



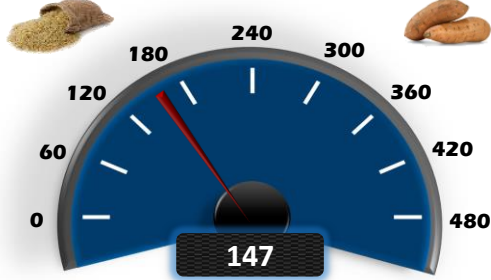
It's never too late to be who you might have been.  
- George Eliot



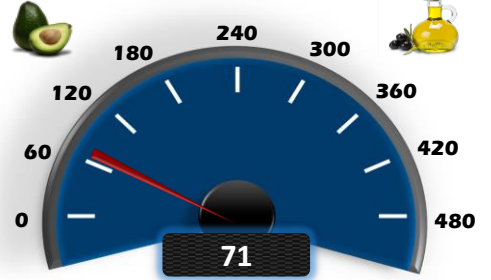
**Ave. Grams of Protein / Day**



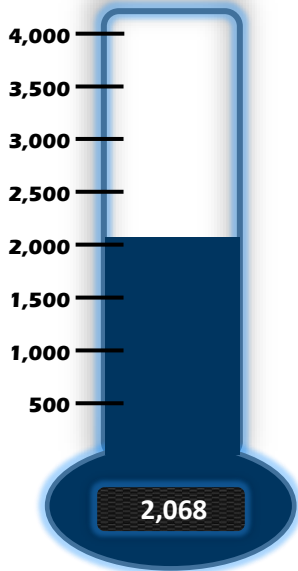
**Ave. Grams of Carbs / Day**



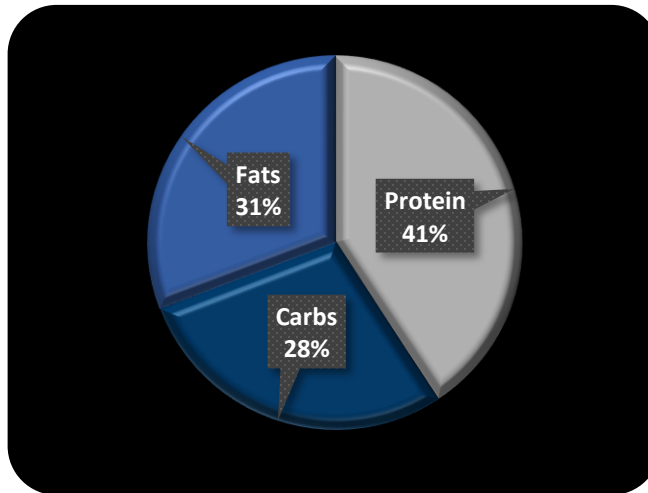
**Ave. Grams of Fat / Day**



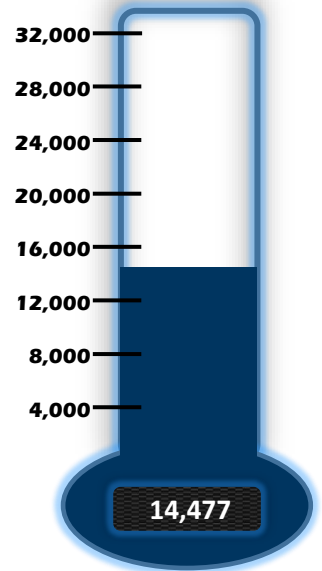
**Ave. Calories / Day**



**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				UOM	 Price
Canned / Packaged	Rice, Brown (dry)	1	2	4	Cup	\$ 0.24
Canned / Packaged	Tomatoes, Diced (canned)	10	20	40	Oz	\$ 0.60
Canned / Packaged	Beans, Black	10	20	40	Oz	\$ 0.80
Canned / Packaged	Peppers, Chipotle in Adobo	1	2	4	Oz	\$ 0.28
Canned / Packaged	Tomato Sauce	5	10	20	Oz	\$ 0.25
Canned / Packaged	Beans, Pinto	6	12	24	Oz	\$ 0.36
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	12	24	48	Cup	\$ 4.80
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	14	28	56	Oz	\$ 0.70
Produce	Spinach	2	4	8	Cup	\$ 0.90
Produce	Bell Pepper, Green	2	4	8	Ea	\$ 2.00
Meat	Beef, Ground (90/10)	20	40	80	Oz	\$ 7.20
Meat	Chicken, Breast	53	106	212	Oz	\$ 10.07
Meat	Pork, Ground	8	16	32	Oz	\$ 2.56
Meat	Chicken, Thigh (skinless)	9	18	36	Oz	\$ 1.80
Meat	Pork, Bone-In Loin	11	22	44	Oz	\$ 5.17
Meat	Turkey, Ground	42	84	168	Oz	\$ 9.24
Refrigerated / Frozen	Cheese, Low Fat Feta	1	2	4	Oz	\$ 0.83
Refrigerated / Frozen	Milk, Skim	11	22	44	Cup	\$ 2.09
Refrigerated / Frozen	Mango, Frozen	6	12	24	Cup	\$ 6.90
Refrigerated / Frozen	Strawberries, Frozen	6	12	24	Cup	\$ 4.80
Refrigerated / Frozen	Bacon, Turkey (slice)	39	78	156	Ea	\$ 5.07
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	7	14	28	Ea	\$ 0.91
Bakery / Deli	Hamburger Buns, Whole Wheat	2	4	8	Ea	\$ 0.48
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      \$ 78.82**

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

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

Snack 1	1	6	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	5 1/2	Ea	Bacon, Turkey (slice)
	2	1	Tsp	Oil, Olive
	2	1 1/2	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1 1/2	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	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	6	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 3/4	Tsp	Oil, Olive
	1	3/4	Ea	Onion, Medium
	1	1	Ea	Garlic, Chopped Clove
	1	10	Oz	Beef, Ground (90/10)
	2	6	Oz	Tomatoes, Diced (canned)
	2	6	Oz	Beans, Black
	2	1	Oz	Peppers, Chipotle in Adobo
	2	1/2	Tsp	Cumin, Ground
	2	1	Pinch	Salt / Pepper
	3	7	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	2261
Total Fat	74g
Total Carbohydrate	172g
Protein	226g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	485
Total Fat	3g
Total Carbohydrate	64g
Protein	50g

Snack 1	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	317
Total Fat	15g
Total Carbohydrate	12g
Protein	34g

Lunch	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	250
Total Fat	9g
Total Carbohydrate	22g
Protein	21g

Snack 2	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	193
Total Fat	3g
Total Carbohydrate	3g
Protein	40g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	1016
Total Fat	45g
Total Carbohydrate	71g
Protein	81g

# Tuesday

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

- Unknown

## Step Qty UOM Ingredient

## Directions

Smoothie

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

### Strawberry Mango Smoothie

- 1 Combine ingredients in blender and blend until smooth.

Snack 1

1	6	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	5 1/2	Ea	Bacon, Turkey (slice)
2	1	Tsp	Oil, Olive
2	1 1/2	Tbsp	Vinegar, Red Wine
2	1	Ea	Bread, Whole Wheat (slice)
3	1 1/2	Cup	Lettuce, Romaine, Shredded
3	1/4	Ea	Tomato, Medium
3	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	6	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	Pork, Ground
1	1 1/2	Tbsp	Sauce, Barbecue
1	1	Tsp	Mustard, Dijon
1	1	Pinch	Salt / Pepper
2	1	Oz	Cheese, Mont. Jack, Low Fat
2	1 1/2	Ea	Hamburger Buns, Whole Wheat
3	1	Ea	Lettuce, Romaine (Leaf)
4	2 3/4	Tsp	Oil, Olive
5	1 1/4	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	
<b>Calories</b>	2295
<b>Total Fat</b>	98g
<b>Total Carbohydrate</b>	153g
<b>Protein</b>	201g

## Smoothie

### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	485
<b>Total Fat</b>	3g
<b>Total Carbohydrate</b>	64g
<b>Protein</b>	50g

## Snack 1

### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	317
<b>Total Fat</b>	15g
<b>Total Carbohydrate</b>	12g
<b>Protein</b>	34g

## Lunch

### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	250
<b>Total Fat</b>	9g
<b>Total Carbohydrate</b>	22g
<b>Protein</b>	21g

## Snack 2

### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	193
<b>Total Fat</b>	3g
<b>Total Carbohydrate</b>	3g
<b>Protein</b>	40g

## Dinner

### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	1050
<b>Total Fat</b>	69g
<b>Total Carbohydrate</b>	52g
<b>Protein</b>	56g

# 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 1/2	Cup	Milk, Skim	<b>Strawberry Mango Smoothie</b> 1 Combine ingredients in blender and blend until smooth.
	1	3/4	Cup	Mango, Frozen	
	1	3/4	Cup	Strawberries, Frozen	
	1	1 1/2	Ea	Protein Powder, (25g)	
Snack 1	1	6	Oz	Turkey, Ground	<b>Turkey and Whole Wheat English Muffin</b> <b>Two Separate Snacks, Do Not Mix</b> 1 Pan fry ground turkey with your favorite seasoning. 2 Toast muffin if desired.
	2	1/2	Ea	English Muffin, Whole Wheat	
Lunch	1	5 1/2	Ea	Bacon, Turkey (slice)	<b>BLT Bread Salad</b> 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.
	2	1	Tsp	Oil, Olive	
	2	1 1/2	Tbsp	Vinegar, Red Wine	
	2	1	Ea	Bread, Whole Wheat (slice)	
	3	1 1/2	Cup	Lettuce, Romaine, Shredded	
	3	1/4	Ea	Tomato, Medium	
Snack 2	1	6	Oz	Chicken, Breast	<b>Diced Chicken Breast and Pepper Mixture</b> <b>Two Separate Snacks, Do Not Mix</b> 1 Pan fry boneless skinless chicken breast with your favorite seasoning. 2 Chop peppers into slices, then eat.
	2	1/4	Ea	Bell Pepper, Green	
	2	1/4	Ea	Bell Pepper, Red	
	1	3/8	Ea	Onion, Medium	<b>Chicken and Rice Bake</b> 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.
Dinner	1	1/4	Ea	Bell Pepper, Red	
	1	1/2	Ea	Garlic, Chopped Clove	
	1	3/4	Tsp	Oil, Olive	
	2	4	Oz	Beans, Black	
	2	4	Oz	Tomatoes, Diced (canned)	
	2	4	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	9	Oz	Chicken, Thigh (skinless)	
	3	1	Pinch	Paprika	

Daily Total	
<b>Nutrition Facts</b>	
Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	2078
<b>Total Fat</b>	56g
<b>Total Carbohydrate</b>	186g
<b>Protein</b>	208g

Smoothie	
<b>Nutrition Facts</b>	
Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	485
<b>Total Fat</b>	3g
<b>Total Carbohydrate</b>	64g
<b>Protein</b>	50g

Snack 1	
<b>Nutrition Facts</b>	
Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	317
<b>Total Fat</b>	15g
<b>Total Carbohydrate</b>	12g
<b>Protein</b>	34g

Lunch	
<b>Nutrition Facts</b>	
Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	250
<b>Total Fat</b>	9g
<b>Total Carbohydrate</b>	22g
<b>Protein</b>	21g

Snack 2	
<b>Nutrition Facts</b>	
Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	193
<b>Total Fat</b>	3g
<b>Total Carbohydrate</b>	3g
<b>Protein</b>	40g

Dinner	
<b>Nutrition Facts</b>	
Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	832
<b>Total Fat</b>	26g
<b>Total Carbohydrate</b>	85g
<b>Protein</b>	64g

# Thursday

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

- Jim Rohn

## Step Qty UOM Ingredient

## Directions

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

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

Snack 1	1	6	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	5 1/2	Ea	Bacon, Turkey (slice)
	2	1	Tsp	Oil, Olive
	2	1 1/2	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1 1/2	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	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	6	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	3/4	Tsp	Oil, Olive
	1	11	Oz	Pork, Bone-In Loin
	1	1	Pinch	Salt / Pepper
	2	3/4	Ea	Pear, Medium
	2	4	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	1871
Total Fat	55g
Total Carbohydrate	142g
Protein	201g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	485
Total Fat	3g
Total Carbohydrate	64g
Protein	50g

Snack 1	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	317
Total Fat	15g
Total Carbohydrate	12g
Protein	34g

Lunch	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	250
Total Fat	9g
Total Carbohydrate	22g
Protein	21g

Snack 2	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	193
Total Fat	3g
Total Carbohydrate	3g
Protein	40g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	626
Total Fat	26g
Total Carbohydrate	40g
Protein	57g

# Friday

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

- Vince Lombardi

## Step Qty UOM Ingredient

## Directions

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

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

Snack 1	1	6	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	5 1/2	Ea	Bacon, Turkey (slice)
	2	1	Tsp	Oil, Olive
	2	1 1/2	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1 1/2	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	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	6	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	4 1/2	Tbsp	Peas, Frozen
	2	7	Ea	Egg, Regular
	2	1	Pinch	Salt / Pepper
	2	1	Oz	Cheese, Low Fat Feta
	2	3/4	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	
<b>Calories</b>	2038
<b>Total Fat</b>	78g
<b>Total Carbohydrate</b>	134g
<b>Protein</b>	200g

### Smoothie

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	485
<b>Total Fat</b>	3g
<b>Total Carbohydrate</b>	64g
<b>Protein</b>	50g

### Snack 1

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	317
<b>Total Fat</b>	15g
<b>Total Carbohydrate</b>	12g
<b>Protein</b>	34g

### Lunch

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	250
<b>Total Fat</b>	9g
<b>Total Carbohydrate</b>	22g
<b>Protein</b>	21g

### Snack 2

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	193
<b>Total Fat</b>	3g
<b>Total Carbohydrate</b>	3g
<b>Protein</b>	40g

### Dinner

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	793
<b>Total Fat</b>	49g
<b>Total Carbohydrate</b>	33g
<b>Protein</b>	55g

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

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

Snack 1	1	6	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	5 1/2	Ea	Bacon, Turkey (slice)
	2	1	Tsp	Oil, Olive
	2	1 1/2	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1 1/2	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	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	6	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	10	Oz	Beef, Ground (90/10)
	2	6	Oz	Beans, Pinto
	2	3	Oz	Tomato Sauce
	2	1 1/2	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 2026

Total Fat 67g

Total Carbohydrate 136g

Protein 221g

### Smoothie

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 485

Total Fat 3g

Total Carbohydrate 64g

Protein 50g

### Snack 1

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 317

Total Fat 15g

Total Carbohydrate 12g

Protein 34g

### Lunch

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 250

Total Fat 9g

Total Carbohydrate 22g

Protein 21g

### Snack 2

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 193

Total Fat 3g

Total Carbohydrate 3g

Protein 40g

### Dinner

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 781

Total Fat 37g

Total Carbohydrate 35g

Protein 77g



# Sunday

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

- Marcus Aurelius

## Step Qty UOM Ingredient

## Directions

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

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

Snack 1	1	6	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	5 1/2	Ea	Bacon, Turkey (slice)
	2	1	Tsp	Oil, Olive
	2	1 1/2	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1 1/2	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	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	6	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 3/4	Tsp	Oil, Olive
	1	11	Oz	Chicken, Breast
	1	1	Pinch	Salt / Pepper
	2	1/2	Tbsp	Vinegar, Red Wine
	2	1/2	Tbsp	Mustard, Dijon
	2	1 1/2	Tbsp	Oil, Olive
	2	1 1/4	Tsp	Basil, Ground
	2	1	Pinch	Salt / Pepper
	2	1 1/4	Cup	Lettuce, Romaine, Shredded
	2	3/8	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	1909
Total Fat	67g
Total Carbohydrate	108g
Protein	217g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	485
Total Fat	3g
Total Carbohydrate	64g
Protein	50g

Snack 1	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	317
Total Fat	15g
Total Carbohydrate	12g
Protein	34g

Lunch	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	250
Total Fat	9g
Total Carbohydrate	22g
Protein	21g

Snack 2	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	193
Total Fat	3g
Total Carbohydrate	3g
Protein	40g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	664
Total Fat	38g
Total Carbohydrate	7g
Protein	73g

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