



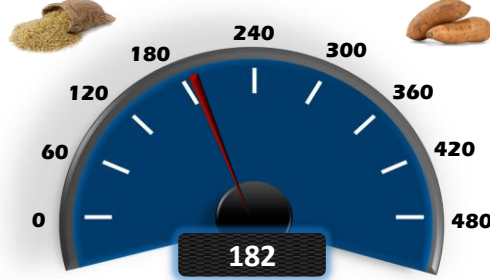
It's never too late to be who you might have been.
- George Eliot



Ave. Grams of Protein / Day



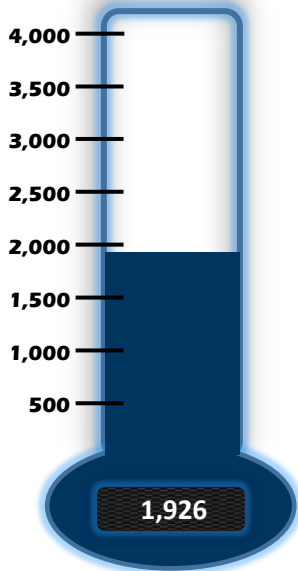
Ave. Grams of Carbs / Day



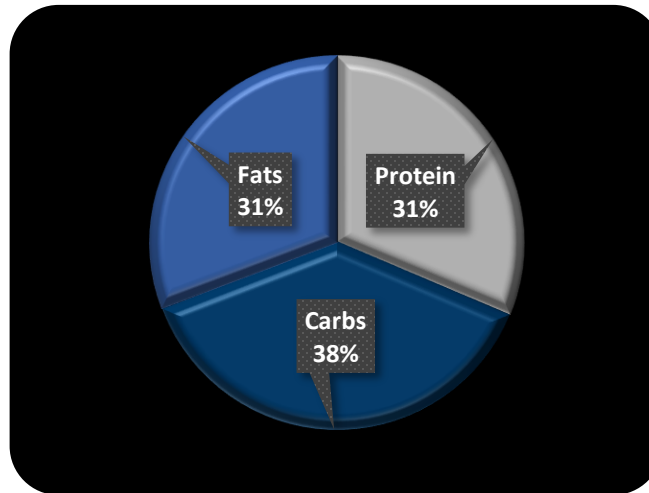
Ave. Grams of Fat / Day



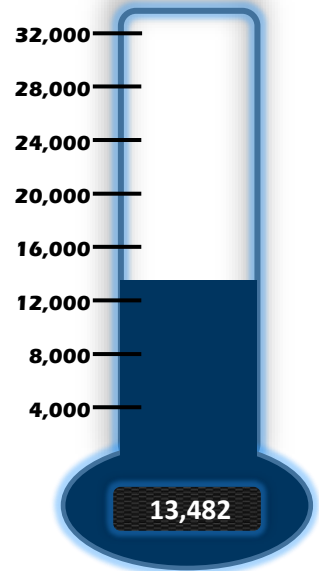
Ave. Calories / Day



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

Grocery List

Category	Item	1 Person	2 People	3+ People	UOM	Price
Canned / Packaged	Rice, Brown (dry)	1	2	4	Cup	\$ 0.24
Canned / Packaged	Tomatoes, Diced (canned)	9	18	36	Oz	\$ 0.54
Canned / Packaged	Beans, Black	9	18	36	Oz	\$ 0.72
Canned / Packaged	Peppers, Chipotle in Adobo	1	2	4	Oz	\$ 0.28
Canned / Packaged	Tomato Sauce	4	8	16	Oz	\$ 0.20
Canned / Packaged	Beans, Pinto	5	10	20	Oz	\$ 0.30
Canned / Packaged	Salsa	1	2	4	Oz	\$ 0.14
Canned / Packaged	Quinoa (dry)	2	4	8	Cup	\$ 5.32
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	1	2	4	Ea	\$ 1.00
Produce	Lettuce, Romaine, Shredded	10	20	40	Cup	\$ 4.00
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)	11	22	44	Oz	\$ 3.96
Meat	Chicken, Breast	7	14	28	Oz	\$ 1.33
Meat	Pork, Ground	4	8	16	Oz	\$ 1.28
Meat	Chicken, Thigh (skinless)	7	14	28	Oz	\$ 1.40
Meat	Pork, Bone-In Loin	9	18	36	Oz	\$ 4.23
Meat	Turkey, Ground	35	70	140	Oz	\$ 7.70
Refrigerated / Frozen	Cheese, Low Fat Feta	1	2	4	Oz	\$ 0.83
Refrigerated / Frozen	Milk, Skim	9	18	36	Cup	\$ 1.71
Refrigerated / Frozen	Mango, Frozen	4	8	16	Cup	\$ 4.60
Refrigerated / Frozen	Strawberries, Frozen	4	8	16	Cup	\$ 3.20
Refrigerated / Frozen	Bacon, Turkey (slice)	25	50	100	Ea	\$ 3.25
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	3	6	12	Ea	\$ 0.39
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

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 \$ 67.68

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

Monday

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

- Benjamin Franklin

Step Qty UOM

Ingredient

Directions

Smoothie

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

Strawberry Mango Smoothie

- 1 Combine ingredients in blender and blend until smooth.

Snack 1

1	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.

Lunch

1	3 1/2	Ea	Bacon, Turkey (slice)
2	1	Tsp	Oil, Olive
2	1	Tbsp	Vinegar, Red Wine
2	1	Ea	Bread, Whole Wheat (slice)
3	1 1/4	Cup	Lettuce, Romaine, Shredded
3	1/4	Ea	Tomato, Medium
3	1 1/2	Tbsp	Scallions (Green Onions)

BLT Bread Salad

- 1 Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces.
- 2 Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
- 3 In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

Snack 2

1	5	Oz	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	2 1/4	Tsp	Oil, Olive
1	5/8	Ea	Onion, Medium
1	3/4	Ea	Garlic, Chopped Clove
1	6	Oz	Beef, Ground (90/10)
2	5	Oz	Tomatoes, Diced (canned)
2	5	Oz	Beans, Black
2	1	Oz	Peppers, Chipotle in Adobo
2	1/2	Tsp	Cumin, Ground
2	1	Pinch	Salt / Pepper
3	1/4	Cup	Rice, Brown (dry)

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 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

Calories 2139

Total Fat 70g

Total Carbohydrate 217g

Protein 161g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 498

Total Fat 3g

Total Carbohydrate 75g

Protein 43g

Snack 1

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 229

Total Fat 14g

Total Carbohydrate 10g

Protein 16g

Lunch

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 214

Total Fat 8g

Total Carbohydrate 22g

Protein 15g

Snack 2

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 370

Total Fat 15g

Total Carbohydrate 27g

Protein 33g

Dinner

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 829

Total Fat 31g

Total Carbohydrate 82g

Protein 54g

Tuesday

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

- Unknown

Step Qty UOM Ingredient

Directions

Smoothie

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

Strawberry Mango Smoothie

- 1 Combine ingredients in blender and blend until smooth.

Snack 1

1	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.

Lunch

1	3 1/2	Ea	Bacon, Turkey (slice)
2	1	Tsp	Oil, Olive
2	1	Tbsp	Vinegar, Red Wine
2	1	Ea	Bread, Whole Wheat (slice)
3	1 1/4	Cup	Lettuce, Romaine, Shredded
3	1/4	Ea	Tomato, Medium
3	1 1/2	Tbsp	Scallions (Green Onions)

BLT Bread Salad

- 1 Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces.
- 2 Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
- 3 In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

Snack 2

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

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 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.
- 5 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 2024

Total Fat 77g

Total Carbohydrate 191g

Protein 141g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 498

Total Fat 3g

Total Carbohydrate 75g

Protein 43g

Snack 1

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 229

Total Fat 14g

Total Carbohydrate 10g

Protein 16g

Lunch

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 214

Total Fat 8g

Total Carbohydrate 22g

Protein 15g

Snack 2

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 370

Total Fat 15g

Total Carbohydrate 27g

Protein 33g

Dinner

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 714

Total Fat 39g

Total Carbohydrate 57g

Protein 35g

Wednesday



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

- Unknown



Step Qty UOM Ingredient

Directions

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

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

Snack 1	1	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.		

Lunch	1	3 1/2	Ea	Bacon, Turkey (slice)
	2	1	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1 1/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1 1/2	Tbsp	Scallions (Green Onions)	

BLT Bread Salad	
1	Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces.
2	Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
3	In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

Snack 2	1	5	Oz	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	Ea	Onion, Medium
	1	1/4	Ea	Bell Pepper, Red
	1	1/2	Ea	Garlic, Chopped Clove
	1	1/2	Tsp	Oil, Olive
	2	4	Oz	Beans, Black
	2	4	Oz	Tomatoes, Diced (canned)
	2	3 1/2	Tbsp	Tomato Sauce
	2	1/4	Cup	Corn, Kernels (frozen)
	2	1/4	Cup	Rice, Brown (dry)
	2	1	Pinch	Chili Powder
	2	1	Pinch	Salt
	2	1	Pinch	Red Pepper (Cayenne) Flakes
	3	7	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	2042
Total Fat	59g
Total Carbohydrate	217g
Protein	160g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	498
Total Fat	3g
Total Carbohydrate	75g
Protein	43g

Snack 1	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	229
Total Fat	14g
Total Carbohydrate	10g
Protein	16g

Lunch	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	214
Total Fat	8g
Total Carbohydrate	22g
Protein	15g

Snack 2	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	370
Total Fat	15g
Total Carbohydrate	27g
Protein	33g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	732
Total Fat	21g
Total Carbohydrate	83g
Protein	53g

Thursday

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

- Jim Rohn

Step Qty UOM Ingredient

Directions

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

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

Snack 1	1	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.	

Lunch	1	3 1/2	Ea	Bacon, Turkey (slice)
	2	1	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1 1/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1 1/2	Tbsp	Scallions (Green Onions)	

BLT Bread Salad	
1	Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces.
2	Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
3	In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

Snack 2	1	5	Oz	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	Tsp	Oil, Olive
	1	9	Oz	Pork, Bone-In Loin
	1	1	Pinch	Salt / Pepper
	2	1/2	Ea	Pear, Medium
	2	4	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 1912

Total Fat 60g

Total Carbohydrate 188g

Protein 154g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 498

Total Fat 3g

Total Carbohydrate 75g

Protein 43g

Snack 1

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 229

Total Fat 14g

Total Carbohydrate 10g

Protein 16g

Lunch

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 214

Total Fat 8g

Total Carbohydrate 22g

Protein 15g

Snack 2

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 370

Total Fat 15g

Total Carbohydrate 27g

Protein 33g

Dinner

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 601

Total Fat 22g

Total Carbohydrate 54g

Protein 47g

Friday

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

- Vince Lombardi

Step Qty UOM Ingredient

Directions

Smoothie

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

Strawberry Mango Smoothie

- 1 Combine ingredients in blender and blend until smooth.

Snack 1

1	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.

Lunch

1	3 1/2	Ea	Bacon, Turkey (slice)
2	1	Tsp	Oil, Olive
2	1	Tbsp	Vinegar, Red Wine
2	1	Ea	Bread, Whole Wheat (slice)
3	1 1/4	Cup	Lettuce, Romaine, Shredded
3	1/4	Ea	Tomato, Medium
3	1 1/2	Tbsp	Scallions (Green Onions)

BLT Bread Salad

- 1 Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces.
- 2 Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
- 3 In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

Snack 2

1	5	Oz	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	3 1/2	Tbsp	Peas, Frozen
2	3	Ea	Egg, Regular
2	1	Pinch	Salt / Pepper
2	1	Oz	Cheese, Low Fat Feta
2	1/2	Ea	Bell Pepper, Red
3	1	Ea	Bread, Whole Wheat (slice)

Pea & Feta Frittata

- 1 Heat oil in an ovenproof pan over medium-high heat. Add peas then cook for 2 minutes.
- 2 Crack the eggs in a bowl and whisk. Add in salt, pepper, crumbled Feta, and chopped bell pepper. Add the egg mixture into the pan and cook for 5 minutes.
- 3 Transfer the pan to the broiler and broil for 5 minutes or until top is golden brown. Serve with toasted bread.

Daily Total

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 1787

Total Fat 66g

Total Carbohydrate 162g

Protein 136g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 498

Total Fat 3g

Total Carbohydrate 75g

Protein 43g

Snack 1

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 229

Total Fat 14g

Total Carbohydrate 10g

Protein 16g

Lunch

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 214

Total Fat 8g

Total Carbohydrate 22g

Protein 15g

Snack 2

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 370

Total Fat 15g

Total Carbohydrate 27g

Protein 33g

Dinner

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 476

Total Fat 28g

Total Carbohydrate 28g

Protein 29g

Saturday



To succeed in life, you need three things: A backbone, a wishbone and a funny bone.

- Reba McEntire



Step Qty UOM Ingredient

Directions

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

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

Snack 1	1	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.	

Lunch	1	3 1/2	Ea	Bacon, Turkey (slice)
	2	1	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1 1/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1 1/2	Tbsp	Scallions (Green Onions)	

BLT Bread Salad	
1	Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces.
2	Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
3	In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

Snack 2	1	5	Oz	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	5	Oz	Beef, Ground (90/10)
	2	5	Oz	Beans, Pinto
	2	2	Oz	Tomato Sauce
	2	1	Tbsp	Salsa
	2	1/4	Tsp	Chili Powder
	3	1	Oz	Cheese, Mont. Jack, Low Fat

Mexican Beef Casserole	
1	Cook beef in a nonstick pan over medium heat for 8-10 minutes, stirring occasionally.
2	Mix beef, beans, tomato sauce, salsa, and chili powder in an ungreased casserole dish.
3	Cover and bake for 40 minutes in an oven preheated to 375 °F. Sprinkle with shredded cheese. Bake uncovered for 5 more minutes or until cheese melts.

Daily Total	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	1801
Total Fat	61g
Total Carbohydrate	162g
Protein	152g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	498
Total Fat	3g
Total Carbohydrate	75g
Protein	43g

Snack 1	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	229
Total Fat	14g
Total Carbohydrate	10g
Protein	16g

Lunch	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	214
Total Fat	8g
Total Carbohydrate	22g
Protein	15g

Snack 2	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	370
Total Fat	15g
Total Carbohydrate	27g
Protein	33g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	490
Total Fat	22g
Total Carbohydrate	28g
Protein	45g

Sunday

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

- Marcus Aurelius

Step Qty UOM Ingredient

Directions

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

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

Snack 1	1	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.		

Lunch	1	3 1/2	Ea	Bacon, Turkey (slice)
	2	1	Tsp	Oil, Olive
	2	1	Tbsp	Vinegar, Red Wine
	2	1	Ea	Bread, Whole Wheat (slice)
	3	1 1/4	Cup	Lettuce, Romaine, Shredded
	3	1/4	Ea	Tomato, Medium
3	1 1/2	Tbsp	Scallions (Green Onions)	

BLT Bread Salad	
1	Cook bacon in a nonstick skillet over medium heat until crisp. Remove from pan. Transfer bacon to a paper towel-lined plate. Slice bacon into 1/2 inch pieces.
2	Prepare the vinaigrette by mixing oil and vinegar in a bowl. Set aside. Meanwhile, toast bread, then cut into 1/2 inch square pieces.
3	In a bowl, mix lettuce, tomato wedges, sliced onion. Drizzle with the vinaigrette. Add bread slices. Toss well to coat. Sprinkle with bacon.

Snack 2	1	5	Oz	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	2 1/2	Tsp	Oil, Olive
	1	7	Oz	Chicken, Breast
	1	1	Pinch	Salt / Pepper
	2	1/2	Tbsp	Vinegar, Red Wine
	2	1/2	Tbsp	Mustard, Dijon
	2	1	Tbsp	Oil, Olive
	2	1 1/4	Tsp	Basil, Ground
	2	1	Pinch	Salt / Pepper
	2	1 1/4	Cup	Lettuce, Romaine, Shredded
	2	1/4	Ea	Onion, Medium

Chicken Paillard Salad	
1	Season chicken with salt and pepper. Place oil in a pan over medium-high heat. Add chicken and cook for 3 minutes per side.
2	In a bowl, whisk together, vinegar, mustard, olive oil, and basil. Season vinaigrette with salt and pepper. Add the lettuce and sliced onion. Toss to combine.
3	Transfer the chicken to a plate. Top with the salad and serve.

Daily Total

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 1777

Total Fat 67g

Total Carbohydrate 140g

Protein 153g

Smoothie

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 498

Total Fat 3g

Total Carbohydrate 75g

Protein 43g

Snack 1

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 229

Total Fat 14g

Total Carbohydrate 10g

Protein 16g

Lunch

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 214

Total Fat 8g

Total Carbohydrate 22g

Protein 15g

Snack 2

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 370

Total Fat 15g

Total Carbohydrate 27g

Protein 33g

Dinner

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 466

Total Fat 29g

Total Carbohydrate 6g

Protein 47g

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