

# Meal Plan A

## Week 1 Breakdown:

High Protein, Low Carb, 1300-1500cals, Low Dairy

Monday Mar 30, 2015 <a href="#">Clear</a>	Tuesday Mar 31, 2015 <a href="#">Clear</a>	Wednesday Apr 1, 2015 <a href="#">Clear</a>	Thursday Apr 2, 2015 <a href="#">Clear</a>	Friday Apr 3, 2015 <a href="#">Clear</a>	Saturday Apr 4, 2015 <a href="#">Clear</a>
<b>Breakfast</b> Blueberries Egg Turkey bacon	<b>Breakfast</b> Protein powder Berries Almond milk	<b>Breakfast</b> Egg omelet or scrambled egg	<b>Breakfast</b> Apple Egg	<b>Breakfast</b> Tomatoes Pepper Onions Avocado Egg omelet or scrambled egg	<b>Breakfast</b> Avocado Sweetpotato Berries Onions Pepper Egg
<b>Lunch</b> Turkey Lettuce Wrap Sweetpotato	<b>Lunch</b> Cucumber Carrots Mixed salad greens Salad dressing Turkey or chicken breast	<b>Lunch</b> Salad dressing Mixed salad greens Turkey Strawberries	<b>Lunch</b> Mixed salad greens Turkey Italian dressing Sweetpotato	<b>Lunch</b> Lemon juice Lettuce Olive oil	<b>Lunch</b> Tomatoes Olive oil Lettuce
<b>Dinner</b> Lettuce Broccoli Chicken	<b>Dinner</b> Lettuce Fish Italian dressing	<b>Dinner</b> Lettuce Chicken Sweetpotato	<b>Dinner</b> Broccoli Mixed salad greens Carrots Chicken Tomatoes Cucumber	<b>Dinner</b> Salmon Flaxseed oil <b>Dinner</b> Berries Broccoli Turkey Burger	<b>Dinner</b> Lemon juice Salmon Flaxseed oil <b>Dinner</b> Chicken Broccoli
<b>Snacks</b> Apple Almonds Protein powder	<b>Snacks</b> Broccoli Strawberries Apple Berries Almonds Peanut butter 0% Greek Yogurt stevia	<b>Snacks</b> Banana Yogurt Strawberries Almonds Celery Peanut butter stevia	<b>Snacks</b> Almonds Yogurt Orange Protein powder stevia Berries	<b>Snacks</b> Peanut butter Carrots Pepper Cheese Protein powder Apple	<b>Snacks</b> Pepper Carrots Raisins Apple Cheese Meal replacement Peanut butter

## Daily Breakdown

**Interactive Report Card**

**Weight Control**

Total Calories A  
 Carbohydrates D+  
 Protein A  
 Fat A

**Heart Health**

Sodium F+  
 Cholesterol F+  
 Saturated Fat A  
 Fiber A  
 Omega 3 A  
 Omega 6 A

**Vitamins**


B1 - Thiamin B+  
 B2 - Riboflavin A  
 B3 - Niacin B+  
 B6 - Pyridoxine A  
 B9 - Folate A  
 B12 - Cobalamin D+  
 C - Ascorbic Acid A  
 E - Tocopherol A

**Minerals**




K - Potassium C+  
 Mg - Magnesium A  
 Ca - Calcium C+  
 Fe - Iron B+  
 Cu - Copper A  
 Zn - Zinc A  
 P - Phosphorus A  
 Se - Selenium A

Click the Grades for More Info

Patent Pending  
GPA: 3.19



Meal Plan: Monday, Mar. 30, 2015

[Create a Mealplan](#)   [Find a Mealplan](#)   [Calendar](#)

**Goal: 1249-1749 Calories / day**

[Start Here](#)

**• Breakfast** [\(Get Suggestions\)](#)

- Blueberries, raw : 1/2 cup : 41 cal Delete
- Egg, whole, boiled : 2 large : 154 cal Delete
- Turkey bacon, cooked : 2 medium slice (yield after cooking) : 84 cal Delete

Total Calories: 279   Carb=12g Prot=20g Fat=17g

**• Lunch** [\(Get Suggestions\)](#)

- Turkey Lettuce Wrap : 1 Wrap : 221 cal Delete
- Sweetpotato, baked, peel not eaten, fat not added in cooking : 1 small : 61 cal Delete

Total Calories: 282   Carb=46g Prot=6g Fat=5.5g

**• Dinner** [\(Get Suggestions\)](#)

- Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 1 cup : 13 cal Delete
- Broccoli, raw : 1 bunch : 170 cal Delete
- Chicken, breast, with or without bone, roasted, skin not eaten : 1 medium breast (yield after cooking, bone and skin removed) : 281 cal Delete

Total Calories: 465   Carb=35g Prot=72g Fat=8.4g

**• Snack 1** [\(Get Suggestions\)](#)

- Almonds : 0.2 cup : 166 cal Delete
- Protein powder : 1 Typical Serving : 112 cal Delete

Total Calories: 278   Carb=19g Prot=14g Fat=17g

**• Snack 2** [\(Get Suggestions\)](#)

- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal Delete

Total Calories: 81   Carb=21g Prot=0.26g Fat=0.5g

**• Snack 3** [\(Get Suggestions\)](#)

**Total Calories: 1386   Carb=134g Prot=112g Fat=49g**

[View Complete Nutrient Summary](#)

Interactive Report Card

Weight Control

Total Calories **A**  
 Carbohydrates **F+**  
 Protein **B+**  
 Fat **C+**

Heart Health

Sodium **F+**  
 Cholesterol **A**  
 Saturated Fat **A**  
 Fiber **A**  
 Omega 3 **A**  
 Omega 6 **A**

Vitamins

B1 - Thiamin **C+**  
 B2 - Riboflavin **A**  
 B3 - Niacin **B+**  
 B6 - Pyridoxine **A**  
 B9 - Folate **A**  
 B12 - Cobalamin **A**  
 C - Ascorbic Acid **A**  
 E - Tocopherol **A**

Minerals

K - Potassium **B+**  
 Mg - Magnesium **A**  
 Ca - Calcium **B+**  
 Fe - Iron **B+**  
 Cu - Copper **A**  
 Zn - Zinc **C+**  
 P - Phosphorus **A**  
 Se - Selenium **A**

Click the Grades for More Info

Patent Pending  
 GPA: 3.27



Create a Mealplan

Find a Mealplan

Meal Plan: Tuesday, Mar. 31, 2015

Goal: 1249-1749 Calories / day

• **Breakfast** (Get Suggestions)

- Protein powder : 1/2 Typical Serving : 56 cal
  - Berries, raw : 1/2 cup : 22 cal
  - Almond milk : 1 cup : 60 cal
- Total Calories: 138 Carb=20g Prot=5.8g Fat=8.2g

• **Lunch** (Get Suggestions)

- Cucumber, raw : 1 small (6-3/8" long) : 19 cal
  - Carrots, raw : 7/8 cup, strips or slices : 46 cal
  - Mixed salad greens, raw : 3 cup, shredded or chopped : 27 cal
  - Salad dressing : 1 tablespoon : 68 cal
  - Turkey or chicken breast, prepackaged or deli, luncheon meat : 5 slice (1 oz) : 156 cal
- Total Calories: 316 Carb=22g Prot=37g Fat=9.8g

• **Dinner** (Get Suggestions)

- Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup : 52 cal
  - Fish, NS as to type, steamed : 6 oz, boneless, cooked : 237 cal
  - Italian dressing, made with vinegar and oil : 1 tablespoon : 69 cal
  - Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets : 27 cal
- Total Calories: 385 Carb=17g Prot=50g Fat=13g

• **Snack 1** (Get Suggestions)

- Berries, raw : 1/2 cup : 22 cal
  - 0% Greek Yogurt : 1 Typical Serving : 60 cal
  - stevia : 1 packet : 0 cal
- Total Calories: 102 Carb=12g Prot=13g Fat=0.27g

• **Snack 2** (Get Suggestions)

- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
  - Peanut butter : 1 tablespoon : 95 cal
- Total Calories: 176 Carb=24g Prot=4.3g Fat=8.7g

• **Snack 3** (Get Suggestions)

- Strawberries, raw : 10 medium (1-1/4" dia) : 36 cal
  - Almonds, unroasted : 1 Typical Serving : 165 cal
- Total Calories: 201 Carb=14g Prot=6.3g Fat=15g

Total Calories: 1319 Carb=110g Prot=117g Fat=55g  
[View Complete Nutrient Summary](#)

Interactive Report Card

Weight Control

Total Calories **A**  
 Carbohydrates **C+**  
 Protein **A**  
 Fat **C+**

Heart Health

Sodium **B+**  
 Cholesterol **F+**  
 Saturated Fat **B+**  
 Fiber **A**  
 Omega 3 **A**  
 Omega 6 **A**

Vitamins

B1 - Thiamin **B+**  
 B2 - Riboflavin **A**  
 B3 - Niacin **A**  
 B6 - Pyridoxine **A**  
 B9 - Folate **A**  
 B12 - Cobalamin **A**  
 C - Ascorbic Acid **A**  
 E - Tocopherol **A**

Minerals

K - Potassium **A**  
 Mg - Magnesium **A**  
 Ca - Calcium **A**  
 Fe - Iron **B+**  
 Cu - Copper **A**  
 Zn - Zinc **A**  
 P - Phosphorus **A**  
 Se - Selenium **A**

Click the Grades for More Info

Patent Pending  
 GPA: 3.54



Create a Mealplan

Find a Mealplan

Meal Plan: Wednesday, Apr. 1, 2015

Goal: 1249-1749 Calories / day

• **Breakfast** (Get Suggestions)

- Egg omelet or scrambled egg, with cheese : 2 medium egg : 260 cal
- Total Calories: 260 Carb=4.4g Prot=17g Fat=19g

• **Lunch** (Get Suggestions)

- Salad dressing, low-calorie : 2 Typical Serving : 81 cal
  - Mixed salad greens, raw : 6 cup, shredded or chopped : 55 cal
  - Turkey, light meat, cooked, skin not eaten : 2 thin slice (approx 3" x 2" x 1/8") : 44 cal
  - Strawberries, raw : 1 Typical Serving : 22 cal
- Total Calories: 201 Carb=22g Prot=14g Fat=7.9g

• **Dinner** (Get Suggestions)

- Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 5 cup : 65 cal
  - Chicken, breast, with or without bone, broiled, skin not eaten : 3 oz, boneless, raw, without skin (yield after cooking) : 88 cal
  - Sweetpotato : 1 medium (2" dia, 5" long, raw) : 152 cal
- Total Calories: 305 Carb=41g Prot=22g Fat=6.7g

• **Snack 1** (Get Suggestions)

- Yogurt, plain, nonfat milk : 340.19g : 190 cal
  - Strawberries, raw : 1 cup, whole : 43 cal
  - stevia : 1 packet : 0 cal
- Total Calories: 233 Carb=37g Prot=20g Fat=1.1g

• **Snack 2** (Get Suggestions)

- Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal
  - Almonds : 1/4 cup : 208 cal
- Total Calories: 316 Carb=35g Prot=8.2g Fat=19g

• **Snack 3** (Get Suggestions)

- Celery, raw : 2 medium stalk (7-1/2" - 8" long) : 13 cal
  - Peanut butter, reduced fat : 1 Typical Serving : 94 cal
- Total Calories: 106 Carb=9.4g Prot=5.3g Fat=6.2g

Total Calories: 1423 Carb=149g Prot=87g Fat=60g  
[View Complete Nutrient Summary](#)

Interactive Report Card

**Weight Control**

Total Calories **A**  
 Carbohydrates **B+**  
 Protein **A**  
 Fat **A**

**Heart Health**

Sodium **A**  
 Cholesterol **F+**  
 Saturated Fat **A**  
 Fiber **A**  
 Omega 3 **A**  
 Omega 6 **A**

**Vitamins**

B1 - Thiamin **A**  
 B2 - Riboflavin **A**  
 B3 - Niacin **A**  
 B6 - Pyridoxine **A**  
 B9 - Folate **A**  
 B12 - Cobalamin **A**  
 C - Ascorbic Acid **A**  
 E - Tocopherol **A**

**Minerals**

K - Potassium **B+**  
 Mg - Magnesium **A**  
 Ca - Calcium **A**  
 Fe - Iron **B+**  
 Cu - Copper **A**  
 Zn - Zinc **A**  
 P - Phosphorus **A**  
 Se - Selenium **A**

Click the Grades for More Info

Patent Pending  
 GPA: 3.73



Create a Mealplan Find a Mealplan

Meal Plan: Thursday, Apr. 2, 2015

Goal: 1249-1749 Calories / day

**Breakfast** (Get Suggestions)

- Apple, raw : 1 cup, quartered or chopped : 74 cal
  - Egg, whole, boiled : 2 medium : 136 cal
- Total Calories: 210 Carb=20g Prot=11g Fat=9.7g

Delete  
 Delete

**Snack 1** (Get Suggestions)

- Almonds : 1/4 cup : 208 cal
  - Yogurt, plain, nonfat milk : 1 Typical Serving : 127 cal
  - stevia : 1 packet : 0 cal
  - Berries, raw : 1/2 cup : 22 cal
- Total Calories: 357 Carb=31g Prot=20g Fat=19g

**Snack 2** (Get Suggestions)

- Protein powder : 1 Typical Serving : 112 cal
- Total Calories: 112 Carb=14g Prot=8.7g Fat=2.5g

Delete  
 Delete  
 Delete

**Lunch** (Get Suggestions)

- Mixed salad greens, raw : 3 cup, shredded or chopped : 27 cal
  - Turkey, light meat, cooked, skin not eaten : 3 thin slice (approx 3" x 2" x 1/8") : 66 cal
  - Italian dressing, made with vinegar and oil : 2 tablespoon : 137 cal
  - Sweetpotato, baked, peel not eaten, fat not added in cooking : 1 medium (2" dia, 5" long, raw) : 116 cal
- Total Calories: 347 Carb=35g Prot=17g Fat=16g

Delete  
 Delete  
 Delete

**Dinner** (Get Suggestions)

- Broccoli, raw : 1 cup, flowerets : 20 cal
  - Mixed salad greens, raw : 3 cup, shredded or chopped : 27 cal
  - Carrots, raw : 15 baby carrot : 65 cal
  - Chicken, breast, with or without bone, broiled, skin not eaten : 1 Typical Serving : 133 cal
  - Tomatoes, raw : 1 cup, cherry tomato : 31 cal
  - Cucumber, raw : 8 slice : 7 cal
- Total Calories: 282 Carb=32g Prot=33g Fat=4.4g

Delete  
 Delete  
 Delete  
 Delete  
 Delete  
 Delete

Total Calories: 1369 Carb=148g Prot=92g Fat=52g  
[View Complete Nutrient Summary](#)

Interactive Report Card

**Weight Control**

Total Calories **A**  
 Carbohydrates **F+**  
 Protein **F+**  
 Fat **F+**

**Heart Health**

Sodium **A**  
 Cholesterol **F+**  
 Saturated Fat **D+**  
 Fiber **A**  
 Omega 3 **A**  
 Omega 6 **A**

**Vitamins**

B1 - Thiamin **B+**  
 B2 - Riboflavin **A**  
 B3 - Niacin **A**  
 B6 - Pyridoxine **A**  
 B9 - Folate **A**  
 B12 - Cobalamin **A**  
 C - Ascorbic Acid **A**  
 E - Tocopherol **B+**

**Minerals**

K - Potassium **D+**  
 Mg - Magnesium **B+**  
 Ca - Calcium **B+**  
 Fe - Iron **C+**  
 Cu - Copper **A**  
 Zn - Zinc **B+**  
 P - Phosphorus **A**  
 Se - Selenium **A**

Click the Grades for More Info

Patent Pending  
 GPA: 3.04



Create a Mealplan Find a Mealplan Calendar

Meal Plan: Friday, Apr. 3, 2015

Goal: 1249-1749 Calories / day

[Start Here](#)

**Breakfast** (Get Suggestions)

- Tomatoes, raw : 1 medium whole (2-3/5" dia) : 26 cal
  - Pepper, sweet, red, raw : 1/4 small (5 per pound) : 5 cal
  - Onions, mature, raw : 1/4 small : 7 cal
  - Avocado, raw : 0.33 avocado, California (black skin) : 93 cal
  - Egg omelet or scrambled egg, with cheese : 2 medium egg : 260 cal
- Total Calories: 391 Carb=17g Prot=20g Fat=28g

Delete  
 Delete  
 Delete  
 Delete  
 Delete

**Snack 1** (Get Suggestions)

- Protein powder : 1 Typical Serving : 112 cal
- Total Calories: 112 Carb=14g Prot=8.7g Fat=2.5g

**Snack 2** (Get Suggestions)

- Carrots, raw : 10 baby carrot : 43 cal
  - Pepper, sweet, red, raw : 1 small (5 per pound) : 20 cal
  - Cheese, Mozzarella, part skim : 1 slice (1 oz) : 79 cal
- Total Calories: 142 Carb=16g Prot=9.5g Fat=5.2g

Delete  
 Delete  
 Delete  
 Delete

**Lunch** (Get Suggestions)

- Lemon juice, fresh : 1 Juice of 1 lemon (2-1/8" dia) : 12 cal
  - Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 3 cup : 39 cal
  - Olive oil : 1 tablespoon : 119 cal
  - Salmon, steamed or poached : 3 oz, boneless, cooked : 123 cal
  - Flaxseed oil : 1/8 tablespoon : 15 cal
- Total Calories: 309 Carb=12g Prot=23g Fat=19g

Delete  
 Delete  
 Delete  
 Delete

**Dinner** (Get Suggestions)

- Berries, raw : 1 cup : 45 cal
  - Broccoli, raw : 2 cup, flowerets : 40 cal
  - Turkey Burger : 1 Patty : 160 cal
- Total Calories: 245 Carb=18g Prot=25g Fat=8.9g

Delete  
 Delete  
 Delete

**Snack 3** (Get Suggestions)

- Peanut butter : 2 tablespoon : 190 cal
  - Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
- Total Calories: 271 Carb=27g Prot=8.3g Fat=17g

Total Calories: 1470 Carb=104g Prot=95g Fat=82g  
[View Complete Nutrient Summary](#)

Interactive Report Card

**Weight Control**

Total Calories **A**  
 Carbohydrates **A**  
 Protein **A**  
 Fat **A**

**Heart Health**

Sodium **A**  
 Cholesterol **A**  
 Saturated Fat **A**  
 Fiber **A**  
 Omega 3 **A**  
 Omega 6 **A**

**Vitamins**

B1 - Thiamin **A**  
 B2 - Riboflavin **A**  
 B3 - Niacin **C+**  
 B6 - Pyridoxine **A**  
 B9 - Folate **A**  
 B12 - Cobalamin **A**  
 C - Ascorbic Acid **A**  
 E - Tocopherol **A**

**Minerals**

K - Potassium **A**  
 Mg - Magnesium **A**  
 Ca - Calcium **B+**  
 Fe - Iron **B+**  
 Cu - Copper **A**  
 Zn - Zinc **A**  
 P - Phosphorus **A**  
 Se - Selenium **A**

Click the Grades for More Info

Patent Pending  
 GPA: 3.85



Meal Plan: Saturday, Apr. 4, 2015

Goal: 1249-1749 Calories / day

**Breakfast** (Get Suggestions)

- Avocado, raw : 0.33 avocado, California (black skin) : 93 cal Delete
  - Sweetpotato, baked, peel not eaten, fat not added in cooking : 1 medium (2" dia, 5" long, raw) : 116 cal Delete
  - Berries, raw : 1 cup : 45 cal Delete
  - Onions, mature, raw : 1/4 small : 7 cal Delete
  - Pepper, sweet, red, raw : 1/4 small (5 per pound) : 5 cal Delete
  - Egg, white only, cooked : 3 white : 49 cal Delete
  - Tomatoes, raw : 1 medium whole (2-3/5" dia) : 26 cal Delete
- Total Calories: 341 Carb=52g Prot=16g Fat=10g

**Lunch** (Get Suggestions)

- Olive oil : 1 tablespoon : 119 cal Delete
  - Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 3 cup : 39 cal Delete
  - Lemon juice, fresh : 1 Juice of 1 lemon (2-1/8" dia) : 12 cal Delete
  - Salmon, steamed or poached : 3 oz, boneless, cooked : 123 cal Delete
  - Flaxseed oil : 1/8 tablespoon : 15 cal Delete
- Total Calories: 309 Carb=12g Prot=23g Fat=19g

**Dinner** (Get Suggestions)

- Chicken, breast, with or without bone, roasted, skin not eaten : 3 oz, with bone, raw, without skin (yield after cooking, bone removed) : 74 cal Delete
  - Broccoli, raw : 2 cup, flowerets : 40 cal Delete
- Total Calories: 113 Carb=7.4g Prot=18g Fat=2.1g

**Snack 1** (Get Suggestions)

- Apple, raw : 1 large (3-1/4" dia) (approx 2 per lb) : 125 cal Delete
  - Meal replacement, protein type, milk- and soy-based, powder Delete
  - Peanut butter : 2 tablespoon : 190 cal Delete
- Total Calories: 463 Carb=59g Prot=23g Fat=18g

**Snack 2** (Get Suggestions)

- Pepper, sweet, red, raw : 1 small (5 per pound) : 20 cal Delete
  - Carrots, raw : 10 baby carrot : 43 cal Delete
  - Cheese, Mozzarella, part skim : 1 slice (1 oz) : 79 cal Delete
- Total Calories: 142 Carb=16g Prot=9.5g Fat=5.2g

**Snack 3** (Get Suggestions)

- Raisins : 1/4 cup : 109 cal Delete
- Total Calories: 109 Carb=29g Prot=1.2g Fat=0.17g

Total Calories: 1477 Carb=175g Prot=91g Fat=55g  
[View Complete Nutrient Summary](#)

# Week 1 Shopping List

## Fruits

- Orange, raw : 1 medium (2-5/8" dia)
- Lemon juice, fresh : 1 Juice of 1 lemon (2-1/8" dia)
- Lemon juice, fresh : 1 Juice of 1 lemon (2-1/8" dia)
- Raisins : 1/4 cup
- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
- Apple, raw : 1 cup, quartered or chopped
- Apple, raw : 1 large (3-1/4" dia) (approx 2 per lb)
- Avocado, raw : 0.33 avocado, California (black skin)
- Avocado, raw : 0.33 avocado, California (black skin)
- Banana, raw : 1 medium (7" to 7-7/8" long)
- Berries, raw : 1/2 cup
- Berries, raw : 1/2 cup
- Berries, raw : 1/2 cup
- Berries, raw : 1 cup
- Berries, raw : 1 cup
- Blueberries, raw : 1/2 cup
- Strawberries, raw : 10 medium (1-1/4" dia)

Strawberries, raw : 1 Typical Serving

Strawberries, raw : 1 cup, whole

### Vegetables

Broccoli, raw : 1 bunch

Broccoli, raw : 1 cup, flowerets

Broccoli, raw : 2 cup, flowerets

Broccoli, raw : 2 cup, flowerets

Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets

Carrots, raw : 7/8 cup, strips or slices

Carrots, raw : 10 baby carrot

Carrots, raw : 10 baby carrot

Carrots, raw : 15 baby carrot

Sweetpotato : 1 medium (2" dia, 5" long, raw)

Sweetpotato, baked, peel not eaten, fat not added in cooking : 1 small

Sweetpotato, baked, peel not eaten, fat not added in cooking : 1 medium (2" dia, 5" long, raw)

Sweetpotato, baked, peel not eaten, fat not added in cooking : 1 medium (2" dia, 5" long, raw)

Tomatoes, raw : 1 medium whole (2-3/5" dia)

Tomatoes, raw : 1 medium whole (2-3/5" dia)

Tomatoes, raw : 1 cup, cherry tomato

Celery, raw : 2 medium stalk (7-1/2" - 8" long)

Cucumber, raw : 1 small (6-3/8" long)

Cucumber, raw : 8 slice

Mixed salad greens, raw : 6 cup, shredded or chopped

Mixed salad greens, raw : 3 cup, shredded or chopped

Mixed salad greens, raw : 3 cup, shredded or chopped

Mixed salad greens, raw : 3 cup, shredded or chopped

Onions, mature, raw : 1/4 small

Onions, mature, raw : 1/4 small

Pepper, sweet, red, raw : 1/4 small (5 per pound)

Pepper, sweet, red, raw : 1 small (5 per pound)

Pepper, sweet, red, raw : 1 small (5 per pound)

Pepper, sweet, red, raw : 1/4 small (5 per pound)

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 5 cup

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 3 cup

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 1 cup

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 3 cup

### Grains

#### Plant Proteins

Protein powder : 1/2 Typical Serving

Protein powder : 1 Typical Serving

Protein powder : 1 Typical Serving

Protein powder : 1 Typical Serving

Almonds : 1/4 cup

Almonds : 0.2 cup

Almonds : 1/4 cup

Almonds, unroasted : 1 Typical Serving

Peanut butter : 2 tablespoon

Peanut butter : 2 tablespoon

Peanut butter : 1 tablespoon

Peanut butter, reduced fat : 1 Typical Serving

### Meats

Chicken, breast, with or without bone, broiled, skin not eaten : 1 Typical Serving

Chicken, breast, with or without bone, broiled, skin not eaten : 3 oz, boneless, raw, without skin (yield after cooking)

Chicken, breast, with or without bone, roasted, skin not eaten : 1 medium breast (yield after cooking, bone and skin removed)

Chicken, breast, with or without bone, roasted, skin not eaten : 3 oz, with bone, raw, without skin (yield after cooking, bone removed)

Turkey, light meat, cooked, skin not eaten : 3 thin slice (approx 3" x 2" x 1/8")

Turkey, light meat, cooked, skin not eaten : 2 thin slice (approx 3" x 2" x 1/8")

Turkey bacon, cooked : 2 medium slice (yield after cooking)

Turkey or chicken breast, prepackaged or deli, luncheon meat : 5 slice (1 oz)

Fish, NS as to type, steamed : 6 oz, boneless, cooked

Salmon, steamed or poached : 3 oz, boneless, cooked

Salmon, steamed or poached : 3 oz, boneless, cooked

### Eggs & Dairy

Yogurt, plain, nonfat milk : 340.19g

Yogurt, plain, nonfat milk : 1 Typical Serving

Meal replacement, protein type, milk- and soy-based, powdered, not reconstituted : 1 Typical Serving

Cheese, Mozzarella, part skim : 1 slice (1 oz)

Cheese, Mozzarella, part skim : 1 slice (1 oz)

Egg, whole, boiled : 2 medium

Egg, whole, boiled : 2 large

Egg, white only, cooked : 3 white

Egg omelet or scrambled egg, with cheese : 2 medium egg

Egg omelet or scrambled egg, with cheese : 2 medium egg

### Miscellaneous

Flaxseed oil : 1/8 tablespoon

Flaxseed oil : 1/8 tablespoon

Olive oil : 1 tablespoon

Olive oil : 1 tablespoon

Salad dressing : 1 tablespoon

Italian dressing, made with vinegar and oil : 2 tablespoon

Italian dressing, made with vinegar and oil : 1 tablespoon

Salad dressing, low-calorie : 2 Typical Serving

Turkey Burger : 1 Patty

Almond milk : 1 cup

0% Greek Yogurt : 1 Typical Serving

stevia : 1 packet

stevia : 1 packet

stevia : 1 packet

Turkey Lettuce Wrap : 1 Wrap

# Week 2 Breakdown

High Protein, Low Carb, 1300-1500cal, Low Dairy

Sunday Apr 5, 2015 Clear	Monday Apr 6, 2015 Clear	Tuesday Apr 7, 2015 Clear	Wednesday Apr 8, 2015 Clear	Thursday Apr 9, 2015 Clear	Friday Apr 10, 2015 Clear	Saturday Apr 11, 2015 Clear
<b>Breakfast</b> Oatmeal Blackberries Egg	<b>Breakfast</b> Blueberries stevia 0% Greek Yogurt Egg	<b>Breakfast</b> Oatmeal Egg Raisins	<b>Breakfast</b> Strawberries 0% Greek Yogurt stevia	<b>Breakfast</b> Orange Avocado Egg Yogurt	<b>Breakfast</b> Oatmeal Raisins	<b>Breakfast</b> Egg omelet or scrambled egg Strawberries
<b>Lunch</b> Strawberries Mixed salad greens Turkey Salad dressing	<b>Lunch</b> Mixed salad greens Carrots Lettuce Celery	<b>Lunch</b> Celery Carrots Mixed salad greens Fajita with chicken and vegetables Salad dressing	<b>Lunch</b> Salad dressing Italian dressing Turkey Mixed salad greens Strawberries	<b>Lunch</b> Celery Peanut butter Broccoli Turkey Burger	<b>Lunch</b> Mixed salad greens Tuna Tomatoes Cucumber Carrots	<b>Lunch</b> Mixed salad greens Turkey lettuce wrap
<b>Dinner</b> Lettuce Chicken Sweetpotato	<b>Dinner</b> Turkey or chicken breast <b>Dinner</b> Broccoli Lettuce Italian dressing Chicken	<b>Dinner</b> Broccoli Tomatoes Spinach Chicken	<b>Dinner</b> Fish Sweetpotato Mixed salad greens	<b>Dinner</b> Chicken Brussels sprouts	<b>Dinner</b> Sweetpotato <b>Dinner</b> Lettuce Salad dressing Chicken	<b>Dinner</b> Broccoli Turkey Sweetpotato
<b>Snacks</b> Almonds Yogurt Strawberries Celery Hummus stevia	<b>Snacks</b> Almonds Apple Hummus Carrots Raisins	<b>Snacks</b> Strawberries Protein powder Almonds	<b>Snacks</b> Walnuts Celery Pepper Hummus Almond butter Raisins	<b>Snacks</b> Apple Meal replacement Almonds Carrots	<b>Snacks</b> Almonds Yogurt Raisins	<b>Snacks</b> Yogurt Apple Almonds Apple

## Daily Breakdown

Interactive Report Card

**Weight Control**

Total Calories ▲

Carbohydrates ▲

Protein ▲

Fat ▲

**Heart Health**

Sodium ▲

Cholesterol D+

Saturated Fat ▲

Fiber ▲

Omega 3 ▲

Omega 6 ▲

**Vitamins**

B1 - Thiamin ▲

B2 - Riboflavin ▲

B3 - Niacin ▲

B6 - Pyridoxine ▲

B9 - Folate ▲

B12 - Cobalamin ▲

C - Ascorbic Acid ▲

E - Tocopherol ▲

**Minerals**

K - Potassium B+

Mg - Magnesium ▲

Ca - Calcium ▲

Fe - Iron ▲

Cu - Copper ▲

Zn - Zinc ▲

P - Phosphorus ▲

Se - Selenium ▲

Click the Grades for More Info

Patent Pending  
GPA: 3.85



Meal Plan: Sunday, Apr. 5, 2015

Goal: 1249-1749 Calories / day




Create a Mealplan Find a Mealplan

**• Breakfast** [\(Get Suggestions\)](#)

- Oatmeal, cooked, instant, fat not added in cooking : 1 Typical Serving : 152 cal Delete
- Blackberries, frozen : 1/2 cup : 48 cal Delete
- Egg, whole, boiled : 1 medium : 68 cal Delete

Total Calories: 268 Carb=39g Prot=13g Fat=7.5g

**• Lunch** [\(Get Suggestions\)](#)

- Strawberries, raw : 1 Typical Serving : 22 cal Delete
- Mixed salad greens, raw : 6 cup, shredded or chopped : 55 cal Delete
- Turkey, light meat, cooked, skin not eaten : 2 thin slice (approx 3" x 2" x 1/8") : 44 cal Delete
- Salad dressing, low-calorie : 2 Typical Serving : 81 cal Delete

Total Calories: 201 Carb=22g Prot=14g Fat=7.9g

**• Dinner** [\(Get Suggestions\)](#)

- Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 5 cup : 65 cal Delete
- Chicken, breast, with or without bone, broiled, skin not eaten : 3 oz, boneless, raw, without skin (yield after cooking) : 88 cal Delete
- Sweetpotato : 1 medium (2" dia, 5" long, raw) : 152 cal Delete

Total Calories: 305 Carb=41g Prot=22g Fat=6.7g

**• Snack 1** [\(Get Suggestions\)](#)

- Yogurt, plain, nonfat milk : 340.19g : 190 cal
- Strawberries, raw : 1 cup, whole : 43 cal
- stevia : 1 packet : 0 cal

Total Calories: 233 Carb=37g Prot=20g Fat=1.1g

**• Snack 2** [\(Get Suggestions\)](#)

- Almonds : 1/4 cup : 208 cal

Total Calories: 208 Carb=7.2g Prot=7g Fat=18g

**• Snack 3** [\(Get Suggestions\)](#)

- Celery, raw : 2 medium stalk (7-1/2" - 8" long) : 13 cal
- Hummus : 2 tablespoon : 51 cal

Total Calories: 64 Carb=9g Prot=2.1g Fat=2.6g

**Total Calories: 1279** Carb=155g Prot=79g Fat=44g

[View Complete Nutrient Summary](#)

Interactive Report Card

**Weight Control**

Total Calories **A**  
 Carbohydrates **C+**  
 Protein **A**  
 Fat **A**

**Heart Health**

Sodium **F+**  
 Cholesterol **F+**  
 Saturated Fat **A**  
 Fiber **A**  
 Omega 3 **B+**  
 Omega 6 **A**

**Vitamins**

B1 - Thiamin **B+**  
 B2 - Riboflavin **A**  
 B3 - Niacin **B+**  
 B6 - Pyridoxine **A**  
 B9 - Folate **A**  
 B12 - Cobalamin **A**  
 C - Ascorbic Acid **A**  
 E - Tocopherol **A**

**Minerals**

K - Potassium **B+**  
 Mg - Magnesium **A**  
 Ca - Calcium **F+**  
 Fe - Iron **B+**  
 Cu - Copper **A**  
 Zn - Zinc **B+**  
 P - Phosphorus **A**  
 Se - Selenium **A**

Click the Grades for More Info

Patent Pending  
 GPA: 3.23



Meal Plan: Monday, Apr. 6, 2015

Goal: 1249-1749 Calories / day

**Breakfast** (Get Suggestions)

- Blueberries, raw : 1/4 cup : 20 cal
  - stevia : 1 packet : 0 cal
  - 0% Greek Yogurt : 1 container : 80 cal
  - Egg, whole, boiled : 1 medium : 68 cal
- Total Calories: 168 Carb=13g Prot=19g Fat=4.8g

Delete  
Delete  
Delete  
Delete

**Snack 1** (Get Suggestions)

- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
- Total Calories: 81 Carb=21g Prot=0.26g Fat=0.5g

Delete  
Delete  
Delete

**Lunch** (Get Suggestions)

- Mixed salad greens, raw : 1 cup, shredded or chopped : 9 cal
  - Carrots, raw : 10 baby carrot : 43 cal
  - Lettuce, raw : 3 cup, shredded or chopped : 20 cal
  - Celery, raw : 4 large stalk (11" - 12" long) : 41 cal
  - Turkey or chicken breast, prepackaged or deli, luncheon meat : 6 slice (1 oz) : 167 cal
- Total Calories: 300 Carb=25g Prot=44g Fat=3.7g

Delete  
Delete  
Delete  
Delete  
Delete

**Snack 2** (Get Suggestions)

- Almonds : 1/4 cup : 208 cal
  - Raisins : 1/4 cup : 109 cal
- Total Calories: 316 Carb=36g Prot=8.2g Fat=19g

Delete  
Delete  
Delete  
Delete

**Dinner** (Get Suggestions)

- Broccoli, cooked, from fresh, fat not added in cooking : 1/2 cup, fresh, cut stalks : 22 cal
  - Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup : 52 cal
  - Italian dressing, low calorie : 1 tablespoon : 16 cal
  - Chicken, breast, with or without bone, broiled, NS as to skin eaten : 1/2 medium breast (yield after cooking, bone removed) : 180 cal
- Total Calories: 270 Carb=16g Prot=32g Fat=9.5g

Delete  
Delete  
Delete  
Delete

**Snack 3** (Get Suggestions)

- Hummus : 5 tablespoon : 128 cal
  - Carrots, raw : 1 cup, strips or slices : 52 cal
- Total Calories: 181 Carb=27g Prot=4.9g Fat=6.6g

Delete  
Delete

**Total Calories: 1316** Carb=137g Prot=108g Fat=44g  
[View Complete Nutrient Summary](#)

Interactive Report Card

**Weight Control**

Total Calories **A**  
 Carbohydrates **A**  
 Protein **A**  
 Fat **A**

**Heart Health**

Sodium **F+**  
 Cholesterol **A**  
 Saturated Fat **A**  
 Fiber **A**  
 Omega 3 **A**  
 Omega 6 **A**

**Vitamins**

B1 - Thiamin **A**  
 B2 - Riboflavin **A**  
 B3 - Niacin **B+**  
 B6 - Pyridoxine **A**  
 B9 - Folate **A**  
 B12 - Cobalamin **F+**  
 C - Ascorbic Acid **A**  
 E - Tocopherol **A**

**Minerals**

K - Potassium **B+**  
 Mg - Magnesium **A**  
 Ca - Calcium **A**  
 Fe - Iron **A**  
 Cu - Copper **A**  
 Zn - Zinc **A**  
 P - Phosphorus **A**  
 Se - Selenium **A**

Click the Grades for More Info

Patent Pending  
 GPA: 3.62



Meal Plan: Tuesday, Apr. 7, 2015

Goal: 1249-1749 Calories / day

**Breakfast** (Get Suggestions)

- Oatmeal, cooked, instant, fat not added in cooking : 2/3 cup, cooked : 151 cal
  - Egg, white only, cooked : 3 white : 49 cal
  - Raisins : 1/4 cup : 109 cal
- Total Calories: 309 Carb=56g Prot=18g Fat=2.7g

Delete  
Delete  
Delete

**Snack 1** (Get Suggestions)

- Strawberries, raw : 1 cup, NFS : 46 cal
- Total Calories: 46 Carb=11g Prot=0.93g Fat=0.56g

Delete  
Delete

**Lunch** (Get Suggestions)

- Celery, raw : 4 large stalk (11" - 12" long) : 41 cal
  - Carrots, raw : 7/8 cup, strips or slices : 46 cal
  - Mixed salad greens, raw : 3 cup, shredded or chopped : 27 cal
  - Fajita with chicken and vegetables : 1 fajita : 363 cal
  - Salad dressing : 2 tablespoon : 136 cal
- Total Calories: 613 Carb=73g Prot=26g Fat=26g

Delete  
Delete  
Delete  
Delete  
Delete

**Snack 2** (Get Suggestions)

- Protein powder : 1 Typical Serving : 112 cal
- Total Calories: 112 Carb=14g Prot=8.7g Fat=2.5g

Delete  
Delete  
Delete  
Delete

**Dinner** (Get Suggestions)

- Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets : 27 cal
  - Tomatoes, raw : 1 cup, cherry tomato : 31 cal
  - Spinach, raw : 85.05g : 19 cal
  - Chicken, breast, with or without bone, broiled, skin not eaten : 3 oz, boneless, cooked (yield after skin removed) : 128 cal
- Total Calories: 205 Carb=15g Prot=31g Fat=3.9g

Delete  
Delete  
Delete  
Delete

**Snack 3** (Get Suggestions)

- Almonds, unroasted : 28.35g : 167 cal
- Total Calories: 167 Carb=5.8g Prot=5.7g Fat=15g

Delete  
Delete  
Delete

**Total Calories: 1451** Carb=174g Prot=90g Fat=51g  
[View Complete Nutrient Summary](#)



Interactive Report Card

**Weight Control**

Total Calories **A**  
 Carbohydrates **F+**  
 Protein **A**  
 Fat **F+**

**Heart Health**

Sodium **A**  
 Cholesterol **C+**  
 Saturated Fat **A**  
 Fiber **B+**  
 Omega 3 **F+**  
 Omega 6 **D+**

**Vitamins**

B1 - Thiamin **B+**  
 B2 - Riboflavin **A**  
 B3 - Niacin **B+**  
 B6 - Pyridoxine **A**  
 B9 - Folate **A**  
 B12 - Cobalamin **A**  
 C - Ascorbic Acid **A**  
 E - Tocopherol **A**

**Minerals**

K - Potassium **C+**  
 Mg - Magnesium **A**  
 Ca - Calcium **F+**  
 Fe - Iron **D+**  
 Cu - Copper **A**  
 Zn - Zinc **B+**  
 P - Phosphorus **A**  
 Se - Selenium **A**

Click the Grades for More Info

Patent Pending  
GPA: 2.92



Create a Mealplan Find a Mealplan Calendar

Meal Plan: Wednesday, Apr. 8, 2015

Goal: 1249-1749 Calories / day

Start Here

**Breakfast** (Get Suggestions)

- Strawberries, raw : 6 medium (1-1/4" dia) : 22 cal
  - 0% Greek Yogurt : 1 container : 80 cal
  - stevia : 1 packet : 0 cal
- Total Calories: 102 Carb=12g Prot=13g Fat=0.27g

**Lunch** (Get Suggestions)

- Salad dressing : 2 tablespoon : 136 cal
  - Italian dressing, low calorie : 1 Typical Serving : 32 cal
  - Turkey, light meat, cooked, skin not eaten : 4 thin slice (approx 3" x 2" x 1/8") : 88 cal
  - Mixed salad greens, raw : 6 cup, shredded or chopped : 55 cal
  - Strawberries, raw : 1 Typical Serving : 22 cal
- Total Calories: 331 Carb=20g Prot=23g Fat=19g

**Dinner** (Get Suggestions)

- Fish, NS as to type, baked or broiled : 2 fillet (6-1/4" x 3" x 3/8") : 287 cal
  - Sweetpotato : 1 medium (2" dia, 5" long, raw) : 152 cal
  - Mixed salad greens, raw : 1 Typical Serving : 9 cal
- Total Calories: 447 Carb=30g Prot=53g Fat=12g

**Snack 1** (Get Suggestions)

- Celery, raw : 2 medium stalk (7-1/2" - 8" long) : 13 cal
  - Almond butter : 2 tablespoon : 203 cal
- Total Calories: 215 Carb=9.7g Prot=5.4g Fat=19g

**Snack 2** (Get Suggestions)

- Walnuts : 10 nut : 267 cal
  - Raisins : 1/4 cup : 109 cal
- Total Calories: 366 Carb=36g Prot=6.9g Fat=25g

**Snack 3** (Get Suggestions)

- Pepper, sweet, red, raw : 1 medium (approx 2-3/4" long, 2-1/2" dia) : 32 cal
  - Hummus : 1.88 tablespoon : 48 cal
- Total Calories: 80 Carb=13g Prot=2.4g Fat=2.6g

Total Calories: 1541 Carb=122g Prot=104g Fat=78g  
[View Complete Nutrient Summary](#)

Interactive Report Card

**Weight Control**

Total Calories **A**  
 Carbohydrates **B**  
 Protein **A**  
 Fat **B+**

**Heart Health**

Sodium **A**  
 Cholesterol **B+**  
 Saturated Fat **A**  
 Fiber **A**  
 Omega 3 **B+**  
 Omega 6 **A**

**Vitamins**

B1 - Thiamin **A**  
 B2 - Riboflavin **A**  
 B3 - Niacin **A**  
 B6 - Pyridoxine **A**  
 B9 - Folate **A**  
 B12 - Cobalamin **B+**  
 C - Ascorbic Acid **A**  
 E - Tocopherol **A**

**Minerals**

K - Potassium **C+**  
 Mg - Magnesium **A**  
 Ca - Calcium **C+**  
 Fe - Iron **C+**  
 Cu - Copper **A**  
 Zn - Zinc **B+**  
 P - Phosphorus **A**  
 Se - Selenium **A**

Click the Grades for More Info

Patent Pending  
GPA: 3.54



Create a Mealplan Find a Mealplan

Meal Plan: Thursday, Apr. 9, 2015

Goal: 1249-1749 Calories / day

Start Here

**Breakfast** (Get Suggestions)

- Orange, raw : 1 medium (2-5/8" dia) : 62 cal
  - Avocado, raw : 3 slice : 48 cal
  - Egg, white only, cooked : 2 white : 33 cal
  - Yogurt, fruit variety, lowfat milk : 1 8 oz container : 231 cal
- Total Calories: 374 Carb=62g Prot=19g Fat=7.2g

**Lunch** (Get Suggestions)

- Celery, raw : 2 medium stalk (7-1/2" - 8" long) : 13 cal
  - Peanut butter : 1 tablespoon : 95 cal
  - Broccoli, raw : 1 cup, chopped : 25 cal
  - Turkey Burger : 1 Patty : 160 cal
- Total Calories: 292 Carb=11g Prot=27g Fat=17g

**Dinner** (Get Suggestions)

- Chicken, breast, with or without bone, broiled, NS as to skin eaten : 1/2 medium breast (yield after cooking, bone removed) : 180 cal
  - Brussels sprouts, cooked, from frozen, fat added in cooking : 1.5 cup : 148 cal
- Total Calories: 327 Carb=19g Prot=36g Fat=14g

**Snack 1** (Get Suggestions)

- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
- Total Calories: 81 Carb=21g Prot=0.26g Fat=0.5g

**Snack 2** (Get Suggestions)

- Almonds : 0.2 cup : 166 cal
  - Carrots, raw : 3 large (7-1/4" to 8-1/2" long) : 93 cal
- Total Calories: 259 Carb=28g Prot=7.9g Fat=15g

**Snack 3** (Get Suggestions)

- Meal replacement, protein type, milk- and soy-based, powdered, 1 cal
- Total Calories: 34 Carb=4.7g Prot=3.4g Fat=0.22g

Total Calories: 1368 Carb=145g Prot=93g Fat=54g  
[View Complete Nutrient Summary](#)

Interactive Report Card

**Weight Control**

Total Calories **A**  
 Carbohydrates **A**  
 Protein **A**  
 Fat **A**

**Heart Health**

Sodium **A**  
 Cholesterol **B+**  
 Saturated Fat **A**  
 Fiber **C+**  
 Omega 3 **B+**  
 Omega 6 **A**

**Vitamins**

B1 - Thiamin **C+**  
 B2 - Riboflavin **A**  
 B3 - Niacin **D+**  
 B6 - Pyridoxine **A**  
 B9 - Folate **F+**  
 B12 - Cobalamin **A**  
 C - Ascorbic Acid **A**  
 E - Tocopherol **C+**

**Minerals**

K - Potassium **D+**  
 Mg - Magnesium **A**  
 Ca - Calcium **D+**  
 Fe - Iron **B+**  
 Cu - Copper **A**  
 Zn - Zinc **B+**  
 P - Phosphorus **A**  
 Se - Selenium **A**

Click the Grades for More Info

Patent Pending  
 GPA: 3.12



Meal Plan: Friday, Apr. 10, 2015

Goal: 1249-1749 Calories / day

**Breakfast** (Get Suggestions)

- Oatmeal, cooked, regular, fat not added in cooking : 1 cup, cooked : 145 cal
  - Raisins : 1 Typical Serving : 108 cal
- Total Calories: 253 Carb=54g Prot=7.2g Fat=2.6g

Delete  
 Delete

**Snack 1** (Get Suggestions)

- Almonds : 1 Typical Serving : 165 cal
  - Yogurt, fruit variety, nonfat milk : 1 8 oz container : 213 cal
- Total Calories: 378 Carb=49g Prot=16g Fat=15g

**Lunch** (Get Suggestions)

- Mixed salad greens, raw : 1 cup, shredded or chopped : 9 cal
  - Tuna, canned, water pack : 1 Typical Serving : 99 cal
  - Tomatoes, raw : 1.33 small whole (2-2/5" dia) : 25 cal
  - Cucumber, raw : 3/8 small (6-3/8" long) : 7 cal
  - Carrots, raw : 2.8 baby carrot : 12 cal
  - Sweetpotato, baked, peel eaten, fat not added in cooking : 1 medium (2" dia x 5" long, raw) : 180 cal
- Total Calories: 332 Carb=54g Prot=28g Fat=1.5g

Delete  
 Delete  
 Delete  
 Delete  
 Delete  
 Delete

**Snack 2** (Get Suggestions)

**Dinner** (Get Suggestions)

- Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 1 cup : 13 cal
  - Salad dressing : 2 tablespoon : 136 cal
  - Chicken, breast, with or without bone, roasted, skin not eaten : 1 small breast (yield after cooking, bone and skin removed) : 245 cal
- Total Calories: 394 Carb=6.9g Prot=47g Fat=19g

Delete  
 Delete  
 Delete

**Snack 3** (Get Suggestions)

- Raisins : 1/4 cup : 109 cal
- Total Calories: 109 Carb=29g Prot=1.2g Fat=0.17g

**Total Calories: 1466** Carb=192g Prot=99g Fat=38g  
[View Complete Nutrient Summary](#)

Interactive Report Card

**Weight Control**

Total Calories **A**  
 Carbohydrates **C+**  
 Protein **C+**  
 Fat **C+**

**Heart Health**

Sodium **B+**  
 Cholesterol **F+**  
 Saturated Fat **C+**  
 Fiber **A**  
 Omega 3 **A**  
 Omega 6 **A**

**Vitamins**

B1 - Thiamin **B+**  
 B2 - Riboflavin **A**  
 B3 - Niacin **A**  
 B6 - Pyridoxine **A**  
 B9 - Folate **A**  
 B12 - Cobalamin **A**  
 C - Ascorbic Acid **A**  
 E - Tocopherol **A**

**Minerals**

K - Potassium **C+**  
 Mg - Magnesium **A**  
 Ca - Calcium **A**  
 Fe - Iron **B+**  
 Cu - Copper **A**  
 Zn - Zinc **A**  
 P - Phosphorus **A**  
 Se - Selenium **A**

Click the Grades for More Info

Patent Pending  
 GPA: 3.42



Meal Plan: Saturday, Apr. 11, 2015

Goal: 1249-1749 Calories / day

[Start Here](#)

**Breakfast** (Get Suggestions)

- Egg omelet or scrambled egg, with cheese : 2 medium egg : 260 cal
  - Strawberries, raw : 1 cup, halves : 46 cal
- Total Calories: 306 Carb=15g Prot=18g Fat=20g

Delete  
 Delete

**Snack 1** (Get Suggestions)

- Almonds : 0.2 cup : 166 cal
  - Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
- Total Calories: 248 Carb=27g Prot=5.9g Fat=15g

**Lunch** (Get Suggestions)

- Mixed salad greens, raw : 6 cup, shredded or chopped : 56 cal
  - Turkey lettuce wrap : 1 Typical Serving : 330 cal
- Total Calories: 385 Carb=38g Prot=34g Fat=12g

Delete  
 Delete

**Snack 2** (Get Suggestions)

- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
- Total Calories: 81 Carb=21g Prot=0.26g Fat=0.5g

**Dinner** (Get Suggestions)

- Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets : 27 cal
  - Turkey, ground : 1 Typical Serving : 198 cal
  - Sweetpotato : 1 medium (2" dia, 5" long, raw) : 152 cal
- Total Calories: 377 Carb=33g Prot=28g Fat=15g

Delete  
 Delete  
 Delete

**Snack 3** (Get Suggestions)

- Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal
- Total Calories: 127 Carb=17g Prot=13g Fat=0.41g

**Total Calories: 1523** Carb=149g Prot=99g Fat=63g  
[View Complete Nutrient Summary](#)

Interactive Report Card

**Weight Control**

Total Calories **A**  
 Carbohydrates **D+**  
 Protein **A**  
 Fat **C+**

**Heart Health**

Sodium **D+**  
 Cholesterol **F+**  
 Saturated Fat **B+**  
 Fiber **A**  
 Omega 3 **A**  
 Omega 6 **A**

**Vitamins**

B1 - Thiamin **B+**  
 B2 - Riboflavin **A**  
 B3 - Niacin **A**  
 B6 - Pyridoxine **A**  
 B9 - Folate **A**  
 B12 - Cobalamin **A**  
 C - Ascorbic Acid **A**  
 E - Tocopherol **A**

**Minerals**

K - Potassium **B+**  
 Mg - Magnesium **A**  
 Ca - Calcium **A**  
 Fe - Iron **D+**  
 Cu - Copper **A**  
 Zn - Zinc **A**  
 P - Phosphorus **A**  
 Se - Selenium **A**

Click the Grades for More Info

Patent Pending  
 GPA: 3.38



Meal Plan: Sunday, Apr. 12, 2015 Goal: 1249-1749 Calories / day [Start Here](#)

**Breakfast** [\(Get Suggestions\)](#)

- Blackberries, frozen : 1/2 cup : 48 cal
  - Egg, whole, boiled : 2 medium : 138 cal
  - Turkey bacon, cooked : 2 slice, NFS : 84 cal
- Total Calories: 268 Carb=13g Prot=18g Fat=16g

**Snack 1** [\(Get Suggestions\)](#)

- Yogurt, plain, nonfat milk : 340.19g : 190 cal
  - Strawberries, raw : 1 cup, whole : 43 cal
  - stevia : 1 packet : 0 cal
- Total Calories: 233 Carb=37g Prot=20g Fat=1.1g

**Lunch** [\(Get Suggestions\)](#)

- Strawberries, raw : 1 Typical Serving : 22 cal
  - Mixed salad greens, raw : 6 cup, shredded or chopped : 55 cal
  - Turkey Burger : 1 Patty : 160 cal
  - Salad dressing, low-calorie : 2 Typical Serving : 81 cal
- Total Calories: 318 Carb=22g Prot=26g Fat=16g

**Snack 2** [\(Get Suggestions\)](#)

- Almonds : 1/4 cup : 208 cal
- Total Calories: 208 Carb=7.2g Prot=7g Fat=18g

**Dinner** [\(Get Suggestions\)](#)

- Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 5 cup : 65 cal
  - Chicken, breast, with or without bone, broiled, skin not eaten : 3 oz, boneless, raw, without skin (yield after cooking) : 88 cal
  - Sweetpotato : 1 medium (2" dia, 5" long, raw) : 152 cal
- Total Calories: 305 Carb=41g Prot=22g Fat=6.7g

**Snack 3** [\(Get Suggestions\)](#)

- Hummus : 2 tablespoon : 51 cal
  - Pepper, sweet, red, raw : 1 medium (approx 2-3/4" long, 2-1/2" dia) : 32 cal
- Total Calories: 83 Carb=14g Prot=2.5g Fat=2.8g

**Total Calories: 1415 Carb=135g Prot=96g Fat=61g**  
[View Complete Nutrient Summary](#)

## Week 2 Shopping List

### Fruits

- Orange, raw : 1 medium (2-5/8" dia)
- Raisins : 1/4 cup
- Raisins : 1/4 cup
- Raisins : 1 Typical Serving
- Raisins : 1/4 cup
- Raisins : 1/4 cup
- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
- Avocado, raw : 3 slice
- Blackberries, frozen : 1/2 cup
- Blueberries, raw : 1/4 cup
- Strawberries, raw : 1 Typical Serving
- Strawberries, raw : 6 medium (1-1/4" dia)
- Strawberries, raw : 1 Typical Serving
- Strawberries, raw : 1 cup, whole
- Strawberries, raw : 1 cup, halves
- Strawberries, raw : 1 cup, NFS

### Vegetables

- Spinach, raw : 85.05g
- Broccoli, raw : 1 cup, chopped
- Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets

Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets  
Broccoli, cooked, from fresh, fat not added in cooking : 1/2 cup, fresh, cut stalks  
Carrots, raw : 2.8 baby carrot  
Carrots, raw : 7/8 cup, strips or slices  
Carrots, raw : 10 baby carrot  
Carrots, raw : 1 cup, strips or slices  
Carrots, raw : 3 large (7-1/4" to 8-1/2" long)  
Sweetpotato : 1 medium (2" dia, 5" long, raw)  
Sweetpotato : 1 medium (2" dia, 5" long, raw)  
Sweetpotato : 1 medium (2" dia, 5" long, raw)  
Sweetpotato, baked, peel eaten, fat not added in cooking : 1 medium (2" dia x 5" long, raw)  
Tomatoes, raw : 1.33 small whole (2-2/5" dia)  
Tomatoes, raw : 1 cup, cherry tomato  
Celery, raw : 4 large stalk (11" - 12" long)  
Celery, raw : 4 large stalk (11" - 12" long)  
Celery, raw : 2 medium stalk (7-1/2" - 8" long)  
Celery, raw : 2 medium stalk (7-1/2" - 8" long)  
Celery, raw : 2 medium stalk (7-1/2" - 8" long)  
Cucumber, raw : 3/8 small (6-3/8" long)  
Lettuce, raw : 3 cup, shredded or chopped  
Mixed salad greens, raw : 1 Typical Serving  
Mixed salad greens, raw : 1 cup, shredded or chopped  
Mixed salad greens, raw : 6 cup, shredded or chopped  
Mixed salad greens, raw : 6 cup, shredded or chopped  
Mixed salad greens, raw : 6 cup, shredded or chopped  
Mixed salad greens, raw : 1 cup, shredded or chopped  
Mixed salad greens, raw : 3 cup, shredded or chopped  
Pepper, sweet, red, raw : 1 medium (approx 2-3/4" long, 2-1/2" dia)  
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 1 cup  
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup  
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 5 cup  
Brussels sprouts, cooked, from frozen, fat added in cooking : 1.5 cup

### Grains

Oatmeal, cooked, regular, fat not added in cooking : 1 cup, cooked  
Oatmeal, cooked, instant, fat not added in cooking : 1 Typical Serving  
Oatmeal, cooked, instant, fat not added in cooking : 2/3 cup, cooked

### Plant Proteins

Hummus : 2 tablespoon  
Hummus : 1.88 tablespoon  
Hummus : 5 tablespoon  
Protein powder : 1 Typical Serving  
Almonds : 0.2 cup  
Almonds : 1 Typical Serving  
Almonds : 1/4 cup  
Almonds : 1/4 cup  
Almonds : 0.2 cup  
Almonds, unroasted : 28.35g  
Walnuts : 10 nut  
Almond butter : 2 tablespoon

Peanut butter : 1 tablespoon

### Meats

Chicken, breast, with or without bone, broiled, NS as to skin eaten : 1/2 medium breast (yield after cooking, bone removed)

Chicken, breast, with or without bone, broiled, NS as to skin eaten : 1/2 medium breast (yield after cooking, bone removed)

Chicken, breast, with or without bone, broiled, skin not eaten : 3 oz, boneless, raw, without skin (yield after cooking)

Chicken, breast, with or without bone, broiled, skin not eaten : 3 oz, boneless, cooked (yield after skin removed)

Chicken, breast, with or without bone, roasted, skin not eaten : 1 small breast (yield after cooking, bone and skin removed)

Turkey, light meat, cooked, skin not eaten : 4 thin slice (approx 3" x 2" x 1/8")

Turkey, light meat, cooked, skin not eaten : 2 thin slice (approx 3" x 2" x 1/8")

Turkey, ground : 1 Typical Serving

Turkey or chicken breast, prepackaged or deli, luncheon meat : 6 slice (1 oz)

Fish, NS as to type, baked or broiled : 2 fillet (6-1/4" x 3" x 3/8")

Tuna, canned, water pack : 1 Typical Serving

Fajita with chicken and vegetables : 1 fajita

### Eggs & Dairy

Yogurt, plain, nonfat milk : 1 8 oz container

Yogurt, plain, nonfat milk : 340.19g

Yogurt, fruit variety, lowfat milk : 1 8 oz container

Yogurt, fruit variety, nonfat milk : 1 8 oz container

Meal replacement, protein type, milk- and soy-based, powdered, not reconstituted : 1 tablespoon Joe Weider's

Egg, whole, boiled : 1 medium

Egg, whole, boiled : 1 medium

Egg, white only, cooked : 3 white

Egg, white only, cooked : 2 white

Egg omelet or scrambled egg, with cheese : 2 medium egg

### Miscellaneous

Salad dressing : 2 tablespoon

Salad dressing : 2 tablespoon

Salad dressing : 2 tablespoon

Salad dressing, low-calorie : 2 Typical Serving

Italian dressing, low calorie : 1 tablespoon

Italian dressing, low calorie : 1 Typical Serving

Turkey Burger : 1 Patty

0% Greek Yogurt : 1 container

0% Greek Yogurt : 1 container

stevia : 1 packet

stevia : 1 packet

stevia : 1 packet

Turkey lettuce wrap : 1 Typical Serving

