



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



Ave. Grams of Protein / Day



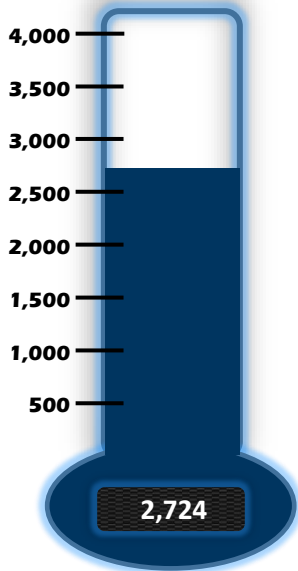
Ave. Grams of Carbs / Day



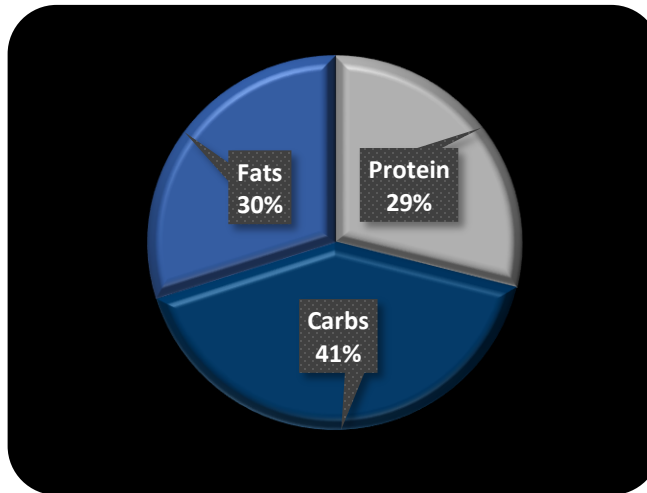
Ave. Grams of Fat / Day



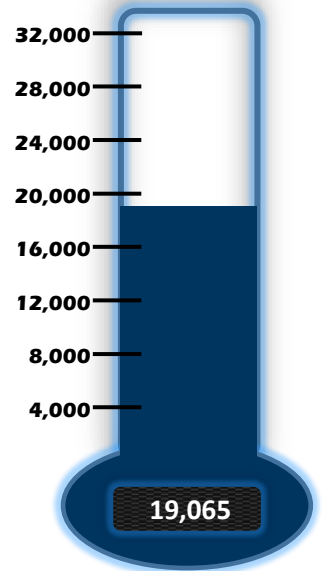
Ave. Calories / Day



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)	10	20	40	Oz	\$ 0.60
Canned / Packaged	Beans, Black	10	20	40	Oz	\$ 0.80
Canned / Packaged	Peppers, Chipotle in Adobo	2	4	8	Oz	\$ 0.56
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)	4	8	16	Cup	\$ 10.64
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	1	2	4	Ea	\$ 1.00
Produce	Lettuce, Romaine, Shredded	12	24	48	Cup	\$ 4.80
Produce	Scallions (Green Onions)	1	2	4	Cup	\$ 0.50
Produce	Lettuce, Romaine (Leaf)	1	2	4	Ea	\$ 0.25
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	2	4	8	Oz	\$ 1.66
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	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	5	10	20	Ea	\$ 0.65
Refrigerated / Frozen	Cheese, Cheddar, Low Fat	7	14	28	Oz	\$ 2.17
Bakery / Deli	Hamburger Buns, Whole Wheat	2	4	8	Ea	\$ 0.48
Bakery / Deli	Bread, Whole Wheat (slice)	16	32	64	Ea	\$ 1.76
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 \$ 94.81

* 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

- 1 Combine ingredients in blender and blend until smooth.

Snack 1

1	3	Oz	Turkey, Sliced Lunchmeat
1	3/4	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	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	1/2	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	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	2	Oz	Peppers, Chipotle in Adobo
2	1/2	Tsp	Cumin, Ground
2	2	Pinch	Salt / Pepper
3	1/2	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 3086

Total Fat 96g

Total Carbohydrate 345g

Protein 211g

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 320

Total Fat 19g

Total Carbohydrate 15g

Protein 21g

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 569

Total Fat 20g

Total Carbohydrate 55g

Protein 44g

Dinner

Nutrition Facts

Serving Size: As Prepared

Amount Per Serving

Calories 1194

Total Fat 43g

Total Carbohydrate 129g

Protein 73g

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	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	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	1/2	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	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 1/2	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	2887
Total Fat	104g
Total Carbohydrate	301g
Protein	187g

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	320
Total Fat	19g
Total Carbohydrate	15g
Protein	21g

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	569
Total Fat	20g
Total Carbohydrate	55g
Protein	44g

Dinner

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	995
Total Fat	51g
Total Carbohydrate	85g
Protein	48g

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	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	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	1/2	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	1/4	Ea	Bell Pepper, Red
	1	1/2	Ea	Garlic, Chopped Clove
	1	3/4	Tsp	Oil, Olive
	2	4	Oz	Beans, Black
	2	4	Oz	Tomatoes, Diced (canned)
	2	4 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	9	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	2727
Total Fat	79g
Total Carbohydrate	302g
Protein	202g

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	320
Total Fat	19g
Total Carbohydrate	15g
Protein	21g

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	569
Total Fat	20g
Total Carbohydrate	55g
Protein	44g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	834
Total Fat	26g
Total Carbohydrate	85g
Protein	64g

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	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	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	1/2	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	2644
Total Fat	82g
Total Carbohydrate	277g
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	320
Total Fat	19g
Total Carbohydrate	15g
Protein	21g

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	569
Total Fat	20g
Total Carbohydrate	55g
Protein	44g

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	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	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	1/2	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	Tbsp	Oil, Olive
	1	4 1/2	Tbsp	Peas, Frozen
	2	5	Ea	Egg, Regular
	2	2	Pinch	Salt / Pepper
	2	2	Oz	Cheese, Low Fat Feta
	2	3/4	Ea	Bell Pepper, Red
	3	2	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	2742
Total Fat	103g
Total Carbohydrate	266g
Protein	189g

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	320
Total Fat	19g
Total Carbohydrate	15g
Protein	21g

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	569
Total Fat	20g
Total Carbohydrate	55g
Protein	44g

Dinner

Nutrition Facts

Serving Size:	As Prepared
Amount Per Serving	
Calories	850
Total Fat	50g
Total Carbohydrate	50g
Protein	51g

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	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	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	1/2	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	1/4	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	2469
Total Fat	78g
Total Carbohydrate	251g
Protein	191g

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	320
Total Fat	19g
Total Carbohydrate	15g
Protein	21g

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	569
Total Fat	20g
Total Carbohydrate	55g
Protein	44g

Dinner	
Nutrition Facts	
Serving Size:	As Prepared
Amount Per Serving	
Calories	577
Total Fat	25g
Total Carbohydrate	35g
Protein	53g

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	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	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	1/2	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	2510
Total Fat	91g
Total Carbohydrate	224g
Protein	198g

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	320
Total Fat	19g
Total Carbohydrate	15g
Protein	21g

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	569
Total Fat	20g
Total Carbohydrate	55g
Protein	44g

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

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