



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



### Ave. Grams of Protein / Day



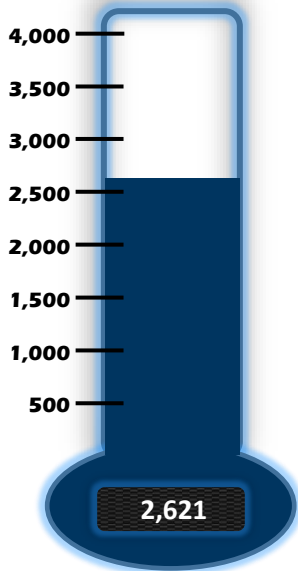
### Ave. Grams of Carbs / Day



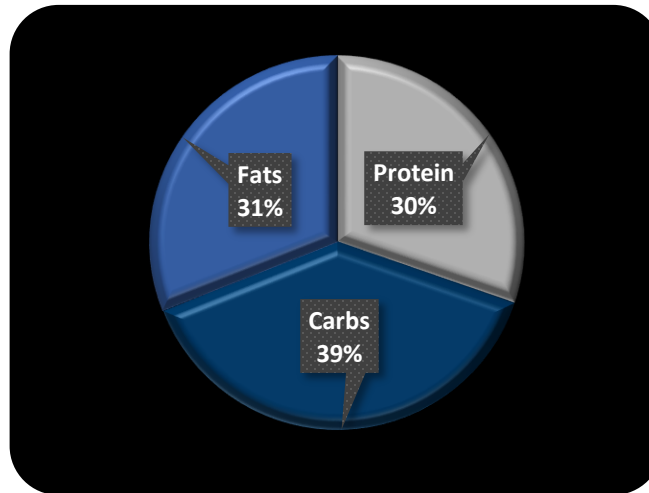
### Ave. Grams of Fat / Day



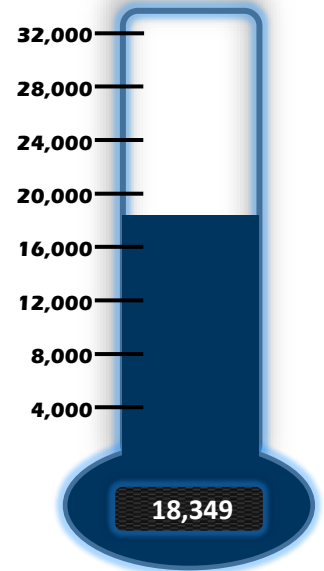
### Ave. Calories / Day



### 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				UOM	 Price
Canned / Packaged	Rice, Brown (dry)	1	2	4	Cup	\$ 0.24
Canned / Packaged	Tomatoes, Diced (canned)	11	22	44	Oz	\$ 0.66
Canned / Packaged	Beans, Black	11	22	44	Oz	\$ 0.88
Canned / Packaged	Peppers, Chipotle in Adobo	1	2	4	Oz	\$ 0.28
Canned / Packaged	Tomato Sauce	6	12	24	Oz	\$ 0.30
Canned / Packaged	Beans, Pinto	6	12	24	Oz	\$ 0.36
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	4	8	16	Ea	\$ 1.72
Produce	Bell Pepper, Red	2	4	8	Ea	\$ 2.00
Produce	Lettuce, Romaine, Shredded	12	24	48	Cup	\$ 4.80
Produce	Scallions (Green Onions)	1	2	4	Cup	\$ 0.50
Produce	Lettuce, Romaine (Leaf)	2	4	8	Ea	\$ 0.50
Produce	Pear, Medium	1	2	4	Ea	\$ 0.89
Produce	Banana	11	22	44	Ea	\$ 1.87
Produce	Avocado	6	12	24	Ea	\$ 8.94
Produce	Potatoes, Sweet (medium)	2	4	8	Ea	\$ 0.66
Meat	Beef, Ground (90/10)	14	28	56	Oz	\$ 5.04
Meat	Chicken, Breast	9	18	36	Oz	\$ 1.71
Meat	Pork, Ground	6	12	24	Oz	\$ 1.92
Meat	Chicken, Thigh (skinless)	9	18	36	Oz	\$ 1.80
Meat	Pork, Bone-In Loin	12	24	48	Oz	\$ 5.64
Meat	Turkey, Ground	42	84	168	Oz	\$ 9.24
Refrigerated / Frozen	Cheese, Low Fat Feta	1	2	4	Oz	\$ 0.83
Refrigerated / Frozen	Milk, Skim	11	22	44	Cup	\$ 2.09
Refrigerated / Frozen	Mango, Frozen	6	12	24	Cup	\$ 6.90
Refrigerated / Frozen	Strawberries, Frozen	6	12	24	Cup	\$ 4.80
Refrigerated / Frozen	Bacon, Turkey (slice)	32	64	128	Ea	\$ 4.16
Refrigerated / Frozen	Cheese, Mont. Jack, Low Fat	4	8	16	Oz	\$ 1.24
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	4	8	16	Ea	\$ 0.52
Refrigerated / Frozen	Cheese, Cheddar, Low Fat	14	28	56	Oz	\$ 4.34
Bakery / Deli	Hamburger Buns, Whole Wheat	2	4	8	Ea	\$ 0.48
Bakery / Deli	Bread, Whole Wheat (slice)	15	30	60	Ea	\$ 1.65
Bakery / Deli	Turkey, Sliced Lunchmeat	21	42	84	Oz	\$ 8.19

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 \$ 92.32**

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

### Strawberry Mango Smoothie

- Combine ingredients in blender and blend until smooth.

Snack 1

1	3	Oz	Turkey, Sliced Lunchmeat
1	3/4	Ea	Avocado
2	2	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	4 1/2	Ea	Bacon, Turkey (slice)
2	1 1/4	Tsp	Oil, Olive
2	1 1/2	Tbsp	Vinegar, Red Wine
2	2	Ea	Bread, Whole Wheat (slice)
3	1 1/2	Cup	Lettuce, Romaine, Shredded
3	1/2	Ea	Tomato, Medium
3	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	6	Oz	Turkey, Ground
2	1/4	Cup	Quinoa (dry)

### Turkey and Quinoa

### Two Separate Snacks, Do Not Mix

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

Dinner

1	3	Tsp	Oil, Olive
1	3/4	Ea	Onion, Medium
1	1	Ea	Garlic, Chopped Clove
1	8	Oz	Beef, Ground (90/10)
2	6	Oz	Tomatoes, Diced (canned)
2	6	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

Calories 2796

Total Fat 93g

Total Carbohydrate 281g

Protein 208g

## Smoothie

### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 660

Total Fat 4g

Total Carbohydrate 105g

Protein 52g

## Snack 1

### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 367

Total Fat 21g

Total Carbohydrate 16g

Protein 28g

## Lunch

### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 344

Total Fat 10g

Total Carbohydrate 42g

Protein 21g

## Snack 2

### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 413

Total Fat 17g

Total Carbohydrate 27g

Protein 38g

## Dinner

### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 1012

Total Fat 41g

Total Carbohydrate 92g

Protein 69g

# Tuesday

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

- Unknown

## Step Qty UOM Ingredient

## Directions

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

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

Snack 1	1	3	Oz	Turkey, Sliced Lunchmeat
	1	3/4	Ea	Avocado
	2	2	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	4 1/2	Ea	Bacon, Turkey (slice)
	2	1 1/4	Tsp	Oil, Olive
	2	1 1/2	Tbsp	Vinegar, Red Wine
	2	2	Ea	Bread, Whole Wheat (slice)
	3	1 1/2	Cup	Lettuce, Romaine, Shredded
	3	1/2	Ea	Tomato, Medium
3	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	6	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	6	Oz	Pork, Ground
	1	1 1/2	Tbsp	Sauce, Barbecue
	1	1 1/4	Tsp	Mustard, Dijon
	1	2	Pinch	Salt / Pepper
	2	2	Oz	Cheese, Mont. Jack, Low Fat
	2	1 1/2	Ea	Hamburger Buns, Whole Wheat
	3	2	Ea	Lettuce, Romaine (Leaf)
	4	1 1/2	Ea	Potatoes, Sweet (medium)
	4	1	Tbsp	Oil, Olive
5	1/2	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	
<b>Calories</b>	2931
<b>Total Fat</b>	117g
<b>Total Carbohydrate</b>	275g
<b>Protein</b>	196g

### Smoothie

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	660
<b>Total Fat</b>	4g
<b>Total Carbohydrate</b>	105g
<b>Protein</b>	52g

### Snack 1

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	367
<b>Total Fat</b>	21g
<b>Total Carbohydrate</b>	16g
<b>Protein</b>	28g

### Lunch

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	344
<b>Total Fat</b>	10g
<b>Total Carbohydrate</b>	42g
<b>Protein</b>	21g

### Snack 2

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	413
<b>Total Fat</b>	17g
<b>Total Carbohydrate</b>	27g
<b>Protein</b>	38g

### Dinner

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	1147
<b>Total Fat</b>	64g
<b>Total Carbohydrate</b>	85g
<b>Protein</b>	57g

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

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

Snack 1	1	3	Oz	Turkey, Sliced Lunchmeat
	1	3/4	Ea	Avocado
	2	2	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	4 1/2	Ea	Bacon, Turkey (slice)
	2	1 1/4	Tsp	Oil, Olive
	2	1 1/2	Tbsp	Vinegar, Red Wine
	2	2	Ea	Bread, Whole Wheat (slice)
	3	1 1/2	Cup	Lettuce, Romaine, Shredded
	3	1/2	Ea	Tomato, Medium
3	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	6	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	3/8	Ea	Onion, Medium
	1	1/2	Ea	Bell Pepper, Red
	1	1/2	Ea	Garlic, Chopped Clove
	1	3/4	Tsp	Oil, Olive
	2	5	Oz	Beans, Black
	2	5	Oz	Tomatoes, Diced (canned)
	2	4 1/2	Tbsp	Tomato Sauce
	2	1/2	Cup	Corn, Kernels (frozen)
	2	1/2	Cup	Rice, Brown (dry)
	2	2	Pinch	Chili Powder
	2	2	Pinch	Salt
	2	2	Pinch	Red Pepper (Cayenne) Flakes
	3	9	Oz	Chicken, Thigh (skinless)
	3	2	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	
<b>Calories</b>	2884
<b>Total Fat</b>	81g
<b>Total Carbohydrate</b>	329g
<b>Protein</b>	211g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	660
<b>Total Fat</b>	4g
<b>Total Carbohydrate</b>	105g
<b>Protein</b>	52g

Snack 1	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	367
<b>Total Fat</b>	21g
<b>Total Carbohydrate</b>	16g
<b>Protein</b>	28g

Lunch	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	344
<b>Total Fat</b>	10g
<b>Total Carbohydrate</b>	42g
<b>Protein</b>	21g

Snack 2	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	413
<b>Total Fat</b>	17g
<b>Total Carbohydrate</b>	27g
<b>Protein</b>	38g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	1100
<b>Total Fat</b>	28g
<b>Total Carbohydrate</b>	139g
<b>Protein</b>	72g

# Thursday

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

- Jim Rohn

## Step Qty UOM Ingredient

## Directions

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

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

Snack 1	1	3	Oz	Turkey, Sliced Lunchmeat
	1	3/4	Ea	Avocado
	2	2	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	4 1/2	Ea	Bacon, Turkey (slice)
	2	1 1/4	Tsp	Oil, Olive
	2	1 1/2	Tbsp	Vinegar, Red Wine
	2	2	Ea	Bread, Whole Wheat (slice)
	3	1 1/2	Cup	Lettuce, Romaine, Shredded
	3	1/2	Ea	Tomato, Medium
3	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	6	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	12	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 2535

Total Fat 81g

Total Carbohydrate 250g

Protein 201g

### Smoothie

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 660

Total Fat 4g

Total Carbohydrate 105g

Protein 52g

### Snack 1

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 367

Total Fat 21g

Total Carbohydrate 16g

Protein 28g

### Lunch

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 344

Total Fat 10g

Total Carbohydrate 42g

Protein 21g

### Snack 2

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 413

Total Fat 17g

Total Carbohydrate 27g

Protein 38g

### Dinner

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 752

Total Fat 29g

Total Carbohydrate 61g

Protein 62g

# Friday

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

- Vince Lombardi

## Step Qty UOM Ingredient

## Directions

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

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

Snack 1	1	3	Oz	Turkey, Sliced Lunchmeat
	1	3/4	Ea	Avocado
	2	2	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	4 1/2	Ea	Bacon, Turkey (slice)
	2	1 1/4	Tsp	Oil, Olive
	2	1 1/2	Tbsp	Vinegar, Red Wine
	2	2	Ea	Bread, Whole Wheat (slice)
	3	1 1/2	Cup	Lettuce, Romaine, Shredded
	3	1/2	Ea	Tomato, Medium
3	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	6	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	4 1/2	Tbsp	Peas, Frozen
	2	4	Ea	Egg, Regular
	2	1	Pinch	Salt / Pepper
	2	1	Oz	Cheese, Low Fat Feta
	2	3/4	Ea	Bell Pepper, Red
	3	1	Ea	Bread, Whole Wheat (slice)

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

### Daily Total

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	2351
<b>Total Fat</b>	85g
<b>Total Carbohydrate</b>	221g
<b>Protein</b>	175g

### Smoothie

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	660
<b>Total Fat</b>	4g
<b>Total Carbohydrate</b>	105g
<b>Protein</b>	52g

### Snack 1

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	367
<b>Total Fat</b>	21g
<b>Total Carbohydrate</b>	16g
<b>Protein</b>	28g

### Lunch

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	344
<b>Total Fat</b>	10g
<b>Total Carbohydrate</b>	42g
<b>Protein</b>	21g

### Snack 2

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	413
<b>Total Fat</b>	17g
<b>Total Carbohydrate</b>	27g
<b>Protein</b>	38g

### Dinner

#### Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
<b>Calories</b>	567
<b>Total Fat</b>	33g
<b>Total Carbohydrate</b>	31g
<b>Protein</b>	36g

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

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

Snack 1	1	3	Oz	Turkey, Sliced Lunchmeat
	1	3/4	Ea	Avocado
	2	2	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	4 1/2	Ea	Bacon, Turkey (slice)
	2	1 1/4	Tsp	Oil, Olive
	2	1 1/2	Tbsp	Vinegar, Red Wine
	2	2	Ea	Bread, Whole Wheat (slice)
	3	1 1/2	Cup	Lettuce, Romaine, Shredded
	3	1/2	Ea	Tomato, Medium
3	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	6	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	6	Oz	Beef, Ground (90/10)
	2	6	Oz	Beans, Pinto
	2	3	Oz	Tomato Sauce
	2	1 1/2	Tbsp	Salsa
	2	1/2	Tsp	Chili Powder
	3	2	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 2451

Total Fat 84g

Total Carbohydrate 224g

Protein 200g

### Smoothie

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 660

Total Fat 4g

Total Carbohydrate 105g

Protein 52g

### Snack 1

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 367

Total Fat 21g

Total Carbohydrate 16g

Protein 28g

### Lunch

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 344

Total Fat 10g

Total Carbohydrate 42g

Protein 21g

### Snack 2

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 413

Total Fat 17g

Total Carbohydrate 27g

Protein 38g

### Dinner

#### Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 667

Total Fat 32g

Total Carbohydrate 35g

Protein 61g



# Sunday

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

- Marcus Aurelius

## Step Qty UOM Ingredient

## Directions

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

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

Snack 1	1	3	Oz	Turkey, Sliced Lunchmeat
	1	3/4	Ea	Avocado
	2	2	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	4 1/2	Ea	Bacon, Turkey (slice)
	2	1 1/4	Tsp	Oil, Olive
	2	1 1/2	Tbsp	Vinegar, Red Wine
	2	2	Ea	Bread, Whole Wheat (slice)
	3	1 1/2	Cup	Lettuce, Romaine, Shredded
	3	1/2	Ea	Tomato, Medium
3	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	6	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	Tsp	Oil, Olive
	1	9	Oz	Chicken, Breast
	1	1	Pinch	Salt / Pepper
	2	1/2	Tbsp	Vinegar, Red Wine
	2	1/2	Tbsp	Mustard, Dijon
	2	1 1/2	Tbsp	Oil, Olive
	2	1 1/2	Tsp	Basil, Ground
	2	1	Pinch	Salt / Pepper
	2	1 1/2	Cup	Lettuce, Romaine, Shredded
	2	3/8	Ea	Onion, Medium

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

Daily Total	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	2401
Total Fat	91g
Total Carbohydrate	197g
Protein	199g

Smoothie	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	660
Total Fat	4g
Total Carbohydrate	105g
Protein	52g

Snack 1	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	367
Total Fat	21g
Total Carbohydrate	16g
Protein	28g

Lunch	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	344
Total Fat	10g
Total Carbohydrate	42g
Protein	21g

Snack 2	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	413
Total Fat	17g
Total Carbohydrate	27g
Protein	38g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	617
Total Fat	39g
Total Carbohydrate	8g
Protein	60g

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