



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



### Ave. Grams of Protein / Day



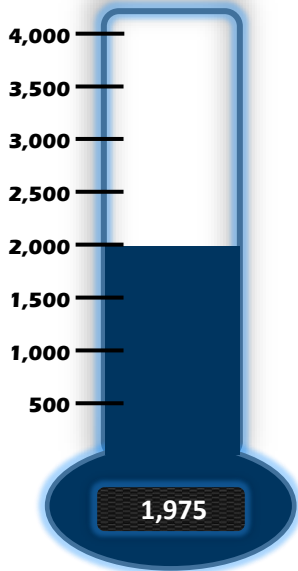
### Ave. Grams of Carbs / Day



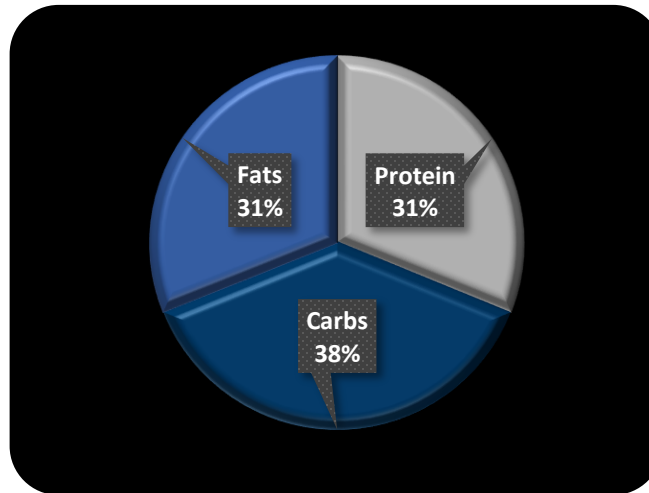
### Ave. Grams of Fat / Day



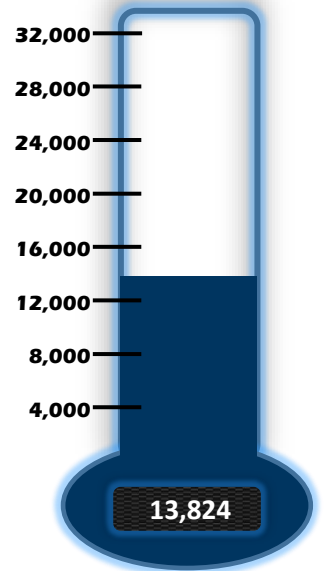
### Ave. Calories / Day



### 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	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

- 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

- Slice avocado and wrap Turkey around slices.
- 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

- 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	5	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	2 1/2	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

- 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>	2150
<b>Total Fat</b>	71g
<b>Total Carbohydrate</b>	217g
<b>Protein</b>	161g

## Smoothie

### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	498
<b>Total Fat</b>	3g
<b>Total Carbohydrate</b>	75g
<b>Protein</b>	43g

## Snack 1

### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	229
<b>Total Fat</b>	14g
<b>Total Carbohydrate</b>	10g
<b>Protein</b>	16g

## Lunch

### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	214
<b>Total Fat</b>	8g
<b>Total Carbohydrate</b>	22g
<b>Protein</b>	15g

## Snack 2

### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	370
<b>Total Fat</b>	15g
<b>Total Carbohydrate</b>	27g
<b>Protein</b>	33g

## Dinner

### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	839
<b>Total Fat</b>	32g
<b>Total Carbohydrate</b>	82g
<b>Protein</b>	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	5	Oz	Pork, Ground
1	1 1/2	Tbsp	Sauce, Barbecue
1	1	Tsp	Mustard, Dijon
1	1	Pinch	Salt / Pepper
2	1	Oz	Cheese, Mont. Jack, Low Fat
2	1 1/2	Ea	Hamburger Buns, Whole Wheat
3	1	Ea	Lettuce, Romaine (Leaf)
4	1 1/4	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 2206

Total Fat 84g

Total Carbohydrate 213g

Protein 150g

## 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 896

Total Fat 45g

Total Carbohydrate 79g

Protein 43g

# 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	3/4	Tsp	Oil, Olive
	1	10	Oz	Pork, Bone-In Loin
	1	1	Pinch	Salt / Pepper
	2	3/4	Ea	Pear, Medium
	2	4	Oz	Beer (No Drinking! Ha)
	2	1/4	Tsp	Sage
	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	1986
Total Fat	64g
Total Carbohydrate	195g
Protein	159g

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	676
Total Fat	25g
Total Carbohydrate	61g
Protein	52g

# 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	4	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	1862
Total Fat	72g
Total Carbohydrate	163g
Protein	142g

### 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	552
Total Fat	33g
Total Carbohydrate	28g
Protein	35g

# 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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