/2	Tsp	Cumin, Ground
	2	1	Pinch	Salt / Pepper
	3	6	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 1867

Total Fat 61g

Total Carbohydrate 144g

Protein 187g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 381

Total Fat 3g

Total Carbohydrate 48g

Protein 42g

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 218

Total Fat 7g

Total Carbohydrate 21g

Protein 18g

Snack 2

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 163

Total Fat 2g

Total Carbohydrate 3g

Protein 33g

Dinner

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 831

Total Fat 37g

Total Carbohydrate 60g

Protein 66g

Tuesday

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

- Unknown

Step Qty UOM Ingredient

Directions

Smoothie

1	1 1/4	Cup	Milk, Skim
1	1/2	Cup	Mango, Frozen
1	1/2	Cup	Strawberries, Frozen
1	1 1/4	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	3/4	Tsp	Oil, Olive
2	1	Tbsp	Vinegar, Red Wine
2	1	Ea	Bread, Whole Wheat (slice)
3	1	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	5	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 1906

Total Fat 84g

Total Carbohydrate 118g

Protein 169g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 381

Total Fat 3g

Total Carbohydrate 48g

Protein 42g

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 218

Total Fat 7g

Total Carbohydrate 21g

Protein 18g

Snack 2

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 163

Total Fat 2g

Total Carbohydrate 3g

Protein 33g

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 1/4	Cup	Milk, Skim
	1	1/2	Cup	Mango, Frozen
	1	1/2	Cup	Strawberries, Frozen
	1	1 1/4	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	3/4	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1	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	5	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	1/2	Ea	Garlic, Chopped Clove
	1	1/2	Tsp	Oil, Olive
	2	3	Oz	Beans, Black
	2	3	Oz	Tomatoes, Diced (canned)
	2	3 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	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	1766
Total Fat	47g
Total Carbohydrate	159g
Protein	177g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	381
Total Fat	3g
Total Carbohydrate	48g
Protein	42g

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	218
Total Fat	7g
Total Carbohydrate	21g
Protein	18g

Snack 2	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	163
Total Fat	2g
Total Carbohydrate	3g
Protein	33g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	730
Total Fat	23g
Total Carbohydrate	76g
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 1/4	Cup	Milk, Skim
	1	1/2	Cup	Mango, Frozen
	1	1/2	Cup	Strawberries, Frozen
	1	1 1/4	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	3/4	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1	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	5	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	1534
Total Fat	45g
Total Carbohydrate	114g
Protein	168g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	381
Total Fat	3g
Total Carbohydrate	48g
Protein	42g

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	218
Total Fat	7g
Total Carbohydrate	21g
Protein	18g

Snack 2	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	163
Total Fat	2g
Total Carbohydrate	3g
Protein	33g

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 1/4	Cup	Milk, Skim
	1	1/2	Cup	Mango, Frozen
	1	1/2	Cup	Strawberries, Frozen
	1	1 1/4	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	3/4	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1	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	5	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 1/2	Tbsp	Peas, Frozen
	2	6	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	1738
Total Fat	68g
Total Carbohydrate	113g
Protein	169g

Smoothie

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	381
Total Fat	3g
Total Carbohydrate	48g
Protein	42g

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	218
Total Fat	7g
Total Carbohydrate	21g
Protein	18g

Snack 2

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	163
Total Fat	2g
Total Carbohydrate	3g
Protein	33g

Dinner

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	702
Total Fat	43g
Total Carbohydrate	30g
Protein	48g

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 1/4	Cup	Milk, Skim
	1	1/2	Cup	Mango, Frozen
	1	1/2	Cup	Strawberries, Frozen
	1	1 1/4	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	3/4	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1	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	5	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 1679

Total Fat 55g

Total Carbohydrate 111g

Protein 184g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 381

Total Fat 3g

Total Carbohydrate 48g

Protein 42g

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 218

Total Fat 7g

Total Carbohydrate 21g

Protein 18g

Snack 2

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 163

Total Fat 2g

Total Carbohydrate 3g

Protein 33g

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 1/4	Cup	Milk, Skim
	1	1/2	Cup	Mango, Frozen
	1	1/2	Cup	Strawberries, Frozen
	1	1 1/4	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	3/4	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1	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	5	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 1/4	Tsp	Basil, Ground
	2	1	Pinch	Salt / Pepper
	2	1 1/4	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	1551
Total Fat	52g
Total Carbohydrate	90g
Protein	181g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	381
Total Fat	3g
Total Carbohydrate	48g
Protein	42g

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	218
Total Fat	7g
Total Carbohydrate	21g
Protein	18g

Snack 2	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	163
Total Fat	2g
Total Carbohydrate	3g
Protein	33g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	515
Total Fat	28g
Total Carbohydrate	6g
Protein	60g

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