

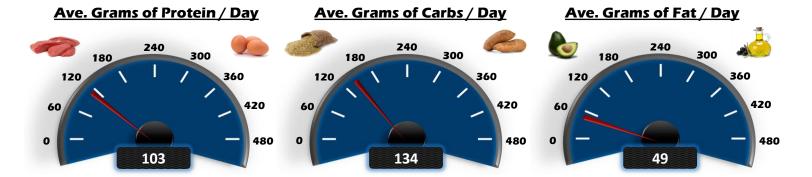
## **Your "First" Week**

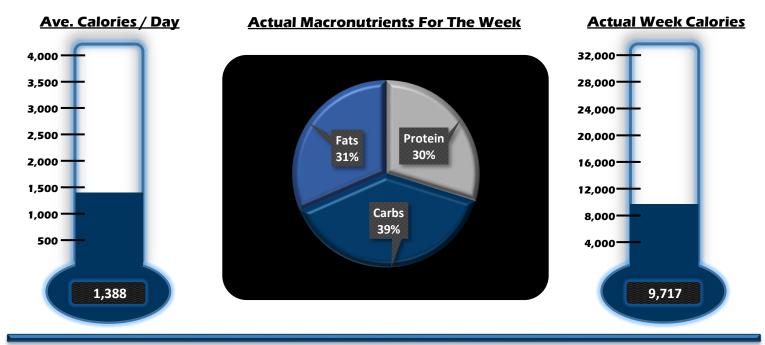
<u>Plan #</u> M1-1400



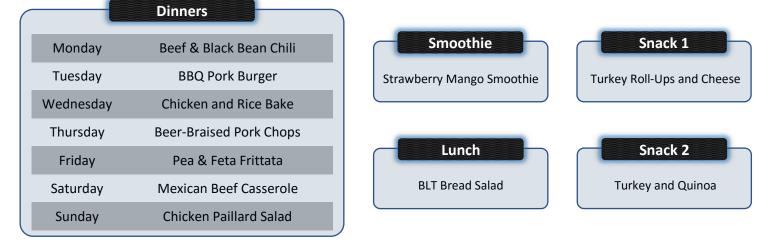
It's never too late to be who you might have been.
- George Eliot







#### **Meal Summary**



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	ltem	•	M	11/11	UOM	•	Price
Canned / Packaged	Rice, Brown (dry)	1	2	4	Cup	\$	0.24
Canned / Packaged	Tomatoes, Diced (canned)	5	10	20	Oz	\$	0.30
Canned / Packaged	Beans, Black	5	10	20	Oz	\$	0.40
Canned / Packaged	Peppers, Chipotle in Adobo	1	2	4	Oz	\$	0.28
Canned / Packaged	Tomato Sauce	2	4	8	Oz	\$	0.10
Canned / Packaged	Beans, Pinto	3	6	12	Oz	\$	0.18
Canned / Packaged	Salsa	1	2	4	Oz	\$	0.14
Canned / Packaged	Quinoa (dry)	2	4	8	Cup	\$	5.32
Produce	Garlic, Chopped Clove	1	2	4	Ea	\$	0.08
Produce	Onion, Medium	1	2	4	Ea	\$	0.15
Produce	Tomato, Medium	2	4	8	Ea	\$	0.86
Produce	Bell Pepper, Red	1	2	4	Ea	\$	1.00
Produce	Lettuce, Romaine, Shredded	6	12	24	Cup	\$	2.40
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	Banana	4	8	16	Ea	\$	0.68
Produce	Avocado	4	8	16	Ea	\$	5.96
Produce	Potatoes, Sweet (medium)	1	2	4	Ea	\$	0.33
Meat	Beef, Ground (90/10)	7	14	28	Oz	\$	2.52
Meat	Chicken, Breast	4	8	16	Oz	\$	0.76
Meat	Pork, Ground	3	6	12	Oz	\$	0.96
Meat	Chicken, Thigh (skinless)	4	8	16	Oz	\$	0.80
Meat	Pork, Bone-In Loin	6	12	24	Oz	\$	2.82
Meat	Turkey, Ground	21	42	84	Oz	\$	4.62
Refrigerated / Frozen	Cheese, Low Fat Feta	1	2	4	Oz	\$	0.83
Refrigerated / Frozen	Milk, Skim	6	12	24	Cup	\$	1.14
Refrigerated / Frozen	Mango, Frozen	2	4	8	Cup	\$	2.30
Refrigerated / Frozen	Strawberries, Frozen	2	4	8	Cup	\$	1.60
Refrigerated / Frozen	Bacon, Turkey (slice)	14	28	56	Ea	\$	1.82
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	2	4	8	Ea	\$	0.26
Refrigerated / Frozen	Cheese, Cheddar, Low Fat	7	14	28	Oz	\$	2.17
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	Turkey, Sliced Lunchmeat	14	28	56	Oz	\$	5.46
235.7 7 2 5						T	
	Approximat					7	51.11

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** 

\$ 51.11

<sup>\*</sup> Costs are the approximate cost you will consume as prepared per meal plan, actual costs will vary.

### <u>Monday</u>

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

#### **Ingredient** Step Qty UOM Cup Milk, Skim 1/2 Ea Banana 1/4 Cup Mango, Frozen Strawberries, Frozen 1/4 Cup 3/4 Ea Protein Powder, (25g)

#### **Directions** Strawberry Mango Smoothie

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	1	2	Oz	Turkey, Sliced Lunchmeat
5	1	1/2	Ea	Avocado
ä	2	1	Oz	Cheese, Cheddar, Low Fat
Sna				

### Turkey Roll-Ups and Cheese

Combine ingredients in blender and blend until smooth.

Two Separate Snacks, Do Not Mix

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

	1	2	Ea	Bacon, Turkey (slice)
ann a	2	1/2	Tsp	Oil, Olive
	2	1/2	Tbsp	Vinegar, Red Wine
Lunch	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)

- 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.

	1	3	Oz	Turkey, Ground
nack 2	2	1/4	Cun	Quinoa (dry)
Sna	_	±/ <del>-</del> -	Cup	Quinou (dry)

#### Turkey and Quinoa

Two Separate Snacks, Do Not Mix

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

	1	1 1/2	Tsp	Oil, Olive
	1	3/8	Ea	Onion, Medium
	1	1/2	Ea	Garlic, Chopped Clove
	1	4	Oz	Beef, Ground (90/10)
	2	3	Oz	Tomatoes, Diced (canned)
	2	3	Oz	Beans, Black
Dinner	2	1	Oz	Peppers, Chipotle in Adobo
Ë	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
- 3 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** 1550 **Calories Total Fat** 51g **Total Carbohydrate** 163g **Protein** 110g

#### **Smoothie**

Nutrition Facts					
Serving Size: As Prepared					
Amount Per Ser	ving				
Calories	278				
Total Fat	2g				
Total Carboh	ydrate	40g			
Protein	26g				

#### Snack 1

Nutrition Facts						
Serving Size:	As Prep	ared				
Amount Per Se	Amount Per Serving					
Calories	229					
Total Fat	14g					
Total Carbol	hydrate	10g				
Protein	16g					

#### **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 Prep	ared			
Amount Per Se	rving				
Calories	285				
Total Fat	10g				
Total Carbol	hydrate	27g			
Protein	22g				

		_				
Nutrition Facts						
Serving Size:	As Prep	ared				
Amount Per Serving						
Calories	597					
Total Fat	21g					
Total Carbol	nydrate	64g				
Protein	37g					

### **Tuesday**

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

- Unknown

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#### Step Qty UOM Ingredient

# 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)

#### Directions

1	Combino	ingradiants	in	blandar	and	hland	until smooth.
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# 1 2 Oz Turkey, Sliced Lunchmeat 1 1/2 Ea Avocado 2 1 Oz Cheese, Cheddar, Low Fat

#### Turkey Roll-Ups and Cheese

Strawberry Mango Smoothie

Two Separate Snacks, Do Not Mix

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

	1	2	Ea	Bacon, Turkey (slice)
	2	1/2	Tsp	Oil, Olive
2	2	1/2	Tbsp	Vinegar, Red Wine
Lunch	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 Sala

- 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.
- 3 In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

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

#### Turkey and Quinoa

Two Separate Snacks, Do Not Mix

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

	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
Dinner	3	1	Ea	Lettuce, Romaine (Leaf)
듬	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.
- 4 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.

### <u>Daily Total</u>

Nu	Nutrition Facts				
Serving Size:	As Prep	pared			
Amount Per Se	Amount Per Serving				
Amount i ei se	IVIIIg				
Calories	1486				
Total Fat	61g				
Total Carbo	hydrate	133g			
Protein	101g				

#### <u>Smoothie</u>

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

#### Snack 1

Nutrition Facts					
Serving Size:	As Prep	ared			
Amount Per Se	erving				
Calories	229				
<b>Total Fat</b>	14g				
Total Carbo	hydrate	10g			
Protein	16g				

#### Lunch

		_		
Nutrition Facts				
Serving Size:	As Pre	pared		
Amount Per Se	rving			
Calories	163			
Total Fat	4g			
Total Carbo	hydrate	21g		
Protein	10g	•		

#### Snack 2

26g

Protein

STRICK Z					
Nut	Nutrition Facts				
Serving Size:	As Prep	ared			
Amount Per Serving					
Calories	285				
Total Fat	10g				
Total Carbol	nydrate	27g			
Protein	22g				

Nutrition Facts				
Serving Size:	As Prep	ared		
Amount Per Serving				
Calories	532			
Total Fat	32g			
Total Carbo	hydrate	34g		
Protein	27g			
FIOLEIII	41g			

## **Wednesday**

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

- Unknown

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#### Step Qty UOM Ingredient

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	1	3/4	Cup	Milk, Skim
	1	1/2	Ea	Banana
<u>.e</u>	1	1/4	Cup	Mango, Frozen
Smoothie	1	1/4	Cup	Strawberries, Frozen
ē	1	3/4	Ea	Protein Powder, (25g)
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-				

#### Directions

1	Combino	ingradiants	in blo	ndor and	bland	until smooth	
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# 1 2 Oz Turkey, Sliced Lunchmeat 1 1/2 Ea Avocado 2 1 Oz Cheese, Cheddar, Low Fat

#### Turkey Roll-Ups and Cheese

Strawberry Mango Smoothie

Two Separate Snacks, Do Not Mix

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

_				
	1	2	Ea	Bacon, Turkey (slice)
	2	1/2	Tsp	Oil, Olive
E	2	1/2	Tbsp	Vinegar, Red Wine
Lunch	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.
- 3 In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

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

#### Turkey and Quinoa

Two Separate Snacks, Do Not Mix

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

$\cap$	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)
ē	2	2	Tbsp	Tomato Sauce
Dinner	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)
l	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.
- 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.

# Nutrition Facts Serving Size: As Prepared Amount Per Serving Calories 1452 Total Fat 42g Total Carbohydrate 163g

#### <u>Smoothie</u>

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Nu	trition F	acts	
Serving Size:	As Prep	ared	
Amount Per Se	rving		
Calories	278		
Total Fat	2g		
Total Carbol	hydrate	40g	
Protein	26g		

#### Snack 1

# Nutrition Facts Serving Size: As Prepared

Amount Per Serving

Calories 229

Total Fat 14g

Total Carbohydrate 10g

Protein 16g

#### Lunch

106g

**Protein** 

Protein

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

10g

#### Snack 2

<u>Snack Z</u>						
Nu	Nutrition Facts					
Serving Size: As Prepared						
Amount Per Se	Amount Per Serving					
Calories	285					
Total Fat	10g					
Total Carbohydrate 27g						
Protein	22g					

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

## <u>Thursday</u>

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

- Jim Rohn

#### Step Qty UOM Ingredient

	1	3/4	Cup	Milk, Skim
	1	1/2	Ea	Banana
<u>.e</u>	1	1/4	Cup	Mango, Frozen
Smoothie	1	1/4	Cup	Strawberries, Frozen
2	1	3/4	Ea	Protein Powder, (25g)
ية				

# Directions Strawberry Mango Smoothie

Combine	ingredients	in	blender	and	blend	until smooth.

# 1 2 Oz Turkey, Sliced Lunchmeat 1 1/2 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.

	1	2	Ea	Bacon, Turkey (slice)
	2	1/2	Tsp	Oil, Olive
	2	1/2	Tbsp	Vinegar, Red Wine
Lunch	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 Sala

- 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.
- 3 In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

	1	3	Oz	Turkey, Ground
Ŝ				
Snack	2	1/4	Cup	Quinoa (dry)
ي آ				

#### Turkey and Quinoa

Two Separate Snacks, Do Not Mix

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

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#### Beer-Braised Pork Chops

- 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.
- 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.

### <u>Daily Total</u>

# Nutrition Facts Serving Size: As Prepared Amount Per Serving Calories 1396 Total Fat 44g Total Carbohydrate 144g Protein 106g

#### <u>Smoothie</u>

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

#### Snack 1

Nut	trition F	acts		
Serving Size:	As Prep	ared		
Amount Per Serving				
Calories	229			
Total Fat	14g			
Total Carbol	nydrate	10g		
Protein	16g			

#### Lunch

Nu	trition	Facts				
Serving Size:	As Pre	pared				
Amount Per Se	rving					
Calories	163					
Total Fat	4g					
Total Carbohydrate 21g						
Protein	10g	•				

#### Snack 2

<u> </u>						
Nu	Nutrition Facts					
Serving Size:	As Prep	ared				
Amount Per Se	rving					
Calories	285					
Total Fat	10g					
Total Carbohydrate 27g						
Protein	22g					

#### <u>Dinner</u>

		_				
Nutrition Facts						
Serving Size:	As Prep	pared				
Amount Per Serving						
Calories	443					
Total Fat	15g					
Total Carbohydrate 45g						
Protein	33g					
	0					

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

- Vince Lombardi

### "

#### Step Qty UOM **Ingredient** Cup Milk, Skim 1 1/2 Ea Banana 1/4 Cup Mango, Frozen 1/4 Strawberries, Frozen Cup 3/4 Ea Protein Powder, (25g)

#### Directions

1	Combine	ingredients	in	blender	and	blend	until	smooth	١.

	1	2	Oz	Turkey, Sliced Lunchmeat
Ź	1	1/2	Ea	Avocado
Snack	2	1	Oz	Cheese, Cheddar, Low Fat
S				

#### Turkey Roll-Ups and Cheese

Strawberry Mango Smoothie

Two Separate Snacks, Do Not Mix

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

	1	2	Ea	Bacon, Turkey (slice)
	2	1/2	Tsp	Oil, Olive
ے	2	1/2	Tbsp	Vinegar, Red Wine
Lunch	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 Sala

- 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.
- 3 In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

	1	3	Oz	Turkey, Ground
ck 2	2	1/4	Cup	Quinoa (dry)
Snack	_	-/ .	Сир	Quinou (ary)

#### Turkey and Quinoa

Two Separate Snacks, Do Not Mix

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

	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
ᅙ	3	1	Ea	Bread, Whole Wheat (slice)
Dinner				

#### 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.
- 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 1335 Total Fat 52g Total Carbohydrate 122g Protein 96g

#### <u>Smoothie</u>

#### utrition Facts

NUT	rition F	acts	
Serving Size:	As Prep	ared	
Amount Per Serv	ving		
Calories	278		
Total Fat	2g		
Total Carboh	ydrate	40g	
Protein	26g		

#### Snack 1

# Serving Size: As Prepared Amount Per Serving

Total Fat 14g
Total Carbohydrate 10g
Protein 16g

#### <u>Lunch</u>

Nutrition Facts						
Serving Size:	As Pre	pared				
Amount Per Serving						
Calories	163					
Total Fat	4g					
Total Carbol	21g					
Protein	10g	•				

#### Snack 2

Nutrition Facts						
As Prep	ared					
rving						
285						
10g						
nydrate	27g					
22g						
	As Prepring 285 10g nydrate	As Prepared rving 285 10g nydrate 27g				

#### <u>Dinner</u>

Nutrition Facts						
Serving Size:	As Prep	ared				
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** Strawberry Mango Smoothie Cup Milk, Skim 1 Combine ingredients in blender and blend until smooth. 1/2 Ea Banana 1/4 Cup Mango, Frozen 1/4 Cup Strawberries, Frozen 3/4 Ea Protein Powder, (25g) Turkey Roll-Ups and Cheese Two Separate Snacks, Do Not Mix Turkey, Sliced Lunchmeat 1 Slice avocado and wrap Turkey around slices. 1/2 Ea Avocado Cheese, Cheddar, Low Fat 2 Slice up and eat. Bacon, Turkey (slice) Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer 1/2 Oil, Olive bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces. 2 1/2 Tbsp Vinegar, Red Wine Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast Bread, Whole Wheat (slice) Lettuce, Romaine, Shredded bread, then cut into 1/2 inch square pieces. 3/4 Cup 3 1/4 Tomato, Medium In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread 3 Tbsp | Scallions (Green Onions) slices. Toss well to coat. Sprinkle with bacon. Turkey and Quinoa Two Separate Snacks, Do Not Mix Turkey, Ground 1 Pan fry ground turkey with your favorite seasoning. 1/4 Cup Quinoa (dry) 2 Make per package directions. 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.

	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
10740	3	1	Oz	Cheese, Mont. Jack, Low Fat
Dinner				
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- 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.

<u>Daily Total</u>					
Nut	trition F	acts			
Serving Size:	As Prepa	ared			
Amount Per Serving					
Calories	1282				
Total Fat	45g				
Total Carbohydrate 115g					
Protein	104g				

#### Lunch

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

#### **Smoothie**

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

#### Snack 2

Nutrition Facts						
Serving Size:	As Prep	pared				
Amount Per Se	Amount Per Serving					
Calories	285	•	•			
Total Fat	10g	•	•			
Total Carbohydrate 27g						
Protein	22g					

#### Snack 1

Nutrition Facts					
Serving Size:	As Prep	ared			
Amount Per Ser	Amount Per Serving				
Calories	229				
Total Fat	14g				
Total Carbohydrate 10g					
Protein	16g				

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Nutrition Facts					
Serving Size:	As Prep	ared			
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**

	1	3/4	Cup	Milk, Skim
	1	1/2	Ea	Banana
<u>ë</u> .	1	1/4	Cup	Mango, Frozen
Smoothie	1	1/4	Cup	Strawberries, Frozen
ě	1	3/4	Ea	Protein Powder, (25g)
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#### **Directions**

1 Combine ingredients in blender and blend until smooth	th.
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	1	2	Oz	Turkey, Sliced Lunchmeat
2	1	1/2	Ea	Avocado
Snack	2	1	Oz	Cheese, Cheddar, Low Fat
S.				

#### Turkey Roll-Ups and Cheese

Strawberry Mango Smoothie

Two Separate Snacks, Do Not Mix

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

	1	2	Ea	Bacon, Turkey (slice)
	2	1/2	Tsp	Oil, Olive
-	2	1/2	Tbsp	Vinegar, Red Wine
nuch	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)

- 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.

	1	3	Oz	Turkey, Ground
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nac	2	1/4	Cup	Quinoa (dry)
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#### Turkey and Quinoa

Two Separate Snacks, Do Not Mix

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

#### 1 1/2 Oil, Olive Tsp Chicken, Breast Pinch | Salt / Pepper Tbsp 1/2 Vinegar, Red Wine Tbsp | Mustard, Dijon 1/2 1/2 Tbsp | Oil, Olive 3/4 Tsp Basil, Ground Pinch Salt / Pepper 3/4 Lettuce, Romaine, Shredded Cup 1/8 Ea Onion, Medium

#### Chicken Paillard Salad

- Season chicken with salt and pepper. Place oil in a pan over medium-high heat. Add chicken and cook for 3 minutes per side.
- 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** 1216 Calories **Total Fat** 45g **Total Carbohydrate** 102g

#### <u>Smoothie</u>

Nu	trition F	acts	
Serving Size:	As Prep	ared	
Amount Per Se	rving		
Calories	278		
Total Fat	2g		
Total Carbol	hydrate	40g	
Protein	26g		

#### <u>Snack 1</u>

As Prep	ared	
erving		
229		
14g		
hydrate	10g	
16g		
	229 14g hydrate	229 14g <b>hydrate</b> 10g

#### Lunch

100g

**Protein** 

#### **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 Prep	ared			
Amount Per Se	ruina				
Amount Per 3e	rvirig				
Calories	285				
Total Fat	10g				
Total Carbohydrate 27g					
Protein	22g	•			

Nutrition Facts	
As Prepare	ed
Amount Per Serving	
262	
16g	
Total Carbohydrate 4g	
27g	
	As Prepare rving 262 16g hydrate

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