

Fat Burning Meal Plans for **Turbulence Training**

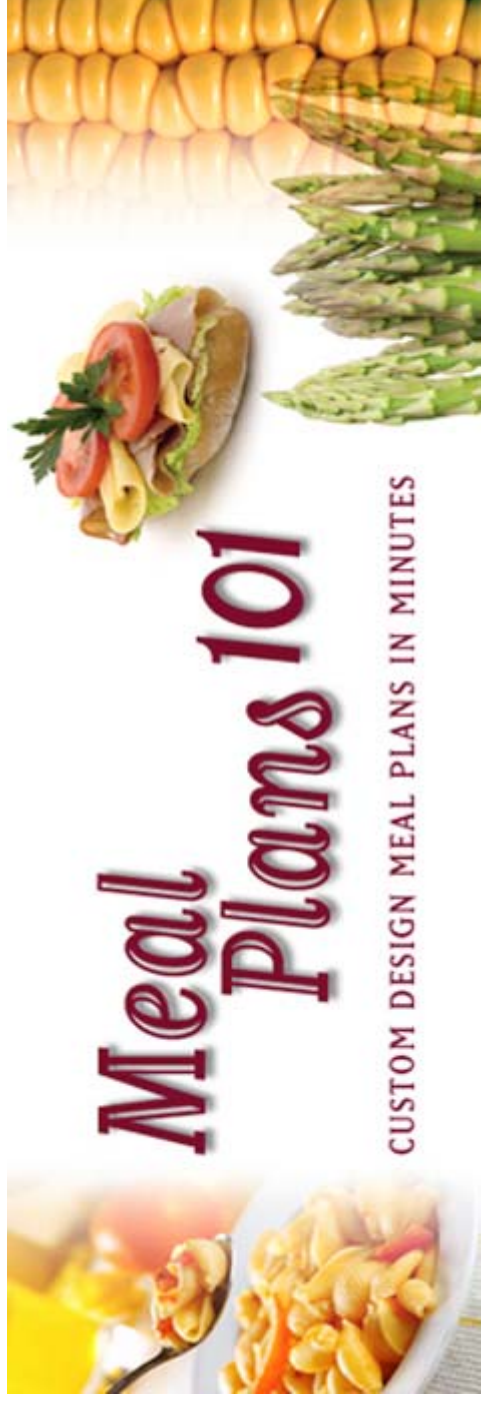


**4-Week Meal Plans
For Men & Women**

Dr. Chris Mohr & Jayson Hunter

NOTE: this meal plan is a general guideline for eating suggestions. It is not meant to diagnose, treat, and cure disease and does not account for personal food allergies and preferences. These meal plan suggestions should not substitute for the advice and care of a personal health care professional.

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4 WEEK WOMEN'S JUMP START MEAL PLAN

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WEEK 1

Day 1

Breakfast	Calories	Carbohydrates	Protein	Fat
1 egg + 1 egg white, scrambled	90.6	0.4	6.3	5
1/2 cup raw baby spinach	6.7	1	0.7	0
1/2 whole wheat English muffin, toasted	67	13.3	2.9	0.7
1 medium orange	61.6	15.4	1.2	0.2
TOTAL	225.9	30.1	11.1	5.9
Snack 1	Calories	Carbohydrates	Protein	Fat
1/2 oz cashews	78.4	4.3	2.6	6.2
1 medium apple	71.76	19.06	0.36	0.23
TOTAL	150.16	23.36	2.96	6.43
Lunch	Calories	Carbohydrates	Protein	Fat
Chicken Soup with White Beans* (see recipe)				
• 2 cup vegetable broth	30	6	0	0
• 3/4 cup frozen peas and carrots	56.3	10.1	3.4	0
• 3 oz grilled chicken breast, diced	140	0	26.4	3
• 1/2 cup canned white beans (cannelloni)	153.3	28.7	9.5	0.4
• 1 tsp olive oil	40	0	0	4.5
1 medium banana	105	27	1.3	0.4
TOTAL	524.6	71.8	40.6	8.3
Snack 2	Calories	Carbohydrates	Protein	Fat
10 baby carrot sticks	35	8.2	0.6	0
TOTAL	35	8.2	0.6	0
Dinner	Calories	Carbohydrates	Protein	Fat
4 oz grilled shrimp	112.2	0	23.7	1.2
3/4 cup cooked brown rice	162.3	33.6	3.8	1.3
1 cup steamed asparagus	39.6	7.4	4.3	0.4
1 TBS olive oil + 2 tsp balsamic vinegar	124	1.3	0	14
TOTAL	438.1	42.3	31.8	16.9
Snack 3	Calories	Carbohydrates	Protein	Fat
1 TBS natural peanut butter	105	3	4	8
10 celery sticks	6	1.2	0.3	0
TOTAL	111	4.2	4.3	8
DAILY TOTAL	1484.76	179.96	91.36	45.53

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Day 2

Breakfast	Calories	Carbohydrates	Protein	Fat
1 cup cooked oatmeal (prepared with water)	147	25.2	6.1	2.3
1 cup sliced strawberries	53.1	12.8	1.1	0.5
2 tsp honey	21.3	5.8	0	0
2 TBS sliced almonds	66.5	2.3	2.4	5.8
TOTAL	287.9	46.1	9.6	8.6
Snack 1	Calories	Carbohydrates	Protein	Fat
10 cherry tomatoes	30.6	6.7	1.5	0.3
1/4 cup hummus	103.8	8.9	4.9	6
TOTAL	134.4	15.6	6.4	6.3
Lunch	Calories	Carbohydrates	Protein	Fat
Broccoli & Cheese Stuffed Potato:				
1 medium baked potato	161	36.6	4.3	0.2
1 cup steamed broccoli	54.6	11.2	3.71	0.6
¼ cup shredded low fat cheddar cheese	48.8	0.5	6.9	2
3 slices cooked turkey bacon, chopped	105	0	6	7.5
TOTAL	369.4	48.3	20.91	10.3
Snack 2	Calories	Carbohydrates	Protein	Fat
3 oz roasted turkey breast, low sodium	84	3	15	3
1 cup chopped cantaloupe	54.4	13.1	1.3	0.3
TOTAL	138.4	16.1	16.3	3.3
Dinner	Calories	Carbohydrates	Protein	Fat
5 oz wild salmon, grilled with 1 tsp olive oil	249.1	1.4	28.4	13.9
3 cups mixed greens	30	6	2	0
1 cup sliced cucumber	15.6	3.8	0.7	0.1
1 TBS sesame oil + 2 tsp rice vinegar	120.2	0	0	13.6
TOTAL	414.9	11.2	31.1	27.6
Snack 3	Calories	Carbohydrates	Protein	Fat
6 oz non fat fruit yogurt	160.2	32.4	7.5	0.3
TOTAL	160.2	32.4	7.5	0.3
DAILY TOTAL	1505.2	169.7	91.81	56.4

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Day 3

Breakfast	Calories	Carbohydrates	Protein	Fat
1 cup low fat cottage cheese	162.3	6.2	28	2.3
1 cup diced pineapple	74.4	19.6	0.8	0.2
½ cup blueberries	41.3	10.5	0.5	0.2
1 TBS ground flax seed	37.4	2	1.3	3
TOTAL	315.4	38.3	30.6	5.7
Snack 1	Calories	Carbohydrates	Protein	Fat
2 cups green grapes	220	58	2.3	0.5
25 almonds	173.4	5.9	6.4	15.2
TOTAL	393.4	63.9	8.7	15.7
Lunch	Calories	Carbohydrates	Protein	Fat
2 slices whole grain rye bread, toasted	165.8	30.9	5.4	2.1
3 oz roast beef, sliced	135	0	21	4.5
4 thin slices tomato	16.2	3.5	0.8	0.2
2 tsp Dijon mustard	10	2	0	0
TOTAL	327	36.4	27.2	6.8
Snack 2	Calories	Carbohydrates	Protein	Fat
1/4 cup dried apricots	78.8	15.4	1.3	0.1
TOTAL	78.8	15.4	1.3	0.1
Dinner	Calories	Carbohydrates	Protein	Fat
Chicken & Vegetable Kabobs* (see recipe)				
• 4 oz chicken breast, cubed	125.7	0	26.2	1.4
• 1 bell pepper, chopped	23.8	5.5	1	0.2
• 1 cup button mushrooms	15.4	2.3	2.2	0.2
• 1/2 zucchini, chopped	15.7	3.3	1.2	0.2
• 1 clove garlic, minced	4.5	1	0.2	0
• 1 TBS soy sauce + 1 TBS olive oil + 1 TBS basil	127.3	1.5	0.5	13.5
1 (4 in) small whole wheat pita bread	74.5	15.4	2.7	0.7
TOTAL	386.9	29	34	16.2
DAILY TOTAL	1501.5	183	101.8	44.5

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Breakfast	Calories	Carbohydrates	Protein	Fat
Peaches & Cream Smoothie:				
1 oz vanilla protein powder	104	2	24	0
1 cup frozen peaches	66.3	16.2	1.6	0.4
1 TBS wheat germ	25	3	2	0.5
8 fl oz skim milk	85.8	11.9	8.4	0.4
TOTAL	281.1	33.1	36	1.3
Snack 1	Calories	Carbohydrates	Protein	Fat
1 medium apple	71.76	19.06	0.36	0.23
2 TBS natural peanut butter	210	6	8	16
TOTAL	281.76	25.06	8.36	16.23
Lunch	Calories	Carbohydrates	Protein	Fat
1 hard boiled egg	77.5	0.6	6.3	5.3
1/4 cup chick peas	71.4	13.6	3	0.7
3 oz roasted turkey breast, low sodium	84	3	15	3
3 cups romaine lettuce	24	4.6	1.7	0.4
1 cup chopped tomato	32.4	7.1	1.6	0.4
2 TBS balsamic vinaigrette	90	3	0	9
6 whole wheat crackers	60	10	2	1.5
TOTAL	439.3	41.9	29.6	20.3
Snack 2	Calories	Carbohydrates	Protein	Fat
1 granola bar	140	24	2	4
TOTAL	140	24	2	4
Dinner	Calories	Carbohydrates	Protein	Fat
Mustard Glazed Cod* (see recipe)				
• 5 oz wild cod	116.2	0	25.2	1
• 2 tsp Dijon mustard	10	2	0	0
• 1 tsp olive oil	40	0	0	4.5
• 2 tsp honey	21.3	5.8	0	0
1 ½ cups chopped broccoli	46.4	9.1	3.9	0.5
1/2 cup cooked quinoa	106	19.5	3.7	1.6
TOTAL	339.9	36.4	32.8	7.6
Snack 3	Calories	Carbohydrates	Protein	Fat
1 medium orange	61.6	15.4	1.2	0.2
TOTAL	61.6	15.4	1.2	0.2
DAILY TOTAL	1543.66	175.86	109.96	49.63

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Day 5

Breakfast	Calories	Carbohydrates	Protein	Fat
1 cup shredded wheat cereal	157	37.7	7.9	0.7
8 fl oz skim milk	85.8	11.9	8.4	0.4
1 medium banana, sliced	105	27	1.3	0.4
TOTAL	347.8	76.6	17.6	1.5
Snack 1	Calories	Carbohydrates	Protein	Fat
2 oz part skim mozzarella cheese	144	1.5	13.8	9
10 baby carrot sticks	35	8.2	0.6	0
TOTAL	179	9.7	14.4	9
Lunch	Calories	Carbohydrates	Protein	Fat
3 oz chunk light tuna, packed in water	90	0	19.5	0.8
2 tsp light mayonnaise	32.4	0.8	0.1	3.3
1 medium granny smith apple, chopped	71.76	19.06	0.36	0.23
1/2 cup celery chopped	7.1	1.5	0.4	0.1
3 cups mixed greens	30	6	2	0
TOTAL	231.26	27.36	22.36	4.43
Snack 2	Calories	Carbohydrates	Protein	Fat
1 medium pear	96.3	25.7	0.6	0.2
TOTAL	96.3	25.7	0.6	0.2
Dinner	Calories	Carbohydrates	Protein	Fat
4 oz grilled flank steak	210.9	0	31.6	8.4
2 cups steamed green beans	68.2	15.7	4	0.3
2 tsp flax oil + 2 tsp lemon juice	80.2	0	0	9.1
TOTAL	359.3	15.7	35.6	17.8
Snack 3	Calories	Carbohydrates	Protein	Fat
1 oz walnuts	185.4	3.9	4.3	18.5
10 large strawberries	57.6	13.8	1.2	0.5
TOTAL	243	17.7	5.5	19
DAILY TOTAL	1456.66	172.76	96.06	51.93

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Day 6

Breakfast	Calories	Carbohydrates	Protein	Fat
4 egg whites, scrambled	68.6	1	14.4	0.22
2 oz cooked Canadian bacon	105	0.8	13.7	4.8
1 cup steamed spinach	41.4	6.8	5.4	0.5
1/2 whole wheat English muffin, toasted	67	13.3	2.9	0.7
1 cup honeydew melon	63.7	16.1	1	0.3
TOTAL	345.7	38	37.4	6.52
Snack 1	Calories	Carbohydrates	Protein	Fat
6 oz non fat fruit yogurt	160.2	32.4	7.5	0.3
1/2 cup blueberries	41.3	10.5	0.5	0.2
TOTAL	201.5	42.9	8	0.5
Lunch	Calories	Carbohydrates	Protein	Fat
2 cups lentil soup	251.7	40.6	15.6	3
3 oz grilled chicken breast, diced	140	0	26.4	3
1 cup diced pineapple	74.4	19.6	0.8	0.2
TOTAL	466.1	60.2	42.8	6.2
Snack 2	Calories	Carbohydrates	Protein	Fat
1 bell pepper, chopped	23.8	5.5	1	0.2
1/4 cup hummus	103.8	8.9	4.9	6
TOTAL	127.6	14.4	5.9	6.2
Dinner	Calories	Carbohydrates	Protein	Fat
3 oz cooked turkey burger	200	0	26.1	9
1 whole wheat flour tortilla	140	22	4	3
1 slice low fat Swiss cheese	50	1	8	1.4
1/4 cup roasted red pepper	25	3	0	1
TOTAL	415	26	38.1	14.4
DAILY TOTAL	1555.9	181.5	132.2	33.82

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Day 7

Breakfast	Calories	Carbohydrates	Protein	Fat
2 whole grain waffles	165.2	30.9	4.9	2.5
2 TBS almond butter	202.6	6.8	4.8	18.9
1 cup raspberries	64	14.7	1.5	0.8
TOTAL	431.8	52.4	11.2	22.2
Snack 1	Calories	Carbohydrates	Protein	Fat
1 grapefruit	81.9	20.7	1.6	0.3
1/2 cup low fat cottage cheese	81.2	3.1	14	1.2
TOTAL	163.1	23.8	15.6	1.5
Lunch	Calories	Carbohydrates	Protein	Fat
3 oz grilled wild salmon	154.7	0	21.6	6.9
3/4 cup cooked brown rice	162.3	33.6	3.8	1.3
1/2 cup black beans	109.2	19.9	7.2	0.4
2 TBS salsa	10	3	0	0
1 cup baby spinach	10	2.6	0.6	0
TOTAL	446.2	59.1	33.2	8.6
Snack 2	Calories	Carbohydrates	Protein	Fat
1 medium orange	61.6	15.4	1.2	0.2
TOTAL	61.6	15.4	1.2	0.2
Dinner	Calories	Carbohydrates	Protein	Fat
Sweet & Sour Scallops* (see recipe)				
• 4 oz raw sea scallops	99.7	2.7	19	0.9
• 1 cup chopped carrots	52.5	12.3	1.2	0.3
• 1 cup sugar snap peas	45	9	6	0
• 1 TBS canola oil	120	0	0	14
• 1 TBS balsamic vinegar	6	2	0	0
• 1 TBS fresh orange juice	7	1.6	0.1	0.3
1/2 cup cooked soba noodles	66.4	12.2	2.6	0
TOTAL	396.6	39.8	28.9	15.5
DAILY TOTAL	1499.3	190.5	90.1	48

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RECIPES

Chicken Soup with White Beans

Serves: 1

Prep Time: 5 minutes

Cook Time: 5 minutes

2 cups vegetable broth

¾ cup frozen peas and carrots

3 oz grilled chicken breast, diced

½ cup canned white beans (rinsed and drained)

1 tsp olive oil

- 1) In a small saucepan, bring vegetable broth to a simmer.
- 2) Add frozen vegetables, chicken and beans.
- 3) Cook until heated through and serve.

Chicken & Vegetable Kabobs

Serves: 1

Prep Time: 10 minutes

Cook Time: 15 minutes

4 oz chicken breast, cubed

1 bell pepper, chopped

1 cup button mushrooms

½ medium zucchini, sliced

1 clove garlic, minced

1 TBS soy sauce

1 TBS olive oil

1 TBS chopped fresh basil

- 1) Preheat grill or broiler.
- 2) Cut chicken and vegetables into same sized chunks.
- 3) In a small bowl combine garlic, soy sauce, olive oil and basil.
- 4) Place chicken and vegetables on to skewers and pour soy sauce mixture on top.
- 5) Grill for 3-4 minutes per side until vegetables are tender and chicken is completely cooked.

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Mustard Glazed Cod

Serves: 1

Prep Time: 10 minutes

Cook Time: 15 minutes

5 oz wild cod
2 tsp Dijon mustard
1 tsp olive oil
2 tsp honey
1½ cups chopped broccoli

- 1) Preheat oven to 425°. Place cod on a baking sheet.
- 2) In a small bowl, combine mustard, oil and honey.
- 3) Spread mustard mixture over cod and transfer to the oven to bake for 5 minutes.
- 4) Add broccoli to baking sheet and return to oven for an additional 6-7 minutes until cod is cooked and broccoli is tender.

Sweet & Sour Scallops

Serves: 1

Prep Time: 10 minutes

Cook Time: 20 minutes

1 TBS canola oil
1 TBS balsamic vinegar
1 TBS freshly squeezed orange juice
4 oz raw sea scallops
1 cup chopped carrot
1 cup sugar snap peas

- 1) Preheat oven to 450°F.
- 2) In a large bowl, combine oil, vinegar and orange juice. Toss scallops in oil mixture; season with salt and pepper to taste.
- 3) Combine with carrots and sugar snap peas.
- 4) Transfer to a baking sheet and roast in the oven for 15-20 minutes until scallops are cooked and vegetables are tender.

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WEEK 2

Day 1

Breakfast	Calories	Carbohydrates	Protein	Fat
1 cup cooked hot multigrain cereal (prepared with water)	170.4	34.1	7.2	1.9
1 medium banana, sliced	105	27	1.3	0.4
2 TBS chopped walnuts	96.7	2.1	2.2	9.5
1 TBS brown sugar	33	9	0	0
TOTAL	405.1	72.2	10.7	11.8
Snack 1	Calories	Carbohydrates	Protein	Fat
25 almonds	173.4	5.9	6.4	15.2
1 cup grapes	110	26	1.2	0.3
TOTAL	283.4	31.9	7.6	15.5
Lunch	Calories	Carbohydrates	Protein	Fat
Greek Salad Wrap:				
3 oz grilled chicken breast, sliced	140	0	26.4	3
1/2 cup sliced cucumber	7.8	1.9	0.4	0
3 strips red bell pepper	1.6	0.4	0.1	0
1 oz feta cheese (diced or crumbled)	74.8	1.2	4	6
1/4 cup romaine lettuce	2	0.4	0.1	0
1 thin slice red onion	3.8	0.9	0.1	0
1 whole wheat flour tortilla	140	22	4	3
1 tsp red wine vinegar	0	0	0	0
TOTAL	370	26.8	35.1	12
Dinner	Calories	Carbohydrates	Protein	Fat
3 oz broiled pork chop	204	0	24.4	11.1
2 cups chopped lettuce + 1 cup chopped tomato	37.8	8.1	2	0.4
1 tsp olive oil + lemon juice to taste	40	0	0	4.5
TOTAL	281.8	8.1	26.4	16
Snack 2	Calories	Carbohydrates	Protein	Fat
1/2 cup non fat vanilla frozen yogurt	200	31	9	4.5
1/2 cup blueberries	41.3	10.5	0.5	0.2
TOTAL	241.3	41.5	9.5	4.7
DAILY TOTAL	1581.6	180.5	89.3	60

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Day 2

	Calories	Carbohydrates	Protein	Fat
Breakfast				
Pomegranate Smoothie:				
1/2 cup frozen mixed berries	41	4.7	0.5	0.3
4 fl oz unsweetened pomegranate juice	75	19	0.3	0
1/2 cup low fat vanilla yogurt	96	15.6	5.6	1.4
TOTAL	212	39.3	6.4	1.7
Snack 1				
1 slice whole wheat bread, toasted	110	20	4	2
2 TBS natural peanut butter	210	6	8	16
1 tsp low sugar fruit spread	13.3	3	0	0
1 plum	30.4	7.5	0.5	0.2
TOTAL	363.7	36.5	12.5	18.2
Lunch				
Asian Salad:				
4 oz cooked shrimp	112.2	0	23.7	1.2
2 cups baby spinach + 1 cup arugula	25	5.9	1.7	0.1
1 cup sliced cucumber	15.6	3.8	0.3	0.1
1/4 cup canned mandarin oranges (packed in water)	25.8	6.5	0.4	0.2
1 tsp toasted sesame seeds	17	0.3	0.6	1.7
2 TBS sliced almonds	83.3	2.5	2.9	7.5
1 TBS sesame ginger salad dressing	66.5	1.3	0.5	6
TOTAL	345.4	20.3	30.1	16.8
Snack 2				
1 hard boiled egg + 1 hard boiled egg white	94.7	0.8	9.9	5.4
1 medium apple	71.8	19.1	0.4	0.2
TOTAL	166.5	19.9	10.3	5.6
Dinner				
Chicken Soft Tacos* (see recipe)				
• 4 oz ground chicken breast	124.7	0	26.2	1.4
• 1/4 cup chopped onion	17	4	0.4	0
• 1/2 tsp ground cumin + 1/2 tsp chili powder	9.5	0.71	0.2	0.2
• 1/2 cup shredded green cabbage	10.7	2.5	0.6	0.1
• 3 corn tortillas	104.6	21.4	2.7	1.4
• 2 TBS salsa + 2 TBS diced avocado	38.9	3.7	0.9	2.8
TOTAL	305.4	32.31	31	5.9
Snack 3				
1 cup chopped cantaloupe	54.4	13.1	1.3	0.3
2 TBS sunflower seeds	85	3	3.5	7.5
TOTAL	139.4	16.1	4.8	7.8
DAILY TOTAL	1532.4	164.41	95.1	56

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Day 3

Breakfast	Calories	Carbohydrates	Protein	Fat
1 cup low fat cottage cheese	162.3	6.2	28	2.3
1/4 cup granola	149.5	16.2	4.5	7.4
1 cup blueberries	82.6	21	1.1	0.5
TOTAL	394.4	43.4	33.6	10.2
Snack 1	Calories	Carbohydrates	Protein	Fat
6 whole wheat crackers	60	10	2	1.5
10 cherry tomatoes	30.6	6.7	1.5	0.3
White Bean Dip* (see recipe)				
• 1/2 cup canned cannelloni beans	153.3	28.7	9.5	0.4
• 2 TBS chopped scallion + 1 tsp olive oil + 1/2 tsp lemon zest	44.1	0.2	0	4.5
TOTAL	288	45.6	13	6.7
Lunch	Calories	Carbohydrates	Protein	Fat
Chopped Salad:				
3 cups chopped lettuce	24	4.6	1.7	0.4
1 cup chopped tomato	32.4	7.1	1.6	0.4
1/2 cup chopped carrot	22.6	5.3	0.5	0.1
5 large green olives, sliced	25	1	0	2.5
3 oz roast beef, sliced	135	0	21	4.5
1 TBS sesame oil + 2 tsp rice vinegar	120.2	0	0	13.6
TOTAL	359.2	18	24.8	21.5
Dinner	Calories	Carbohydrates	Protein	Fat
Steak Sandwich:				
1 whole wheat English Muffin, toasted	135	26.6	5.8	1.4
4 oz grilled flank steak, thinly sliced	210.9	0	31.6	8.4
1/4 cup romaine lettuce	2	0.4	0.1	0
2 slices tomato	8	1.2	0.4	0.1
1 cup vegetable soup	90	20	3	0
TOTAL	445.9	48.2	40.9	9.9
Snack 2	Calories	Carbohydrates	Protein	Fat
1 medium apple	71.8	19.1	0.4	0.2
TOTAL	71.8	19.1	0.4	0.2
DAILY TOTAL	1559.3	174.3	112.7	48.5

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Day 4

Breakfast	Calories	Carbohydrates	Protein	Fat
2 eggs, poached	73.5	0.4	6.3	5
1 slice whole wheat bread, toasted	110	20	4	2
1 cup diced pineapple	74.4	19.6	0.8	0.2
1 cup strawberries	46.1	11.1	1	0.4
TOTAL	304	51.1	12.1	7.6
Snack 1	Calories	Carbohydrates	Protein	Fat
1 wedge low fat spreadable cheese (such as Light Laughing Cow)	35	1	2.5	2
10 medium baby carrots	35	8.2	0.6	0
1 oz mixed nuts	170	6	6	15
TOTAL	240	15.2	9.1	17
Lunch	Calories	Carbohydrates	Protein	Fat
1 1/2 cups Tomato Vegetable Soup	135	25.5	9	0
1/2 cup cooked pearled barley	96.6	22.2	1.8	0.3
1 cup grapes	110	26	1.2	0.3
8 fl oz skim milk	85.8	11.9	8.4	0.4
TOTAL	427.4	85.6	20.4	1
Snack 2	Calories	Carbohydrates	Protein	Fat
3 oz roasted turkey breast, low sodium	84	3	15	3
1 medium apple	71.8	19.1	0.4	0.2
TOTAL	155.8	22.1	15.4	3.2
Dinner	Calories	Carbohydrates	Protein	Fat
3 oz grilled tuna steak	156.4	0	25.4	5.3
1 1/2 cups steamed broccolini	72.1	6.8	8.4	1.1
1 cup sliced cucumber	15.6	3.8	0.7	0.1
1 TBS olive oil + 2 tsp rice vinegar	120.2	0	0	13.6
TOTAL	364.3	10.6	34.5	20.1
DAILY TOTAL	1491.5	184.6	91.5	48.9

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Day 5

Breakfast	Calories	Carbohydrates	Protein	Fat
1/2 whole wheat bagel, toasted	110	23.5	5.5	0.8
2 oz smoked salmon	66.3	0	10.4	2.5
1 TBS low fat vegetable cream cheese	30	1.5	1.5	2.3
2 slices tomato	8	1.2	0.4	0.1
1/2 grapefruit	41	10.3	0.8	0.1
TOTAL	255.3	36.5	18.6	5.8
Snack 1	Calories	Carbohydrates	Protein	Fat
Trail Mix:				
2 TBS dried cherries	70		0	0
2 TBS slivered almonds	66.5		2.4	5.8
2 TBS sunflower seeds	85		3.5	7.5
TOTAL	221.5		5.9	13.3
Lunch	Calories	Carbohydrates	Protein	Fat
Taco Salad:				
3 oz ground turkey, cooked w/1 tsp chili power + 1 clove garlic	155.3		0.2	0
3 cups mixed greens	30		2	0
1/4 cup vegetarian refried beans	85		4	2
1/2 cup chopped tomato	16.2		0.8	0
5 black olives, sliced	31.3		0	3
Lime juice to taste				
4 tortilla chips, crushed	43.1		0.6	2.2
TOTAL	360.9		7.6	7.2
Snack 2	Calories	Carbohydrates	Protein	Fat
1 medium banana	105		1.3	0.4
TOTAL	105		1.3	0.4
Dinner	Calories	Carbohydrates	Protein	Fat
Chicken & Broccoli with Peanut Sauce* (see recipe)				
• 4 oz chicken breast, sliced	124.7		26.2	1.4
• 1 tsp minced ginger	1.6		0	0
• 1/4 red onion, chopped	16.8		0.4	0
• 1 cup chopped broccoli	31	6	2.6	0.3
• 1 TBS soy sauce + 1 tsp chili sauce	17.2	3.4	0.6	0.2
• 1 TBS natural peanut butter	105	3	4	8
1/2 cup cooked brown rice	108	22.4	2.5	0.9
TOTAL	404.3	39.2	36.3	10.8
Snack 3	Calories	Carbohydrates	Protein	Fat
1/2 oz cashews	78.4	4.3	2.6	6.2
1 medium apple	71.8	19.1	0.4	0.2
TOTAL	150.2	23.4	3	6.4
DAILY TOTAL	1497.2	179.7	72.7	43.9

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Day 6

Breakfast	Calories	Carbohydrates	Protein	Fat
1 cup cooked oatmeal (prepared with 1 cup skim milk)	232.8	37.1	14.5	2.7
1 peach, chopped	66.3	16.2	1.6	0.4
1 tsp low sugar fruit spread	13.3	3	0	0
TOTAL	312.4	56.3	16.1	3.1
Snack 1	Calories	Carbohydrates	Protein	Fat
10 celery sticks	6	1.2	0.3	0
1 bell pepper, chopped	23.8	5.5	1	0.2
2 TBS balsamic vinaigrette	120	0	0	12
TOTAL	149.8	6.7	1.3	12.2
Lunch	Calories	Carbohydrates	Protein	Fat
2 slices sprouted wheat bread	160	30	8	1
2 TBS hummus	52	4.5	2.5	3
3 oz deli sliced chicken breast	90	1.5	15	2.3
1/4 cup baby spinach	3.3	0.5	0.3	0
1/4 cup shredded carrot	9.5	2.2	0.2	0
1 medium orange	61.6	15.4	1.2	0.2
TOTAL	376.4	54.1	27.2	6.5
Snack 2	Calories	Carbohydrates	Protein	Fat
2 cups air popped popcorn	61.9	12.4	2.1	0.7
10 baby carrot sticks	35	8.2	0.6	0
1 oz part skim mozzarella cheese	85.6	1.1	7.4	5.7
TOTAL	182.5	21.7	10.1	6.4
Dinner	Calories	Carbohydrates	Protein	Fat
5 oz wild salmon, grilled with 1 tsp olive oil	249.1	1.4	28.4	13.9
1 cup steamed asparagus	39.6	7.4	4.3	0.4
1 small sweet potato, diced and roasted with 2 tsp olive oil	182.4	23.6	2.3	9.2
TOTAL	471.1	32.4	35	23.5
DAILY TOTAL	1492.2	171.2	89.7	51.7

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Day 7

Breakfast		Calories	Carbohydrates	Protein	Fat
Banana Berry French Toast* (see recipe)					
• 2 sliced multigrain bread	160	26	8	2	
• 1/4 cup low fat milk	24.4	3	2	0.6	
• 1 large egg	73.5	0.4	6.3	5	
• 1 tsp vanilla extract	12.1	0.5	0	0	
• 1 TBS rolled oats, dry	18.8	3.4	0.6	0.4	
• 1/4 cup sliced banana + 1/4 cup sliced strawberries	35.8	9	0.6	0.2	
• 2 TBS maple syrup	104.4	26.8	0	0	
TOTAL	429	69.1	17.5	8.2	
Snack 1					
1 cup lentil soup	125.8	20.3	7.8	1.5	
1 medium apple	71.8	19.1	0.4	0.2	
TOTAL	197.6	39.4	8.2	1.7	
Lunch					
3 cups mixed greens	30	6	2	0	
1/2 cup mushrooms, sliced	7.7	1.5	1.1	0.1	
1/2 cup chopped tomato	16.2	3.5	0.8	0	
1/4 cup green peas	31.2	5.7	2.1	0.1	
1/4 cup diced avocado	60	3.2	0.8	5.6	
2 oz smoked salmon	66.3	0	10.4	2.5	
1 TBS balsamic vinegar	14	3	0	0	
TOTAL	225.4	22.9	17.2	8.3	
Snack 2					
1 TBS almond butter	101.3	3	2.5	9.5	
10 celery sticks	6	1.2	0.3	0	
TOTAL	107.3	4.2	2.8	9.5	
Dinner					
3 oz ground turkey, cooked w/ 1/2 tsp oregano + 1 clove garlic	155.3	1	0.2	0	
1 TBS prepared basil pesto	50	1.5	0.8	5	
1 cup cooked zucchini	28.8	7.1	1.2	0.1	
1 cup cooked whole wheat pasta	173.6	37.2	7.5	0.8	
3 cups chopped lettuce	24	4.6	1.7	0.4	
1 TBS olive oil + 2 tsp balsamic vinegar	124	1.3	0	14	
TOTAL	555.7	52.7	11.4	20.3	

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RECIPES**Chicken Soft Tacos**

Serves: 1

Prep Time: 15 minutes

Cook Time: 15 minutes

4 oz ground chicken breast
¼ cup chopped onion
½ tsp ground cumin
½ tsp chili powder
½ cup finely shredded green cabbage
3 corn tortillas
2 TBS salsa
2 TBS diced avocado
Nonstick canola oil cooking spray
Salt and pepper to taste

- 1) Heat a medium skillet over medium-high heat; spray with nonstick cooking spray.
- 2) Add chopped onion and sauté for 2-3 minutes. Season with salt and pepper.
- 3) Add ground chicken and cook until lightly browned; season with cumin and chili powder.
- 4) Continue to cook until chicken is completely cooked (about 4-5 minutes).
- 5) Serve chicken mixture in corn tortillas topped with cabbage, salsa and diced avocado.

White Bean Dip

Serves: 1

Prep Time: 5 minutes

Cook Time: 0 minutes

½ cup canned cannelloni beans (rinsed and drained)
2 TBS chopped scallion
1 tsp olive oil
½ tsp lemon zest

- 1) Combine ingredients in a food processor or a small bowl.
- 2) Pulse using food processor or mash with a fork until smooth; season with salt and pepper to taste.

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Chicken & Broccoli with Peanut Sauce

Serves: 1

Prep Time: 15 minutes

Cook Time: 15 minutes

4 oz chicken breast, cut into bite sized pieces

1 tsp minced ginger

¼ red onion, chopped

1 cup chopped broccoli

1 TBS reduced sodium soy sauce

1 tsp chili sauce

1 TBS natural peanut butter

Nonstick canola oil cooking spray

- 1) Heat a large skillet or wok over medium-high heat, spray with nonstick cooking spray.
- 2) Add ginger and chicken to wok and cook for 15-30 seconds.
- 3) Add onion, broccoli and soy sauce; toss and cook for 3-4 minutes. Add 1-2 tablespoons of water if mixture appears dry.
- 4) Reduce heat to medium. Add chili paste and peanut butter. Toss continuously as peanut butter melts.
- 5) Continue to cook until chicken is completely cooked and vegetables are crisp-tender.

Banana Berry French Toast

Serves: 1

Prep Time: 10 minutes

Cook Time: 10 minutes

2 slices multigrain bread

¼ cup low fat milk

1 large egg

1 tsp vanilla extract

1 TBS rolled oats

¼ cup sliced banana

¼ cup sliced strawberries

2 TBS maple syrup

Nonstick canola oil cooking spray

- 1) Preheat a large nonstick skillet over medium heat.
- 2) In a large bowl, combine milk, egg, vanilla and oats; whisk to combine.
- 3) Soak bread slices in egg mixture for 1 minute and transfer to skillet.
- 4) Cook for 1-2 minutes per side or until golden brown.
- 5) Serve topped with banana, strawberries and maple syrup.

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WEEK 3

Day 1

	Calories	Carbohydrates	Protein	Fat
Breakfast				
Egg & Cheese Burrito:				
1 egg + 1 egg white, scrambled	90.6	0.4	6.3	5
1 slice low fat cheddar cheese	49	0.5	6.9	2
1/4 cup diced bell pepper	7.4	1.7	0.3	0.1
1 whole wheat flour tortilla	140	22	4	3
TOTAL	287	24.6	17.5	10.1
Snack 1	Calories	Carbohydrates	Protein	Fat
1 cup diced mango	107.3	28.1	0.8	0.5
1/2 cup low fat cottage cheese	81.2	3.1	14	1.2
TOTAL	188.5	31.2	14.8	1.7
Lunch	Calories	Carbohydrates	Protein	Fat
Chicken Salad with Walnuts & Grapes* (see recipe)				
• 3 oz cooked chicken breast, shredded	140	0	26.4	3
• 1 tsp mayonnaise + 2 tsp plain low fat yogurt	39.6	0.8	0.5	3.8
• 1/4 cup grapes, halved	15.4	3.9	0.1	0.1
• 2 TBS chopped walnuts	96.7	2.1	2.2	9.5
• 1 tsp chopped dill	0.1	0	0	0
• 2 cups romaine lettuce	16	3.1	1.2	0.3
TOTAL	307.8	9.9	30.4	16.7
Snack 2	Calories	Carbohydrates	Protein	Fat
1 granola bar	140	24	2	4
TOTAL	140	24	2	4
Dinner	Calories	Carbohydrates	Protein	Fat
1 cup Vegetarian Chili	200	40	11	1.5
3 oz cook Mahi Mahi	90	0	20	1
1 cup steamed broccoli with 1 tsp olive oil + lemon juice	94.6	11.2	3.71	5.1
TOTAL	384.6	51.2	34.71	7.6
Snack 3	Calories	Carbohydrates	Protein	Fat
1 medium pear	96.3	25.7	0.6	0.2
1 TBS almond butter	101.3	3	2.5	9.5
TOTAL	197.6	28.7	3.1	9.7
DAILY TOTAL	1505.5	169.6	102.51	49.8

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Day 2

Breakfast	Calories	Carbohydrates	Protein	Fat
1 cup low fat Greek style yogurt	150	9	19	4.5
2 tsp honey	21.3	5.8	0	0
1 cup sliced strawberries	53.1	12.8	1.1	0.5
TOTAL	224.4	27.6	20.1	5
Snack 1	Calories	Carbohydrates	Protein	Fat
10 cherry tomatoes	30.6	6.7	1.5	0.3
1/4 cup hummus	103.8	8.9	4.9	6
TOTAL	134.4	15.6	6.4	6.3
Lunch	Calories	Carbohydrates	Protein	Fat
2 cups minestrone soup	220	38	8	4
6 whole wheat crackers	60	10	2	1.5
1 oz part skim mozzarella cheese	85.6	1.1	7.4	5.7
1 medium apple	71.8	19.1	0.4	0.2
TOTAL	437.4	68.2	17.8	11.4
Dinner	Calories	Carbohydrates	Protein	Fat
BBQ Chicken Flat Bread Pizza* (see recipe)				
• 1 slice flat bread (such as Lavash)	220	42	8	0
• 3 TBS barbecue sauce	35.2	6	0.8	0.8
• 3 oz grilled chicken breast, diced	140	0	26.4	3
• 1/4 cup shredded low fat cheddar cheese	48.8	0.5	6.9	2
• 1/2 green bell pepper sliced	11.9	2.8	0.5	0.1
• 1/2 cup sliced mushrooms	7.7	1.2	1.1	0.1
TOTAL	463.6	52.5	43.7	6
Snack 3	Calories	Carbohydrates	Protein	Fat
25 almonds	173.4	5.9	6.4	15.2
1/4 cup dried apricots	78.8	15.4	1.3	0.1
TOTAL	252.2	21.3	7.7	15.3
DAILY TOTAL	1512	185.2	95.7	44

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Day 3

Breakfast	Calories	Carbohydrates	Protein	Fat
1 cup Kashi® Go Lean Crunch Cereal	190	36	9	3
8 fl oz skim milk	85.8	11.9	8.4	0.4
2 TBS raisins	54.2	14.4	0.6	0.1
TOTAL	330	62.3	18	3.5
Snack 1	Calories	Carbohydrates	Protein	Fat
6 oz non fat fruit yogurt	160.2	32.4	7.5	0.3
2 TBS sunflower seeds	85	3	3.5	7.5
TOTAL	245.2	35.4	11	7.8
Lunch	Calories	Carbohydrates	Protein	Fat
3 oz chunk light tuna, packed in water	90	0	19.5	0.8
10 cherry tomatoes, halved	30.6	6.7	1.5	0.3
2 TBS diced avocado	30	1.6	0.4	2.8
2 cups baby spinach + 1 cup arugula	25	5.9	1.7	0.1
1 TBS olive oil + 2 tsp balsamic vinegar	124	1.3	0	14
TOTAL	299.6	15.5	23.1	18
Snack 2	Calories	Carbohydrates	Protein	Fat
1 hard boiled egg + 1 hard boiled egg white	94.7	0.8	9.9	5.4
1 medium apple	71.8	19.1	0.4	0.2
TOTAL	166.5	19.9	10.3	5.6
Dinner	Calories	Carbohydrates	Protein	Fat
3 oz grilled london broil	154.7	0	23.4	6
1/2 cup cooked quinoa	106	19.5	3.7	1.6
2 cups steamed green beans	68.2	15.7	4	0.3
1 TBS flax oil + 2 tsp lemon juice	120.2	0	0	14.6
TOTAL	449.1	35.2	31.1	22.5
DAILY TOTAL	1490.4	168.3	93.5	57.4

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Day 4

Breakfast	Calories	Carbohydrates	Protein	Fat
1 whole wheat English Muffin, toasted	135	26.6	5.8	1.4
2 slices tomato	8	1.2	0.4	0.1
2 oz low fat Swiss cheese	50	1	8	1.4
1 medium pear	96.3	25.7	0.6	0.2
TOTAL	289.3	54.5	14.8	3.1
Snack 1	Calories	Carbohydrates	Protein	Fat
10 baby carrot sticks	35	8.2	0.6	0
White Bean Dip* (see recipe)				
• 1/2 cup canned cannelloni beans	153.3	28.7	9.5	0.4
• 2 TBS chopped scallion + 1 tsp olive oil + 1/2 tsp lemon zest	44.1	0.2	0	4.5
TOTAL	232.4	37.1	10.1	4.9
Lunch	Calories	Carbohydrates	Protein	Fat
2 slices sprouted wheat bread, toasted	160	30	8	1
2 TBS natural peanut butter	210	6	7	17
1 medium banana, sliced	105	27	1.3	0.4
TOTAL	475	63	16.3	18.4
Snack 2	Calories	Carbohydrates	Protein	Fat
1 oz walnuts	185.4	3.9	4.3	18.5
10 large strawberries	57.6	13.8	1.2	0.5
TOTAL	243	17.7	5.5	19
Dinner	Calories	Carbohydrates	Protein	Fat
Salmon Cakes* (see recipe)				
• 4 oz canned salmon	160	0	24	6
• 2 TBS seasoned bread crumbs	57.5	10.3	2	0.8
• 1/4 cup chopped celery	4.2	0.9	0.2	0.1
• 1 large egg	73.5	0.4	6.3	5
• 1/4 tsp red pepper flakes	0	0	0	0
• 1 tsp olive oil	40	0	0	4.5
2 cups baby spinach + 1 cup arugula	25	5.9	1.7	0.1
TOTAL	360.2	17.5	34.2	16.5
DAILY TOTAL	1599.9	189.8	80.9	61.9

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Day 5

Breakfast	Calories	Carbohydrates	Protein	Fat
1 granola bar	140	24	2	4
1 grapefruit	81.9	20.7	1.6	0.3
TOTAL	221.9	44.7	3.6	4.3
Snack 1	Calories	Carbohydrates	Protein	Fat
2 cups air popped popcorn	61.9	12.4	2.1	0.7
2 hard boiled eggs	155	1.1	12.6	10.6
TOTAL	216.9	13.5	14.7	11.3
Lunch	Calories	Carbohydrates	Protein	Fat
3 cups chopped lettuce	24	4.6	1.7	0.4
1 cup chopped tomato	32.4	7.1	1.6	0.4
1/2 cup chopped carrot	22.6	5.3	0.5	0.1
5 large Spanish olive, sliced	25	1	0	2.5
3 oz roast beef, sliced	135	0	21	4.5
1 oz feta cheese (diced or crumbled)	74.8	1.2	4	6
1 TBS olive oil + 2 tsp rice vinegar	120.2	0	0	13.6
TOTAL	434	19.2	28.8	27.5
Snack 2	Calories	Carbohydrates	Protein	Fat
1 cup grapes	110	26	1.2	0.3
1/2 cup low fat cottage cheese	81.2	3.1	14	1.2
TOTAL	191.2	29.1	15.2	1.5
Dinner	Calories	Carbohydrates	Protein	Fat
4 oz broiled sole with 1 tsp olive + lemon juice	132.6	0	27.4	1.7
1 medium baked potato	161	36.6	4.3	0.2
1 cup sliced cucumber	15.6	3.8	0.7	0.1
1 TBS sesame oil + 2 tsp rice vinegar	120.2	0	0	13.6
TOTAL	429.4	40.4	32.4	15.6
DAILY TOTAL	1493.4	146.9	94.7	60.2

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Day 6

Breakfast	Calories	Carbohydrates	Protein	Fat
Blueberry Orange Smoothie:				
1 oz vanilla protein powder	104	2	24	0
1 cup frozen blueberries (unsweetened)	79.1	18.9	0.7	1
4 fl oz orange juice	55	13.5	0.5	0
2 fl oz water	0	0	0	0
TOTAL	238.1	34.4	25.2	1
Snack 1	Calories	Carbohydrates	Protein	Fat
1 bell pepper, chopped	23.8	5.5	1	0.2
1/4 cup guacamole	69	4.5	1.3	5.8
TOTAL	92.8	10	2.3	6
Lunch	Calories	Carbohydrates	Protein	Fat
3 oz roasted turkey breast, low sodium	84	3	15	3
1/4 cup romaine lettuce	2	0.4	0.1	0
1 thin slice red onion	3.8	0.9	0.1	0
1 whole wheat flour tortilla	140	22	4	3
2 tsp honey mustard	20	4	0	0
1 medium apple	71.8	19	0.4	0.2
TOTAL	321.6	49.3	19.6	6.2
Snack 2	Calories	Carbohydrates	Protein	Fat
1 cup low fat cottage cheese	162.3	6.2	28	2.3
1 plum	30.4	7.5	0.5	0.2
TOTAL	192.7	13.7	28.5	2.5
Dinner	Calories	Carbohydrates	Protein	Fat
3 oz grilled chicken sausage	150	1	17	8
3/4 cup cooked brown rice	162.3	33.6	3.8	1.3
1/2 cup black beans	109.2	19.9	7.2	0.4
2 TBS salsa	10	3	0	0
1 cup cooked zucchini with 2 tsp olive oil	108.8	7.1	1.2	9.1
TOTAL	540.3	64.6	29.2	18.8
Snack 3	Calories	Carbohydrates	Protein	Fat
12 almonds	86.7	3	3.2	7.6
TOTAL	86.7	3	3.2	7.6
DAILY TOTAL	1472.2	175	108	42.1

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Day 7

Breakfast				
	Calories	Carbohydrates	Protein	Fat
1 cup cooked oatmeal (prepared with 1 cup skim milk)	232.8	37.1	14.5	2.7
1 cup raspberries	64	14.7	1.5	0.8
2 TBS sliced almonds	66.5	2.3	2.4	5.8
TOTAL	363.3	54.1	18.4	9.3
Snack 1				
	Calories	Carbohydrates	Protein	Fat
1/2 oz cashews	78.4	4.3	2.6	6.2
1 medium orange	61.6	15.4	1.2	0.2
TOTAL	140	19.7	3.8	6.4
Lunch				
	Calories	Carbohydrates	Protein	Fat
3 oz grilled wild salmon	154.7	0	21.6	6.9
3 cups baby spinach	30	7.8	1.8	0
1/4 cup chick peas	71.4	13.6	3	0.7
2 TBS balsamic vinaigrette	90	3	0	9
TOTAL	346.1	24.4	26.4	16.6
Snack 2				
	Calories	Carbohydrates	Protein	Fat
6 oz non fat fruit yogurt	160.2	32.4	7.5	0.3
2 TBS sunflower seeds	85	3	3.5	7.5
TOTAL	245.2	35.4	11	7.8
Dinner				
	Calories	Carbohydrates	Protein	Fat
4 oz roasted pork tenderloin	225.5	0	31.2	9
1 small sweet potato, diced and roasted with 2 tsp olive oil	182.4	23.6	2.3	9.2
2 cups chopped lettuce + 1 cup chopped tomato	37.8	8.1	2	0.4
1 tsp olive oil + lemon juice to taste	40	0	0	4.5
TOTAL	485.7	31.7	35.5	23.1
DAILY TOTAL	1580.3	165.3	95.1	63.2

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RECIPES

Chicken Salad with Walnuts & Grapes

Serves: 1

Prep Time: 10 minutes

Cook Time: 0 minutes

- 3 oz cooked chicken breast, shredded
 - 1 tsp mayonnaise
 - 2 tsp plain low fat yogurt
 - ¼ cup grapes, halved
 - 2 TBS chopped walnuts
 - 1 tsp chopped dill
 - 2 cups romaine lettuce
- 1) In a medium bowl, combine chicken, mayonnaise, yogurt, grapes, walnuts and dill; mix well to combine.
 - 2) Serve chicken mixture over lettuce.

BBO Chicken Flat Bread Pizza

Serves: 1

Prep Time: 10 minutes

Cook Time: 15 minutes

- 1 piece flat bread (such as Lavash)
 - 3 TBS barbecue sauce
 - 3 oz grilled chicken breast, diced
 - ¼ cup low fat shredded cheddar cheese
 - 1 bell pepper, sliced
 - ½ cup sliced mushrooms
- 1) Preheat oven to 400°F.
 - 2) Place flatbread on a baking sheet.
 - 3) Spread barbecue sauce onto flat bread; top with chicken, cheese, pepper and mushrooms.
 - 4) Bake for 10-15 minutes until cheese is melted and bubbly.

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White Bean Dip

Serves: 1

Prep Time: 5 minutes

Cook Time: 0 minutes

½ cup canned cannelloni beans (rinsed and drained)

2 TBS chopped scallion

1 tsp olive oil

½ tsp lemon zest

- 3) Combine ingredients in a food processor or a small bowl.
- 4) Pulse using food processor or mash with a fork until smooth; season with salt and pepper to taste.

Salmon Cakes

Serves: 1

Prep Time: 10 minutes

Cook Time: 15 minutes

4 oz canned salmon

2 TBS seasoned breadcrumbs

¼ cup chopped celery

1 large egg, beaten

¼ tsp red pepper flakes

1 tsp olive oil

- 1) In a medium bowl, combine salmon, breadcrumbs, celery, egg and red pepper flakes. Mix well and form mixture into 2 equal sized cakes.
- 2) Heat oil in a small nonstick skillet over medium heat. Cook cakes for 3-4 minutes per side or until golden brown.

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WEEK 4

Day 1

	Calories	Carbohydrates	Protein	Fat
Breakfast				
2 whole grain waffles	165.2	30.9	4.9	2.5
2 TBS maple syrup	104.4	26.8	0	0
1/2 cup diced mango	53.7	14	0.4	0.3
TOTAL	323.3	71.7	5.3	2.8
Snack 1				
1 hard boiled egg + 1 hard boiled egg white	94.7	0.8	9.9	5.4
1 cup chopped cantaloupe	54.4	13.1	1.3	0.3
TOTAL	149.1	13.9	11.2	5.7
Lunch				
3 oz grilled chicken breast, sliced	140	0	26.4	3
1/2 cup sliced cucumber	7.8	1.9	0.4	0
1 oz goat cheese	76	0.3	5.3	6
1/2 cup shredded green cabbage	10.7	2.5	0.6	0.1
1 whole wheat flour tortilla	140	22	4	3
1 medium pear	96.3	25.7	0.6	0.2
TOTAL	470.8	52.4	37.3	12.3
Dinner				
Steak & Peppers* (see recipe)				
• 4 oz flank steak, thinly sliced	155.4	0	24.3	5.7
• 1 tsp canola oil + 1 tsp minced ginger + 1 clove garlic	46.1	0.4	0	4.5
• 1/4 red onion, chopped	16.8	4	0.4	0
• 1 bell pepper, chopped	23.8	5.5	1	0.2
• 1 TBS reduced sodium soy sauce	9.5	1.5	0.9	0
1/2 cup cooked brown rice	108	22.4	2.5	0.9
TOTAL	359.6	33.8	29.1	11.3
Snack 3				
1 oz walnuts	185.4	3.9	4.3	18.5
10 baby carrot sticks	35	8.2	0.6	0
TOTAL	220.4	12.1	4.9	18.5
DAILY TOTAL	1523.2	183.9	87.8	50.6

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Day 2

Breakfast	Calories	Carbohydrates	Protein	Fat
1 egg + 1 egg white, scrambled	90.6	0.4	6.3	5
1/2 cup raw baby spinach	6.7	1	0.7	0
1/2 whole wheat English muffin, toasted	67	13.3	2.9	0.7
1 medium orange	61.6	15.4	1.2	0.2
TOTAL	225.9	30.1	11.1	5.9
Snack 1	Calories	Carbohydrates	Protein	Fat
3 oz roasted turkey breast, low sodium	84	3	15	3
1 medium apple	71.8	19.1	0.4	0.2
TOTAL	155.8	22.1	15.4	3.2
Lunch	Calories	Carbohydrates	Protein	Fat
3 oz chunk light tuna, packed in water	90	0	19.5	0.8
1 tsp mayonnaise + 2 tsp low fat plain yogurt	39.6	0.8	0.5	3.8
10 cherry tomatoes, halved	30.6	6.7	1.5	0.3
3 cups chopped lettuce	24	4.6	1.7	0.4
1/2 cup canned white beans (cannelloni)	153.3	28.7	9.5	0.4
TOTAL	337.5	40.8	32.7	5.7
Snack 2	Calories	Carbohydrates	Protein	Fat
10 baby carrot sticks	35	8.2	0.6	0
1/4 cup dried apricots	78.8	15.4	1.3	0.1
TOTAL	113.8	23.6	1.9	0.1
Dinner	Calories	Carbohydrates	Protein	Fat
2 cups lentil soup	251.7	40.6	15.6	3
3 oz roast beef, sliced	135	0	21	4.5
3 cups baby spinach	30	7.8	1.8	0
2 tsp olive oil + lemon juice to taste	80	0	0	9
TOTAL	496.7	48.4	38.4	16.5
Snack 3	Calories	Carbohydrates	Protein	Fat
1/2 medium banana, sliced	52.5	13.5	0.7	0.2
2 TBS slivered almonds	66.5	2.3	2.4	5.8
TOTAL	119	15.8	3.1	6
DAILY TOTAL	1448.7	180.8	102.6	37.4

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Day 3

Breakfast	Calories	Carbohydrates	Protein	Fat
2 slices sprouted wheat bread, toasted	160	30	8	1
2 oz smoked salmon	66.3	0	10.4	2.5
1/2 cup sliced cucumber	7.8	1.9	0.4	0
1 TBS light sour cream	20	1.5	0.5	1.3
1 cup diced pineapple	74.4	19.6	0.8	0.2
TOTAL	328.5	53	20.1	5
Snack 1	Calories	Carbohydrates	Protein	Fat
1 wedge low fat cheese (Such as Light Laughing Cow)	35	1	2.5	2
10 medium baby carrots	35	8.2	0.6	0
TOTAL	70	9.2	3.1	2
Lunch	Calories	Carbohydrates	Protein	Fat
3 oz deli sliced chicken breast	90	1.5	15	2.3
3 cups romaine lettuce	24	4.6	1.7	0.4
1/4 cup shredded carrot	9.5	2.2	0.2	0
1 bell pepper, chopped	23.8	5.5	1	0.2
1 TBS dried cranberries	25	6	0	0
2 TBS balsamic vinaigrette	120	0	0	12
TOTAL	292.3	19.8	17.9	14.9
Snack 2	Calories	Carbohydrates	Protein	Fat
1 medium apple	71.8	19	0.4	0.2
2 TBS natural peanut butter	210	6	8	16
TOTAL	281.8	25	8.4	16.2
Dinner	Calories	Carbohydrates	Protein	Fat
1 1/4 cup cooked brown rice pasta	210	44	4	2
1/2 cup marinara sauce	92.5	14.1	2.4	3
4 oz cooked shrimp	112.2	0	23.7	1.2
2 cups chopped lettuce + 1 cup chopped tomato	37.8	8.1	2	0.4
1 tsp olive oil + lemon juice to taste	40	0	0	4.5
TOTAL	492.5	66.2	32.1	11.1
DAILY TOTAL	1465.1	173.2	81.6	49.2

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Day 4

Breakfast	Calories	Carbohydrates	Protein	Fat
1 cup low fat cottage cheese	162.3	6.2	28	2.3
1 peach, sliced	38.2	9.4	0.9	0.2
1 cup blueberries	82.6	21	1	0.4
1 TBS ground flax seed	37.4	2	1.3	3
TOTAL	320.5	38.6	31.2	5.9
Snack 1	Calories	Carbohydrates	Protein	Fat
25 almonds	173.4	5.9	6.4	15.2
10 baby carrot sticks	35	8.2	0.6	0
TOTAL	208.4	14.1	7	15.2
Lunch	Calories	Carbohydrates	Protein	Fat
4 oz cooked chicken breast, cubed	125.7	0	26.2	1.4
2 cups baby spinach + 1 cup arugula	25	5.9	1.7	0.1
1 cup sliced cucumber	15.6	3.8	0.3	0.1
1/4 cup canned mandarin oranges (packed in water)	25.8	6.5	0.4	0.2
1 TBS sesame oil + lime juice to taste	120.2	0	0	13.6
TOTAL	312.3	16.2	28.6	15.4
Snack 2	Calories	Carbohydrates	Protein	Fat
1 medium banana	105	27	1.3	0.4
TOTAL	105	27	1.3	0.4
Dinner	Calories	Carbohydrates	Protein	Fat
2 California Rolls	290	54	7	5
3 cups chopped lettuce	24	4.6	1.7	0.4
1 TBS sesame ginger salad dressing	66.5	1.3	0.5	6
TOTAL	380.5	59.9	9.2	11.4
Snack 3	Calories	Carbohydrates	Protein	Fat
1 oatmeal raisin cookie	62.5	10.3	1	2.4
8 fl oz skim milk	85.8	11.9	8.4	0.4
TOTAL	148.3	22.2	9.4	2.8
DAILY TOTAL	1475	178	86.7	51.1

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Day 5

Breakfast	Calories	Carbohydrates	Protein	Fat
1 cup cooked oatmeal (prepared with water)	147	25.2	6.1	2.3
1 cup sliced strawberries	53.1	12.8	1.1	0.5
2 tsp honey	21.3	5.8	0	0
TOTAL	221.4	43.8	7.2	2.8
Snack 1	Calories	Carbohydrates	Protein	Fat
6 oz non fat fruit yogurt	160.2	32.4	7.5	0.3
2 TBS granola	74.8	8.1	2.3	3.7
TOTAL	235	40.5	9.8	4
Lunch	Calories	Carbohydrates	Protein	Fat
3 oz cooked turkey burger	200	0	26.1	9
1 1/2 cups broccoli roasted with 1 TBS olive oil	201.2	16.8	5.6	14.5
TOTAL	401.2	16.8	31.7	23.5
Snack 2	Calories	Carbohydrates	Protein	Fat
1 cup grapes	110	26	1.2	0.3
1/2 oz walnuts	92.7	2	2.2	9.3
TOTAL	202.7	28	3.4	9.6
Dinner	Calories	Carbohydrates	Protein	Fat
Greek Salad Wrap:				
3 oz grilled chicken breast, sliced	140	0	26.4	3
1/2 cup sliced cucumber	7.8	1.9	0.4	0
3 strips red bell pepper	1.6	0.4	0.1	0
1 oz feta cheese (diced or crumbled)	74.8	1.2	4	6
1/4 cup romaine lettuce	2	0.4	0.1	0
1 thin slice red onion	3.8	0.9	0.1	0
1 whole wheat flour tortilla	140	22	4	3
1 tsp red wine vinegar	0	0	0	0
TOTAL	370	26.8	35.1	12
Snack 3	Calories	Carbohydrates	Protein	Fat
10 celery sticks	6	1.2	0.3	0
1/4 cup hummus	103.8	8.9	4.9	6
TOTAL	109.8	10.1	5.2	6
DAILY TOTAL	1540.1	166	92.4	57.9

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Day 6

	Calories	Carbohydrates	Protein	Fat
Breakfast				
4 egg whites, scrambled	68.6	1	14.4	0.22
1/2 cup slices mushrooms	7.7	1.2	1.1	0
1 slice low fat Swiss cheese	50	1	8	1.4
2 oz cooked Canadian bacon	105	0.8	13.7	4.8
TOTAL	231.3	4	37.2	6.42
Snack 1				
1 granola bar	140	24	2	4
1 cup blueberries	82.6	21	1.1	0.5
TOTAL	222.6	45	3.1	4.5
Lunch				
2 slices whole grain rye bread, toasted	165.8	30.9	5.4	2.1
3 oz roast beef, sliced	135	0	21	4.5
4 thin slices tomato	16.2	3.5	0.8	0.2
3 thin slices avocado	60	3.2	0.8	5.6
TOTAL	377	37.6	28	12.4
Snack 2				
2 cups air popped popcorn	61.9	12.4	2.1	0.7
10 baby carrot sticks	35	8.2	0.6	0
1 oz part skim mozzarella cheese	85.6	1.1	7.4	5.7
TOTAL	182.5	21.7	10.1	6.4
Dinner				
4 oz turkey cutlet grilled with 1 tsp olive oil	217.8	0	24.8	12.5
1 cup steamed asparagus	39.6	7.4	4.3	0.4
3/4 cup cooked brown rice	162.3	33.6	3.8	1.3
TOTAL	419.7	41	32.9	14.2
Snack 3				
1 cup diced mango	107.3	28.1	0.8	0.5
TOTAL	107.3	28.1	0.8	0.5
DAILY TOTAL	1540.4	177.4	112.1	44.42

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Day 7

	Calories	Carbohydrates	Protein	Fat
Breakfast				
1 1/4 cups raisin bran	221.9	53.8	6.5	1.8
1 cup sliced strawberries	53.1	12.8	1.1	0.5
8 fl oz skim milk	85.8	11.9	8.4	0.4
TOTAL	360.8	78.5	16	2.7
Snack 1				
1 TBS almond butter	101.3	3	2.5	9.5
1 medium apple	71.76	19.06	0.36	0.23
TOTAL	173.06	22.06	2.86	9.73
Lunch				
3 oz grilled wild salmon	154.7	0	21.6	6.9
3 cups baby spinach	30	7.8	1.8	0
1/4 cup chick peas	71.4	13.6	3	0.7
1/2 cup chopped carrot	22.6	5.3	0.5	0.1
2 tsp flax oil + 2 tsp lemon juice	80.2	0	0	9.1
TOTAL	358.9	26.7	26.9	16.8
Snack 2				
Trail Mix:				
2 TBS dried cherries	70	18	0	0
2 TBS slivered almonds	66.5	2.3	2.4	5.8
2 TBS sunflower seeds	85	3	3.5	7.5
TOTAL	221.5	23.3	5.9	13.3
Dinner				
Chicken & Broccoli with Peanut Sauce* (see recipe)				
• 4 oz chicken breast, sliced		0	26.2	1.4
• 1 tsp minced ginger		0.4	0	0
• 1/4 red onion, chopped		4	0.4	0
• 1 cup chopped broccoli		6	2.6	0.3
• 1 TBS soy sauce + 1 tsp chili sauce		3.4	0.6	0.2
• 1 TBS natural peanut butter		3	4	8
1/2 cup cooked brown rice	108	22.4	2.5	0.9
TOTAL	404.3	39.2	36.3	10.8
DAILY TOTAL	1518.56	189.76	87.96	53.33

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RECIPES

Steak & Peppers

Serves: 1

Prep Time: 10 minutes

Cook Time: 15 minutes

1 tsp canola oil
1 tsp minced ginger
1 clove garlic, minced
4 oz beef flank steak, thinly sliced
¼ red onion, chopped
1 bell pepper, sliced
1 TBS reduced sodium soy sauce

- 1) Heat oil in a large skillet or wok over high heat.
- 2) Add ginger, garlic and beef to wok and cook for 15-30 seconds.
- 3) Add onion, peppers and soy sauce; toss and cook for 3-4 minutes. Add 1-2 tablespoons of water if mixture appears dry.

Chicken & Broccoli with Peanut Sauce

Serves: 1

Prep Time: 15 minutes

Cook Time: 15 minutes

4 oz chicken breast, cut into bite sized pieces
1 tsp minced ginger
¼ red onion, chopped
1 cup chopped broccoli
1 TBS reduced sodium soy sauce
1 tsp chili sauce
1 TBS natural peanut butter
Nonstick canola oil cooking spray

- 6) Heat a large skillet or wok over high heat, spray with nonstick cooking spray.
- 7) Add ginger and chicken to wok and cook for 15-30 seconds.
- 8) Add onion, broccoli and soy sauce; toss and cook for 3-4 minutes. Add 1-2 tablespoons of water if mixture appears dry.
- 9) Reduce heat to medium. Add chili paste and peanut butter. Toss continuously as peanut butter melts.
- 10) Continue to cook until chicken is completely cooked and vegetables are crisp-tender.

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