

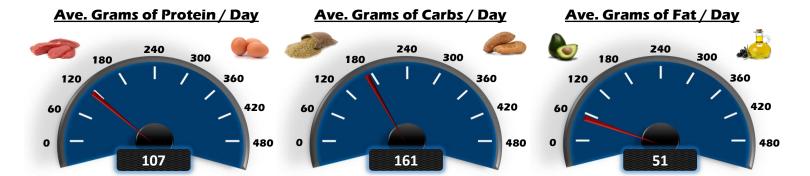
Your "First" Week

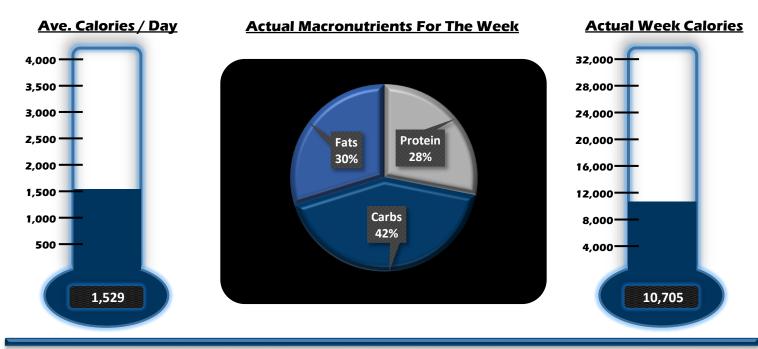
<u>Plan #</u> M1-1500



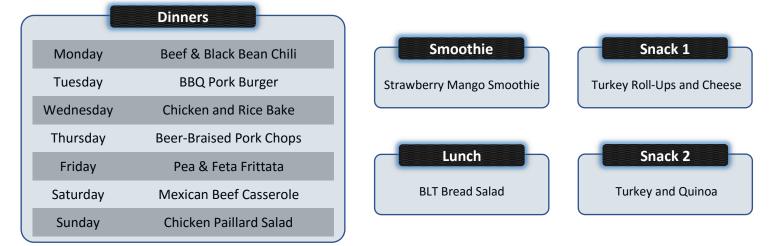
It's never too late to be who you might have been.
- George Eliot







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

C-4	#4 a	A	44	Áð.	шом	A	D
Category	ltem	•	**	1	UOM	Л	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	3	6	12	Oz	\$	0.15
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	7	14	28	Ea	\$	1.19
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	5	10	20	Oz	\$	0.95
Meat	Pork, Ground	3	6	12	Oz	\$	0.96
Meat	Chicken, Thigh (skinless)	4	8	16	Oz	\$	0.80
Meat	Pork, Bone-In Loin		14	28	Oz	\$	3.29
Meat	Turkey, Ground		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	4	8	16	Cup	\$	4.60
Refrigerated / Frozen	Strawberries, Frozen	4	8	16	Cup	\$	3.20
Refrigerated / Frozen	Bacon, Turkey (slice)	18	36	72	Ea	\$	2.34
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
Damery / Dem	Tarrey, choca zanemicat	·			<u> </u>	Ť	<u> </u>
	Annrovimat						56.75

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

\$ 56.75

^{*} 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 Directions Step Qty UOM Strawberry Mango Smoothie Cup Milk, Skim 1 Combine ingredients in blender and blend until smooth. Ea Banana 1/2 Cup Mango, Frozen 1/2 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. 2 1/2 Ea Bacon, Turkey (slice) Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer 2 1/2 Oil, Olive bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces. 2 Tbsp Vinegar, Red Wine Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast 1 Bread, Whole Wheat (slice) Lettuce, Romaine, Shredded bread, then cut into 1/2 inch square pieces. 3/4 Cup 3 1/4 Ea 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. Two Separate Snacks, Do Not Mix Turkey and Quinoa Turkey, Ground 1 Pan fry ground turkey with your favorite seasoning. Quinoa (dry) 1/4 Cup 2 Make per package directions. Beef & Black Bean Chili 1 1/2 Oil, Olive Tsp Heat oil in a saucepan over medium-high heat. Add chopped onion and garlic. Cook for 2 3/8 Onion, Medium Ea minutes, stirring occasionally. Add beef and cook for 2 minutes. 1/2 Garlic, Chopped Clove Ea Add tomatoes, black beans, chiles, cumin, salt, and pepper. Bring to a boil and simmer for 4 Beef, Ground (90/10) 2 2 3 Tomatoes, Diced (canned) Oz 2 3 Beans, Black Oz 3 Cook rice according to package directions. Serve along with or on top of the chili. Oz Peppers, Chipotle in Adobo Tsp 2 1/4 Cumin, Ground 2 Salt / Pepper **Pinch** 3 1/4 Rice, Brown (dry)

<u>Daily Total</u>								
Nutrition Facts								
Serving Size: As Prepared								
Amount Per Se	rving							
Calories	1664							
Total Fat	51g							
Total Carbo	hydrate	188g						
Protein	113g							

|--|

Nutrition Facts									
Serving Size: As Prepared									
Amount Per Serving									
Calories	171								
Total Fat	5g								
Total Carbo	hydrate	21g							
Protein	11g								

Smoothie

Nutrition Facts								
Serving Size:	As Prepared							
	_							
Amount Per Se	Amount Per Serving							
Calories	383							
Total Fat	2g							
Total Carbohydrate 65g								
Protein	26g							

Snack 2

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

Snack 1

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

<u>Dinner</u>								
Nutrition Facts								
Serving Size: As Prepared								
Amount Per Se	Amount Per Serving							
Calories	597							
Total Fat	21g							
Total Carbohydrate 64g								
Protein	37g	•	·					

Tuesday

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

- Unknown

"

Step Qty UOM Ingredient

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

Directions

Combine	ingredients	in	blender	and	blend	until	smooth.

Strawberry Mango Smoothie

_				
	1	2	Oz	Turkey, Sliced Lunchmeat
7	1	1/2	Ea	Avocado
nac	2	1	Oz	Cheese, Cheddar, Low Fat
S				

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 1/2	Ea	Bacon, Turkey (slice)
	2	1/2	Tsp	Oil, Olive
-	2	1	Tbsp	Vinegar, Red Wine
SE S	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				
Snac	2	1/4	Cup	Quinoa (dry)
ঠ				

Turkey and Quinoa

Two Separate Snacks, Do Not Mix

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

_				
\bigcap	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
Ш	2	1/2	Ea	Hamburger Buns, Whole Wheat
Dinner	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.
- 2 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.

Daily Total Nutrition Facts Serving Size: As Prepared Amount Per Serving Calories 1599 Total Fat 62g Total Carbohydrate 158g Protein 103g

<u>Smoothie</u>

Nutrition Facts

Nuti	illion F	acis	
Serving Size:	As Prep	ared	
Amount Per Serv	ving		
Calories	383		
Total Fat	2g		
Total Carbohy	/drate	65g	
Protein	26g		

Snack 1

Nutrition Facts Serving Size: As Prepared

Amount Per Serving					
Calories	229				
Total Fat	14g				
Total Carbo	ohydrate	10g			
Protein	16g				

Lunch

Nutrition Facts Serving Size: As Prepared Amount Per Serving Calories 171 Total Fat 5g Total Carbohydrate 21g Protein 11g

Snack 2

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

Nutrition Facts							
As Prep	ared						
ing							
532							
32g							
drate	34g						
27g							
	As Preping 532 32g drate	As Prepared ing 532 32g drate 34g					

<u>Vednesday</u>

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

- Unknown

Step Qty UOM **Ingredient**

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

Directions

1	Combine	ingredients	in	blender	and	blend	until smooth.
_	0011101110			2.0		2.0	

	1	2	Oz	Turkey, Sliced Lunchmeat
û	1	1/2	Ea	Avocado
nac	2	1	Oz	Cheese, Cheddar, Low Fat
Š				

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

\bigcap	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
Ш	2	2	Oz	Tomatoes, Diced (canned)
Dinner	2	2	Tbsp	Tomato Sauce
듣	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.
- 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.

Daily Total

Nutrition Facts Serving Size: As Prepared **Amount Per Serving** Calories 1565

Total Fat	42g	
Total Carb	ohydrate	188g
Protein	102σ	

<u>Smoothie</u>

Nut	rition	racts	
Serving Size:	As Pre	epared	
Amount Per Ser	ving		
Calories	383		
Total Fat	2g		
Total Carboh	ydrate	65g	
Protein	26g		

<u>Snack 1</u>

Nutrition Facts

Serving Size:	As Prep	ared	
Amount Per Se	rving		
Calories	229		
Total Fat	14g		
Total Carbo	hydrate	10g	
Protein	16g		

Lunch

Nutrition Facts Serving Size: As Prepared Amount Per Serving Calories 171 **Total Fat** 5g Total Carbohydrate 21g

11g

Protein

Snack 2

trition F	acts	
As Prep	ared	
erving		
285		
10g		
hydrate	27g	
22g	•	
	As Prep rving 285 10g hydrate	285 10g hydrate 27g

		_			
Nutrition Facts					
Serving Size:	As Prep	ared			
Amount Per Se	rving				
Calories	499				
Total Fat	12g				
Total Carbol	nydrate	65g			
Protein	32g	•			
	•	65g			

<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	Ea	Banana
.ല	1	1/2	Cup	Mango, Frozen
Smoothie	1	1/2	Cup	Strawberries, Frozen
ē	1	3/4	Ea	Protein Powder, (25g)
ية				

Directions

	Combina	ingredients	in	hlandar	and	hland	until	cmooth
•	COITIBILIE	ingredients		DICTIOCI	arru	DICITU	ullul.	arriootii.

_				
	1	2	Oz	Turkey, Sliced Lunchmeat
Ţ	1	1/2	Ea	Avocado
nack	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 1/2	Ea	Bacon, Turkey (slice)
	2	1/2	Tsp	Oil, Olive
٠	2	1	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
2				
nac	2	1/4	Cup	Quinoa (dry)
ঠ				

Turkey and Quinoa

Two Separate Snacks, Do Not Mix

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

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

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.
- 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.
- 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.

Daily Total

Nu	trition	racis	
Serving Size:	As Pre	pared	
Amount Per Se	erving		
Calories	1584		
Total Fat	48g		
Total Carbohydrate		175g	
Drotoin	11/σ		

<u>Smoothie</u>

	Nut	rition I	acts	
Ser	ving Size:	As Prep	pared	
Am	ount Per Ser	ving		
Ca	lories	383		
To	tal Fat	2g		
To	tal Carboh	ydrate	65g	
Pro	otein	26g		

Nu	trition	racts	
Serving Size:	As Pre	pared	
Amount Per Se	rving		
Calories	229		
Total Fat	14g		
Total Carbol	nydrate	10g	
Protein	16g		

Lunch

Nutrition Facts			
Serving Size:	As Pre	oared	
Amount Per Serving			
Calories	171		
Total Fat	5g		
Total Carbohydrate 21g			
Protein	11g	•	•

Snack 2

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

Nutrition Facts					
Serving Size:	: As Prepared				
Amount Per Se	Amount Per Serving				
Calories	517				
Total Fat	18g				
Total Carbohydrate 52g					
Protein	38g				

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

- Vince Lombardi

1

"

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

Directions

Combine	ingredients	in	blender	and	blend	until	smoot	h.

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

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 1/2	Ea	Bacon, Turkey (slice)
	2	1/2	Tsp	Oil, Olive
ے	2	1	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)
Sna	_	-/ .	Сир	Quinou (u.y)

Turkey and Quinoa

Two Separate Snacks, Do Not Mix

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

$\overline{}$	1	1/2	Tbsp	Oil, Olive
	1	2 1/2	Tbsp	Peas, Frozen
	2	2	Ea	Egg, Regular
	2	1	Pinch	Salt / Pepper
	2	1	Oz	Cheese, Low Fat Feta
	2	1/2	Ea	Bell Pepper, Red
ē	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 1460 Total Fat 52g Total Carbohydrate 149g Protein 98g

Smoothie

4-:4: -- Facto

Nutrition Facts						
Serving Size:	As Prep	ared				
Amount Per Serving						
Calories	383					
Total Fat	2g					
Total Carbo	hydrate	65g				
Protein	26g					

Snack 1

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

Lunch

Nutrition Facts				
Serving Size: As Prepared				
Amount Per Serving				
Calories	171			
Total Fat	5g			
Total Carbohydrate 21g				
Protein	11g			

Snack 2

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

<u> </u>						
Nutrition Facts						
Serving Size:	As Prep	ared				
Amount Per Serving						
Calories	393					
Total Fat	22g					
Total Carbohydrate 26g						
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** Cup Milk, Skim Ea Banana 1/2 Cup Mango, Frozen 1/2 Cup Strawberries, Frozen 3/4 Ea Protein Powder, (25g) Turkey, Sliced Lunchmeat 1/2 Ea Avocado Cheese, Cheddar, Low Fat

Directions

1 Combine ingredients in blender and blend until smooth.

Strawberry Mango Smoothie

Turkey Roll-Ups and Cheese 1 Slice avocado and wrap Turkey around slices.

2 Slice up and eat.

_				
	1	2 1/2	Ea	Bacon, Turkey (slice)
am	2	1/2	Tsp	Oil, Olive
ı,	2	1	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)
- 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.
- 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
Snack 2	2	1/4	Cup	Quinoa (dry)
Sn		=, .		(4.7)

Turkey and Quinoa

Two Separate Snacks, Do Not Mix

Two Separate Snacks, Do Not Mix

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

	1	3	Oz	Beef, Ground (90/10)
	2	3	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
Dinner				
듬				
_				

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.
- 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>						
Nu	trition F	acts				
Serving Size: As Prepared						
Amount Per Se	Amount Per Serving					
Calories	1406					
Total Fat	46g					
Total Carbohydrate 142g						
Protein	106g					

Smoothie

Nutrition Facts

1141		uoto				
Serving Size:	As Prep	ared				
Amount Per Serving						
Calories	383					
Total Fat	2g					
Total Carboh	ydrate	65g				
Protein	26g					

Snack 1

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

Lunch

Nutrition Facts Serving Size: As Prepared Amount Per Serving Calories 171 **Total Fat** 5g Total Carbohydrate 21g Protein 11g

Snack 2

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

<u> </u>							
Nutrition Facts							
Serving Size:	As Prep	ared					
Amount Per Serving							
Calories	339						
Total Fat	16g						
Total Carbohydrate 19g							
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	Ea	Banana
<u>.</u> e	1	1/2	Cup	Mango, Frozen
Smoothie	1	1/2	Cup	Strawberries, Frozen
9	1	3/4	Ea	Protein Powder, (25g)
2				

Directions

1	Combine	ingredients	in	hlender	and	hlend	until	smooth	
т.	COITIBILIE	iligieuleilis	ш	Dieliuei	anu	DIEIIU	until	SITIOUTII.	

_				
	1	2	Oz	Turkey, Sliced Lunchmeat
7	1	1/2	Ea	Avocado
nac	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 1/2	Ea	Bacon, Turkey (slice)
	2	1/2	Tsp	Oil, Olive
7-2	2	1	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
7				
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	1 1/2	Tsp	Oil, Olive
	1	5	Oz	Chicken, Breast
	1	1	Pinch	Salt / Pepper
	2	1/2	Tbsp	Vinegar, Red Wine
	2	1/2	Tbsp	Mustard, Dijon
Ш	2	1	Tbsp	Oil, Olive
핕	2	3/4	Tsp	Basil, Ground
Dinner	2	1	Pinch	Salt / Pepper
	2	3/4	Cup	Lettuce, Romaine, Shredded
	2	1/4	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.

Serving Size:

Calories

Total Fat

Protein

Amount Per Serving

Total Carbohydrate

3 Transfer the chicken to a plate. Top with the salad and serve.

Daily Total Nutrition Facts Serving Size: As Prepared **Amount Per Serving** 1428 **Calories Total Fat** 53g **Total Carbohydrate** 128g Protein 109g

<u>Smoothie</u>

nutrition Facts				
As Prep	As Prepared			
rving				
383				
2g				
hydrate	65g			
26g				
	As Prepring 383 2g hydrate	As Prepared rving 383 2g hydrate 65g		

Snack 1

Nutrition Facts

As Prepared

10g

Hutiltion i acts				
Serving Size:	As Prep	ared		
Amount Per Ser	ving			
Calories	383			
Total Fat	2g			
Total Carbohydrate		65g		
Protein	26g			

229

16g

14g

Lunch

Nutrition Facts				
Serving Size:	: As Prepared			
Amount Per Serving				
Calories	171			
Total Fat	5g			
Total Carbohydrate 21g				
Protein	11g			

Snack 2

Nutrition Facts				
Serving Size:	As Prep	ared		
Amount Per Serving				
Calories	285			
Total Fat	10g			
Total Carbo	hydrate	27g		
Protein	22g			

Nutrition Facts				
Serving Size:	As Prep	pared		
Amount Per Serving				
Calories	361			
Total Fat	23g			
Total Carbohydrate 5g				
Protein	33g		•	

EARN MONEY BY REFERRING US!



If you refer us we will pay you! It's that simple. Just tell your friends, coworkers or gym sidekick about our great tasting meal plan community....

The best part of this is, you can refer as many people as you want!

You will get \$24 for each new member you refer that signs up for a yearly membership and \$12 for each new member that signs up for a monthly membership!

Just have them put down your username in the "how did you hear about us" section of the sign-up form when they join!

After 30 days, you get paid. It is that simple.



www.ExplosifiedFitness.Com