



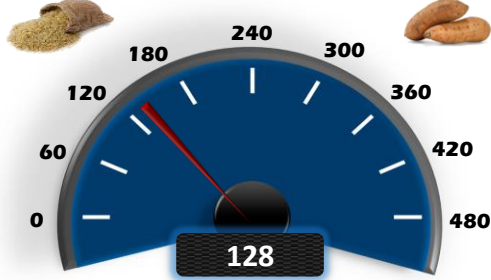
It's never too late to be who you might have been.  
- George Eliot



### Ave. Grams of Protein / Day



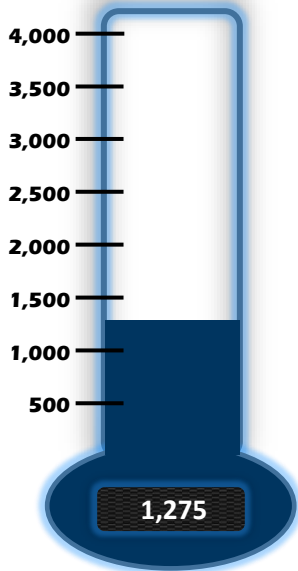
### Ave. Grams of Carbs / Day



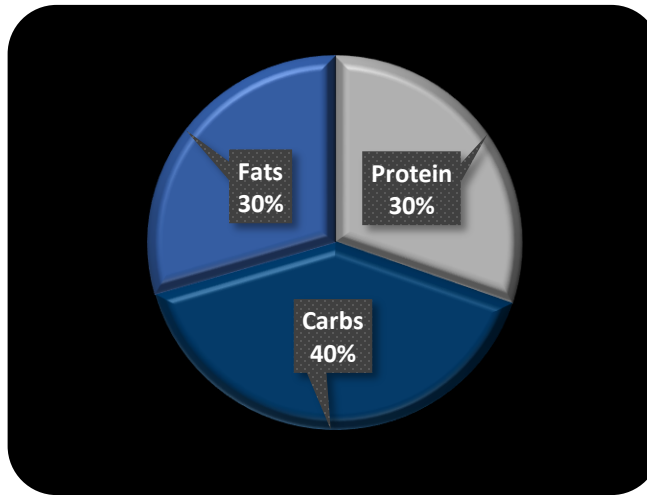
### Ave. Grams of Fat / Day



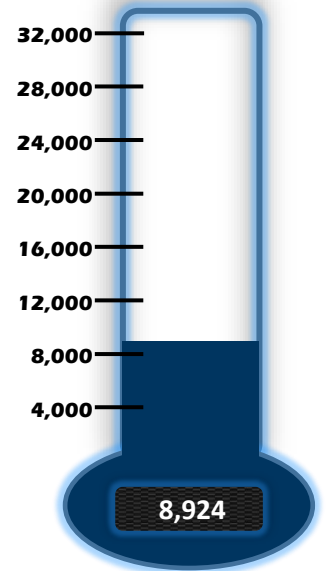
### Ave. Calories / Day



### 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 Roll-Ups and Cheese

#### Lunch

BLT Bread Salad

#### Snack 2

Turkey and Quinoa

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

### Strawberry Mango Smoothie

- Combine ingredients in blender and blend until smooth.

Snack 1

1	1	Oz	Turkey, Sliced Lunchmeat
1	1/4	Ea	Avocado
2	1	Oz	Cheese, Cheddar, Low Fat

### Turkey Roll-Ups and Cheese

Two Separate Snacks, Do Not Mix

- Slice avocado and wrap Turkey around slices.
- Slice up and eat.

Lunch

1	2	Ea	Bacon, Turkey (slice)
2	1/2	Tsp	Oil, Olive
2	1/2	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

- 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	3	Oz	Turkey, Ground
2	1/4	Cup	Quinoa (dry)

### Turkey and Quinoa

Two Separate Snacks, Do Not Mix

- Pan fry ground turkey with your favorite seasoning.
- Make per package directions.

Dinner

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

### Beef & Black Bean Chili

- 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.
- Add tomatoes, black beans, chiles, cumin, salt, and pepper. Bring to a boil and simmer for 10 minutes.
- Cook rice according to package directions. Serve along with or on top of the chili.

### Daily Total

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	1350
<b>Total Fat</b>	41g
<b>Total Carbohydrate</b>	149g
<b>Protein</b>	97g

### Smoothie

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	278
<b>Total Fat</b>	2g
<b>Total Carbohydrate</b>	40g
<b>Protein</b>	26g

### Snack 1

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	138
<b>Total Fat</b>	8g
<b>Total Carbohydrate</b>	5g
<b>Protein</b>	12g

### Lunch

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	163
<b>Total Fat</b>	4g
<b>Total Carbohydrate</b>	21g
<b>Protein</b>	10g

### Snack 2

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	285
<b>Total Fat</b>	10g
<b>Total Carbohydrate</b>	27g
<b>Protein</b>	22g

### Dinner

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	487
<b>Total Fat</b>	17g
<b>Total Carbohydrate</b>	56g
<b>Protein</b>	28g

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

### Strawberry Mango Smoothie

- Combine ingredients in blender and blend until smooth.

Snack 1

1	1	Oz	Turkey, Sliced Lunchmeat
1	1/4	Ea	Avocado
2	1	Oz	Cheese, Cheddar, Low Fat

### Turkey Roll-Ups and Cheese

Two Separate Snacks, Do Not Mix

- Slice avocado and wrap Turkey around slices.
- Slice up and eat.

Lunch

1	2	Ea	Bacon, Turkey (slice)
2	1/2	Tsp	Oil, Olive
2	1/2	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

- 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	3	Oz	Turkey, Ground
2	1/4	Cup	Quinoa (dry)

### Turkey and Quinoa

Two Separate Snacks, Do Not Mix

- Pan fry ground turkey with your favorite seasoning.
- Make per package directions.

Dinner

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

### 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.
- Peel potatoes and slice thinly. Place potatoes in a bowl and drizzle with oil. Toss to coat. Spread potatoes evenly over a baking sheet and place in oven.
- Preheat oven to 400 °F. Bake for 22-25 minutes, flipping once halfway through, until centers are soft and edges are crispy. Sprinkle with salt.

## Daily Total

### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 1395

Total Fat 56g

Total Carbohydrate 128g

Protein 96g

## Smoothie

### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 278

Total Fat 2g

Total Carbohydrate 40g

Protein 26g

## Snack 1

### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 138

Total Fat 8g

Total Carbohydrate 5g

Protein 12g

## Lunch

### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 163

Total Fat 4g

Total Carbohydrate 21g

Protein 10g

## Snack 2

### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 285

Total Fat 10g

Total Carbohydrate 27g

Protein 22g

## Dinner

### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 532

Total Fat 32g

Total Carbohydrate 34g

Protein 27g

# 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	Ea	Banana
	1	1/4	Cup	Mango, Frozen
	1	1/4	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	1	Oz	Turkey, Sliced Lunchmeat
	1	1/4	Ea	Avocado
	2	1	Oz	Cheese, Cheddar, Low Fat

Turkey Roll-Ups and Cheese		Two Separate Snacks, Do Not Mix
1	Slice avocado and wrap Turkey around slices.	
2	Slice up and eat.	

Lunch	1	2	Ea	Bacon, Turkey (slice)
	2	1/2	Tsp	Oil, Olive
	2	1/2	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	3	Oz	Turkey, Ground
	2	1/4	Cup	Quinoa (dry)

Turkey and Quinoa		Two Separate Snacks, Do Not Mix
1	Pan fry ground turkey with your favorite seasoning.	
2	Make per package directions.	

Dinner	1	1/8	Ea	Onion, Medium
	1	1/4	Ea	Bell Pepper, Red
	1	1/4	Ea	Garlic, Chopped Clove
	1	1/4	Tsp	Oil, Olive
	2	2	Oz	Beans, Black
	2	2	Oz	Tomatoes, Diced (canned)
	2	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	4	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	1362
Total Fat	36g
Total Carbohydrate	158g
Protein	101g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	278
Total Fat	2g
Total Carbohydrate	40g
Protein	26g

Snack 1	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	138
Total Fat	8g
Total Carbohydrate	5g
Protein	12g

Lunch	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	163
Total Fat	4g
Total Carbohydrate	21g
Protein	10g

Snack 2	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	285
Total Fat	10g
Total Carbohydrate	27g
Protein	22g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	499
Total Fat	12g
Total Carbohydrate	65g
Protein	32g

# 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	Ea	Banana
	1	1/4	Cup	Mango, Frozen
	1	1/4	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	1	Oz	Turkey, Sliced Lunchmeat
	1	1/4	Ea	Avocado
	2	1	Oz	Cheese, Cheddar, Low Fat

Turkey Roll-Ups and Cheese		Two Separate Snacks, Do Not Mix	
1	Slice avocado and wrap Turkey around slices.		
2	Slice up and eat.		

Lunch	1	2	Ea	Bacon, Turkey (slice)
	2	1/2	Tsp	Oil, Olive
	2	1/2	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	3	Oz	Turkey, Ground
	2	1/4	Cup	Quinoa (dry)

Turkey and Quinoa		Two Separate Snacks, Do Not Mix	
1	Pan fry ground turkey with your favorite seasoning.		
2	Make per package directions.		

Dinner	1	1/4	Tsp	Oil, Olive
	1	5	Oz	Pork, Bone-In Loin
	1	1	Pinch	Salt / Pepper
	2	1/4	Ea	Pear, Medium
	2	2	Oz	Beer (No Drinking! Ha)
	2	1/4	Tsp	Sage
5	1/4	Cup	Rice, Brown (dry)	

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	Cook rice according to package directions. Serve along with pork chop.

Daily Total	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	1268
Total Fat	36g
Total Carbohydrate	138g
Protein	97g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	278
Total Fat	2g
Total Carbohydrate	40g
Protein	26g

Snack 1	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	138
Total Fat	8g
Total Carbohydrate	5g
Protein	12g

Lunch	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	163
Total Fat	4g
Total Carbohydrate	21g
Protein	10g

Snack 2	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	285
Total Fat	10g
Total Carbohydrate	27g
Protein	22g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	405
Total Fat	13g
Total Carbohydrate	45g
Protein	28g

# 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	Ea	Banana
	1	1/4	Cup	Mango, Frozen
	1	1/4	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	1	Oz	Turkey, Sliced Lunchmeat
	1	1/4	Ea	Avocado
	2	1	Oz	Cheese, Cheddar, Low Fat

Turkey Roll-Ups and Cheese		Two Separate Snacks, Do Not Mix	
1	Slice avocado and wrap Turkey around slices.		
2	Slice up and eat.		

Lunch	1	2	Ea	Bacon, Turkey (slice)
	2	1/2	Tsp	Oil, Olive
	2	1/2	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	3	Oz	Turkey, Ground
	2	1/4	Cup	Quinoa (dry)

Turkey and Quinoa		Two Separate Snacks, Do Not Mix	
1	Pan fry ground turkey with your favorite seasoning.		
2	Make per package directions.		

Dinner	1	1/2	Tbsp	Oil, Olive
	1	2	Tbsp	Peas, Frozen
	2	2	Ea	Egg, Regular
	2	1	Pinch	Salt / Pepper
	2	1	Oz	Cheese, Low Fat Feta
	2	1/4	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

Calories 1244

Total Fat 46g

Total Carbohydrate 117g

Protein 91g

### Smoothie

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 278

Total Fat 2g

Total Carbohydrate 40g

Protein 26g

### Snack 1

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 138

Total Fat 8g

Total Carbohydrate 5g

Protein 12g

### Lunch

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 163

Total Fat 4g

Total Carbohydrate 21g

Protein 10g

### Snack 2

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 285

Total Fat 10g

Total Carbohydrate 27g

Protein 22g

### Dinner

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 382

Total Fat 22g

Total Carbohydrate 24g

Protein 22g

# 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	Ea	Banana
	1	1/4	Cup	Mango, Frozen
	1	1/4	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	1	Oz	Turkey, Sliced Lunchmeat
	1	1/4	Ea	Avocado
	2	1	Oz	Cheese, Cheddar, Low Fat

Turkey Roll-Ups and Cheese		Two Separate Snacks, Do Not Mix	
1	Slice avocado and wrap Turkey around slices.		
2	Slice up and eat.		

Lunch	1	2	Ea	Bacon, Turkey (slice)
	2	1/2	Tsp	Oil, Olive
	2	1/2	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	3	Oz	Turkey, Ground
	2	1/4	Cup	Quinoa (dry)

Turkey and Quinoa		Two Separate Snacks, Do Not Mix	
1	Pan fry ground turkey with your favorite seasoning.		
2	Make per package directions.		

Dinner	1	3	Oz	Beef, Ground (90/10)
	2	3	Oz	Beans, Pinto
	2	1	Oz	Tomato Sauce
	2	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 1191

Total Fat 40g

Total Carbohydrate 110g

Protein 99g

### Smoothie

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 278

Total Fat 2g

Total Carbohydrate 40g

Protein 26g

### Snack 1

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 138

Total Fat 8g

Total Carbohydrate 5g

Protein 12g

### Lunch

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 163

Total Fat 4g

Total Carbohydrate 21g

Protein 10g

### Snack 2

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 285

Total Fat 10g

Total Carbohydrate 27g

Protein 22g

### Dinner

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 328

Total Fat 16g

Total Carbohydrate 16g

Protein 30g



# 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	Ea	Banana
	1	1/4	Cup	Mango, Frozen
	1	1/4	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	1	Oz	Turkey, Sliced Lunchmeat
	1	1/4	Ea	Avocado
	2	1	Oz	Cheese, Cheddar, Low Fat

Turkey Roll-Ups and Cheese		Two Separate Snacks, Do Not Mix
1	Slice avocado and wrap Turkey around slices.	
2	Slice up and eat.	

Lunch	1	2	Ea	Bacon, Turkey (slice)
	2	1/2	Tsp	Oil, Olive
	2	1/2	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	3	Oz	Turkey, Ground
	2	1/4	Cup	Quinoa (dry)

Turkey and Quinoa		Two Separate Snacks, Do Not Mix
1	Pan fry ground turkey with your favorite seasoning.	
2	Make per package directions.	

Dinner	1	1 1/4	Tsp	Oil, Olive
	1	4	Oz	Chicken, Breast
	1	1	Pinch	Salt / Pepper
	2	1/2	Tbsp	Vinegar, Red Wine
	2	1/2	Tbsp	Mustard, Dijon
	2	1/2	Tbsp	Oil, Olive
	2	3/4	Tsp	Basil, Ground
	2	1	Pinch	Salt / Pepper
	2	3/4	Cup	Lettuce, Romaine, Shredded
	2	1/8	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	1115
Total Fat	38g
Total Carbohydrate	97g
Protein	96g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	278
Total Fat	2g
Total Carbohydrate	40g
Protein	26g

Snack 1	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	138
Total Fat	8g
Total Carbohydrate	5g
Protein	12g

Lunch	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	163
Total Fat	4g
Total Carbohydrate	21g
Protein	10g

Snack 2	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	285
Total Fat	10g
Total Carbohydrate	27g
Protein	22g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	252
Total Fat	14g
Total Carbohydrate	4g
Protein	27g

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