

Mediterranean 1600
Day 1

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	133	1 serving Whole Grain Instant Oatmeal - 1 Packet 1/2 cups 1/2 cup blueberries 1 cups COCONUT WATER 1 tablespoons Pecans (dry roasted without salt).			
		48				
		46				
		112				
Meal Totals:		Calories: 339	Carbs: 49g (57%)	Protein: 7g (8%)	Fat: 13g (34%)	Fluid: 9oz
Snack	10:00 AM	0	2 cups WATER, DRINKING WATER, PURIFIED 1/2 cups CHEESE, COTTAGE 2% 1/2 cups PEACH SLICES, RTE			
		107				
		70				
Meal Totals:		Calories: 177	Carbs: 21g (49%)	Protein: 17g (40%)	Fat: 2g (11%)	Fluid: 20oz
Lunch	12:00 PM	0	1 cups WATER, DRINKING WATER, PURIFIED 1/4 cups Baby Carrots raw 1 cups WATERMELON, RAW 1 cups CANTALOUPE, RAW 1 container TUNA SALAD W/CRACKERS, ORIGINAL, RTE			
		21				
		46				
		80				
		280				
Meal Totals:		Calories: 427	Carbs: 53g (47%)	Protein: 13g (11%)	Fat: 21g (42%)	Fluid: 21oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 2 tablespoons ALMOND BUTTER, NATURAL 2 small-stalk CELERY, RAW			
		195				
		5				
Meal Totals:		Calories: 200	Carbs: 7g (13%)	Protein: 8g (15%)	Fat: 17g (72%)	Fluid: 18oz
Dinner	6:00 PM	158	1/3 cups QUINOA 8 fl oz WATER, DRINKING WATER, PURIFIED MEDITERRANEAN CHICKEN (1 Servings) 1/2 cups Feta Cheese 1 cups Italian Parsley, Fresh 45 grams Olive, Green W/pimento 1 1/2 cups Cherry Tomatos 1 cups Diced Red Onions 1/2 cups Chicken Broth 1 fl oz Fresh Lemon Juice 1/2 cups Wine, White, Dry 1 tablespoons Olive Oil 1 tablespoons Fresh Oregano 6 grams Garlic Clove, 1 Fresh 16 oz 4 Oz. Chicken Breast			
		0				
		327				
Meal Totals:		Calories: 485	Carbs: 39g (33%)	Protein: 46g (39%)	Fat: 14g (27%)	Fluid: 9oz
Day 1 Totals:		Calories: 1628	Carbs: 169g (41%)	Protein: 91g (22%)	Fat: 67g (37%)	Fluid: 77oz

Mediterranean 1600
Day 2

Day 2						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	0	1 cups WATER, DRINKING WATER, PURIFIED PINA COLADA SMOOTHIE (1 Servings) 24 grams Amazing Meal Vanilla Chai Infusion Vegan Protein Powder 1/2 cups Kale 1 tablespoons Artisana Raw Organic Coconut Oil 1 cups Pineapple, All Varieties, Raw 4 oz Organic Almond Milk Pacific Natural-unsweetened 4 fl oz Filtered Water			
		370				
Meal Totals:		Calories: 370	Carbs: 43g (45%)	Protein: 13g (13%)	Fat: 18g (42%)	Fluid: 24oz
Snack	10:00 AM	170	1 oz ALMONDS, DRY ROASTED, NO SALT 1/2 cups Berries - Raspberries (frozen) 1/2 cups 1/2 cup blueberries 2 cups WATER, DRINKING WATER, PURIFIED			
		25				
Meal Totals:		Calories: 243	Carbs: 21g (33%)	Protein: 8g (13%)	Fat: 15g (54%)	Fluid: 17oz
Lunch	12:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED MEDITERRANEAN CHICKEN SALAD (1 Servings) 2 tablespoons Balsamic Vinegar 1/2 tablespoons Olive Oil, Extra Virgin 3 oz Chicken Breast Strip, Grilled 2 tablespoons Flaxseed, Ground 3 oz Carrots, Shredded (dole) 5 olives Kalamata Olives, Whole 1/4 cups Feta Cheese 2 cups Spinach			
		481				
Meal Totals:		Calories: 481	Carbs: 26g (22%)	Protein: 31g (26%)	Fat: 27g (52%)	Fluid: 9oz
Snack	3:00 PM	89	3 cookies COOKIE, GRAHAM CRACKERS, PLAIN OR HONEY 1 cups MILK, COW'S, NONFAT W/ADDED CALCIUM (SKIM)			
		86				
Meal Totals:		Calories: 175	Carbs: 28g (67%)	Protein: 9g (22%)	Fat: 2g (11%)	Fluid: 9oz
Dinner	6:00 PM	112	1/2 cups Simply Organic Canned Black Beans 4 oz HALIBUT, ATLANTIC & PACIFIC, BAKED OR BROILED 1/4 cups BASMATI RICE, BROWN & WILD RICE BLEND, DRY 8 fl oz WATER, DRINKING WATER, PURIFIED			
		95				
Meal Totals:		Calories: 150	Carbs: 55g (59%)	Protein: 29g (31%)	Fat: 4g (10%)	Fluid: 10oz
Day 2 Totals:		Calories: 1626	Carbs: 173g (42%)	Protein: 90g (22%)	Fat: 66g (36%)	Fluid: 69oz

Mediterranean 1600
Day 3

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	45	1 cups Fresh strawberries			
		46	1 cups COCONUT WATER			
		80	1 slice 100% WHOLE GRAIN BREAD			
		265	SCRAMBLED EGGS WITH CHICKPEAS, SPINACH, AND TOMATO (1 Servings)			
			2 oz Romano Cheese, Grated 1/8 teaspoons Black Pepper, Ground 2 cups Organic Baby Spinach Leaves 1/2 cups Marinara Sauce 1 teaspoons Red Chili Pepper Flakes 3 tablespoons Shallot 1/4 cups Vegetable Broth 200 grams Egg, Organic, Free Range (trader Joe's) 1/4 teaspoons Salt, Sea 15 oz 15 Oz Can Chickpeas(garbanzo Beans), Drained And Rinsed 1 capsule/tablet Garlic Clove 1 teaspoons Rosemary 1 tablespoons California Olive Ranch Extra Virgin Olive Oil			
Meal Totals:	Calories: 436	Carbs: 61g (53%)	Protein: 22g (19%)	Fat: 14g (28%)	Fluid: 9oz	
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		46	1 cups WATERMELON, RAW			
		80	1 cups CANTALOUPE, RAW			
Meal Totals:	Calories: 126	Carbs: 30g (91%)	Protein: 3g (9%)	Fat: 0g (0%)	Fluid: 29oz	
Lunch	12:00 PM	10	1/4 cups Baby Carrots raw			
		120	6 oz Oikos Triple Zero Greek Yogurt Vanilla			
		280	1 container TUNA SALAD W/CRACKERS, ORIGINAL, RTE			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:	Calories: 410	Carbs: 34g (32%)	Protein: 25g (24%)	Fat: 21g (44%)	Fluid: 16oz	
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		44	1 1/2 cookies COOKIE, GRAHAM CRACKERS, PLAIN OR HONEY			
		98	1 tablespoons ALMOND BUTTER, NATURAL			
Meal Totals:	Calories: 142	Carbs: 11g (29%)	Protein: 5g (13%)	Fat: 10g (58%)	Fluid: 17oz	
Dinner	6:00 PM	13	4 spears ASPARAGUS, BOILED			
		85	1/2 oz ALMONDS, SLIVERED			
		158	1/3 cups QUINOA			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		287	BAKED SALMON (1 Servings) 1/8 teaspoons Black Pepper, Ground 1/8 teaspoons Himalayan Pink Salt 1 teaspoons Olive Oil 1/2 capsule/tablet Fresh Lemon 1 capsule/tablet Salmon (1 Fillet, 106g)			
Meal Totals:	Calories: 543	Carbs: 37g (26%)	Protein: 36g (26%)	Fat: 30g (48%)	Fluid: 10oz	
Day 3 Totals:	Calories: 1657	Carbs: 173g (40%)	Protein: 91g (21%)	Fat: 75g (39%)	Fluid: 81oz	

Mediterranean 1600
Day 4

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	133	1 serving Whole Grain Instant Oatmeal - 1 Packet			
		48	1/2 cups 1/2 cup blueberries			
		46	1 cups COCONUT WATER			
		112	1 tablespoons Pecans (dry roasted without salt).			
Meal Totals:		Calories: 339	Carbs: 49g (57%)	Protein: 7g (8%)	Fat: 13g (34%)	Fluid: 9oz
Snack	10:00 AM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		185	PINA COLADA SMOOTHIE (0.5 Servings)			
			24 grams Amazing Meal Vanilla Chai Infusion Vegan Protein Powder			
			1/2 cups Kale 1 tablespoons Artisana Raw Organic Coconut Oil 1 cups Pineapple, All Varieties, Raw 4 oz Organic Almond Milk Pacific Natural-unsweetened 4 fl oz Filtered Water			
Meal Totals:		Calories: 185	Carbs: 22g (46%)	Protein: 6g (12%)	Fat: 9g (42%)	Fluid: 16oz
Lunch	12:00 PM	481	MEDITERRANEAN CHICKEN SALAD (1 Servings)			
			2 tablespoons Balsamic Vinegar			
			1/2 tablespoons Olive Oil, Extra Virgin			
			3 oz Chicken Breast Strip, Grilled 2 tablespoons Flaxseed, Ground 3 oz Carrots, Shredded (dole) 5 olives Kalamata Olives, Whole 1/4 cups Feta Cheese 2 cups Spinach			
Meal Totals:		Calories: 481	Carbs: 26g (22%)	Protein: 31g (26%)	Fat: 27g (52%)	Fluid: 9oz
Snack	3:00 PM	45	1 cups Fresh strawberries			
		120	6 oz Oikos Triple Zero Greek Yogurt Vanilla			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 165	Carbs: 25g (58%)	Protein: 16g (37%)	Fat: 1g (5%)	Fluid: 16oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		454	FUEL - MEDITERRANEAN WRAP (1 Servings)			
			4 tortilla Tortilla, Whole Wheat, Low Carb			
			1 cups Cucumber W/peel, Raw 3 1/2 oz Tomato, Raw 1 pounds Applegate Chicken Breast Tenders 1/4 teaspoons Black Pepper, Ground 1/4 teaspoons Salt 2 teaspoons Minced Garlic McCormick 3 tablespoons Bariani Olive Oil-extra Virgin 1/4 cups Fresh Lemon Juice 1/2 cups Chopped Mint Leaves 1 cups Flat Leaf Parsley Fresh 1/3 cups Couscous, Whole Wheat, Dry 1/2 cups Water, Drinking Water, Purified			
Meal Totals:		Calories: 454	Carbs: 54g (42%)	Protein: 27g (21%)	Fat: 21g (37%)	Fluid: 20oz
Day 4 Totals:		Calories: 1624	Carbs: 176g (42%)	Protein: 87g (21%)	Fat: 71g (38%)	Fluid: 70oz

Mediterranean 1600

Day 5

Day 5					
Meal Label	Meal Time	Calories	Meal Items		
Breakfast	8:00 AM	45	1 cups Fresh strawberries		
		46	1 cups COCONUT WATER		
		80	1 slice 100% WHOLE GRAIN BREAD		
		265	SCRAMBLED EGGS WITH CHICKPEAS, SPINACH, AND TOMATO (1 Servings)		
			2 oz Romano Cheese, Grated 1/8 teaspoons Black Pepper, Ground 2 cups Organic Baby Spinach Leaves 1/2 cups Marinara Sauce 1 teaspoons Red Chili Pepper Flakes 3 tablespoons Shallot 1/4 cups Vegetable Broth 200 grams Egg, Organic, Free Range (trader Joe's) 1/4 teaspoons Salt, Sea 15 oz 15 Oz Can Chickpeas(garbanzo Beans), Drained And Rinsed 1 capsule/tablet Garlic Clove 1 teaspoons Rosemary 1 tablespoons California Olive Ranch Extra Virgin Olive Oil		
Meal Totals:	Calories: 436	Carbs: 61g (53%)	Protein: 22g (19%)	Fat: 14g (28%)	Fluid: 9oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED		
		48	1/2 cups 1/2 cup blueberries		
		120	6 oz Oikos Triple Zero Greek Yogurt Vanilla		
Meal Totals:	Calories: 168	Carbs: 25g (61%)	Protein: 16g (39%)	Fat: 0g (0%)	Fluid: 16oz
Lunch	12:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED		
		46	1 cups WATERMELON, RAW		
		356	CAULIFLOWER PIZZA WITH PESTO SAUCE (0.5 Servings)		
			1/8 cups Basil (whole Leaves) 3/4 cups Cheese, Parmesan, Grated 3/4 tablespoons Olive Oil 1 Tbsp 88 grams Roma Tomato (medium) 1 large Zucchini W/skin, Raw 1 1/2 tablespoons Olive Oil 1 Tbsp 3 teaspoons Garlic, Minced 3/4 cups Basil (whole Leaves) 3/4 cups Fage 0% Fat Plain Greek Yogurt 3 serving 1 Egg White Only 2 1/4 cups Cheese, Parmesan, Grated 1/4 teaspoons Black Pepper, Ground 1 1/2 teaspoons Organic Italian Seasoning Blend, Simply Organic 2 tablespoons Garlic, Minced 18 cups Cauliflower Head Large		
Meal Totals:	Calories: 402	Carbs: 27g (27%)	Protein: 30g (30%)	Fat: 19g (43%)	Fluid: 14oz
Snack	3:00 PM	170	1 oz ALMONDS, DRY ROASTED, NO SALT		
		0	16 fl oz WATER, DRINKING WATER, PURIFIED		
Meal Totals:	Calories: 170	Carbs: 5g (11%)	Protein: 6g (13%)	Fat: 15g (75%)	Fluid: 17oz
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Mediterranean 1600

Day 5

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Dinner	6:00 PM	0 198 95 112	8 fl oz WATER, DRINKING WATER, PURIFIED 1/3 cups BASMATI RICE, BROWN & WILD RICE BLEND, DRY 4 oz HALIBUT, ATLANTIC & PACIFIC, BAKED OR BROILED 1/2 cups Simply Organic Canned Black Beans			
Meal Totals:		Calories: 405	Carbs: 66g (63%)	Protein: 30g (29%)	Fat: 4g (9%)	Fluid: 10oz
Day 5 Totals:		Calories: 1581	Carbs: 184g (45%)	Protein: 104g (26%)	Fat: 52g (29%)	Fluid: 66oz

Mediterranean 1600
Day 6

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	0	1 cups WATER, DRINKING WATER, PURIFIED PINA COLADA SMOOTHIE (1 Servings) 24 grams Amazing Meal Vanilla Chai Infusion Vegan Protein Powder 1/2 cups Kale 1 tablespoons Artisana Raw Organic Coconut Oil 1 cups Pineapple, All Varieties, Raw 4 oz Organic Almond Milk Pacific Natural-unsweetened 4 fl oz Filtered Water			
		370				
Meal Totals:		Calories: 370	Carbs: 43g (45%)	Protein: 13g (13%)	Fat: 18g (42%)	Fluid: 24oz
Snack	10:00 AM	0	8 fl oz WATER, DRINKING WATER, PURIFIED 1 serving Naan Bread - 1/2 naan (PC Blue Menu) 2 oz Sabra Hummus Single			
		160				
Meal Totals:		Calories: 319	Carbs: 41g (50%)	Protein: 9g (11%)	Fat: 14g (39%)	Fluid: 8oz
Lunch	12:00 PM	46	1 cups COCONUT WATER SALAD WITH TUNA (1 Servings) 2 tablespoons Balsamic Vinegar 2 oz Albacore Tuna In Water, Chunk White, Canned 1/4 cups Fresh Strawberries (halved) 1/2 fruit Tangerine, Mandarin, Raw 1/4 cups Feta Cheese 1/4 cups Tomato, Red, Ripe, Raw 3 oz Carrots, Shredded (dole) 1 cups Classic Romaine Salad Mix 2 cups Spinach			
		303				
Meal Totals:		Calories: 349	Carbs: 41g (47%)	Protein: 26g (30%)	Fat: 9g (23%)	Fluid: 13oz
Snack	3:00 PM	120	6 oz Oikos Triple Zero Greek Yogurt Vanilla 16 fl oz WATER, DRINKING WATER, PURIFIED			
		0				
Meal Totals:		Calories: 120	Carbs: 14g (48%)	Protein: 15g (52%)	Fat: 0g (0%)	Fluid: 16oz
Dinner	6:00 PM	118	10 capsule/tablet 10 medium spears asparagus with olive oil (baked or grilled) 16 fl oz WATER, DRINKING WATER, PURIFIED GRILLED CHICKEN STRAWBERRY PITA POCKETS (1 Servings) 2 1/2 cups Fresh Strawberries 1 pounds 4oz Chicken Breast (skinless/boneless) 1/2 pita Bread, Pita, Whole Wheat 1/2 cups Chickpeas, Canned (garbanzo) 1/2 cups Red Onion (med) 1/4 cups Salad Dressing, Balsamic Vinaigrette, Light 4 cups Lettuce Romaine 2 1/2 pita Bread, Pita, Whole Wheat			
		0				
Meal Totals:		Calories: 451	Carbs: 55g (49%)	Protein: 39g (35%)	Fat: 8g (16%)	Fluid: 17oz
Day 6 Totals:		Calories: 1609	Carbs: 194g (48%)	Protein: 102g (25%)	Fat: 49g (27%)	Fluid: 78oz

Mediterranean 1600
Day 7

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	46	1 cups COCONUT WATER			
		25	1/2 cups Berries - Raspberries (frozen)			
		133	1 serving Whole Grain Instant Oatmeal - 1 Packet			
		112	1 tablespoons Pecans (dry roasted without salt).			
Meal Totals:		Calories: 316	Carbs: 43g (54%)	Protein: 7g (9%)	Fat: 13g (37%)	Fluid: 9oz
Snack	10:00 AM	80	1 cups CANTALOUPE, RAW			
		46	1 cups WATERMELON, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 126	Carbs: 30g (91%)	Protein: 3g (9%)	Fat: 0g (0%)	Fluid: 29oz
Lunch	12:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		80	1 slice 100% WHOLE GRAIN BREAD			
		329	PESTO CHICKEN SALAD (1 Servings)			
			5 piece Tomato, Sun Dried 1 oz Pasta Sauce, Pesto & Tomato 6 1/2 oz Artichoke Hearts, Canned 4 1/2 oz Olive, Black, Pitted 1 teaspoons Italian Herb Chicken Seasoning Mix 1 tablespoons Garlic Cloves, Elephant 4 tablespoons Grapeseed Oil 16 oz Chicken, Breast W/o Skin, Raw			
Meal Totals:		Calories: 409	Carbs: 26g (24%)	Protein: 33g (31%)	Fat: 21g (44%)	Fluid: 11oz
Snack	3:00 PM	86	1 cups MILK, COW'S, NONFAT W/ADDED CALCIUM (SKIM)			
		44	1 1/2 cookies COOKIE, GRAHAM CRACKERS, PLAIN OR HONEY			
		98	1 tablespoons ALMOND BUTTER, NATURAL			
Meal Totals:		Calories: 228	Carbs: 23g (39%)	Protein: 13g (22%)	Fat: 10g (38%)	Fluid: 9oz
Dinner	6:00 PM	13	4 spears ASPARAGUS, BOILED			
		85	1/2 oz ALMONDS, SLIVERED			
		158	1/3 cups QUINOA			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
	287	BAKED SALMON (1 Servings)				
		1/8 teaspoons Black Pepper, Ground 1/8 teaspoons Himalayan Pink Salt 1 teaspoons Olive Oil 1/2 capsule/tablet Fresh Lemon 1 capsule/tablet Salmon (1 Fillet, 106g)				
Meal Totals:		Calories: 543	Carbs: 37g (26%)	Protein: 36g (26%)	Fat: 30g (48%)	Fluid: 10oz
Day 7 Totals:		Calories: 1622	Carbs: 159g (38%)	Protein: 92g (22%)	Fat: 74g (40%)	Fluid: 68oz

Shopping List

Category	Quantity	Item
Beverages	2 cups	Milk, Cow's, Nonfat W/added Calcium (skim)
	6 cups	Coconut Water
	324 fl oz	Water, Drinking Water, Purified
Bread	1 serving	Naan Bread - 1/2 Naan (pc Blue Menu)
	3 slice	100% Whole Grain Bread Healthy Choice
Cereal and Grain Products	5/8 cups	Basmati Rice, Brown & Wild Rice Blend, Dry Lundberg
	0.99 cups	Quinoa Arrowhead Mills
Cereals, Ready to Eat	3 serving	Whole Grain Instant Oatmeal - 1 Packet
Cookies & Crackers	6 cookies	Cookie, Graham Crackers, Plain Or Honey
Dairy Products	1/2 cups	Cheese, Cottage 2%
	24 oz	Oikos Triple Zero Greek Yogurt Vanilla
Entrees	2 container	Tuna Salad W/crackers, Original, Rte Bumble Bee
Finfish and Shellfish Products	8 oz	Halibut, Atlantic & Pacific, Baked Or Broiled
Fruits	1/2 cups	Peach Slices, Rte Del Monte Fruit Naturals
	1 cups	Berries - Raspberries (frozen)
	2 cups	1/2 Cup Blueberries
	3 cups	Cantaloupe, Raw
	4 cups	Watermelon, Raw
	5 1/2 cups	Fresh Strawberries
Legumes	1 cups	Simply Organic Canned Black Beans
Nuts and Seeds	1 oz	Almonds, Slivered Planters
	2 oz	Almonds, Dry Roasted, No Salt Blue Diamond
	3 tablespoons	Pecans (dry Roasted Without Salt).
	4 tablespoons	Almond Butter, Natural MaraNatha
Vegetables	3/8 cups	Baby Carrots Raw
	2 small-stalk	Celery, Raw
	8 spears	Asparagus, Boiled
	10 capsule/tablet	10 Medium Spears Asparagus With Olive Oil (baked Or Grilled)
Vegetarian Products	2 oz	Sabra Hummus Single
Accompaniments	10 olives	Kalamata Olives, Whole Peloponnese
	45 grams	Olive, Green W/pimento Star
Bread	3 pita	Bread, Pita, Whole Wheat
	4 tortilla	Tortilla, Whole Wheat, Low Carb
Dairy Products	3 serving	1 Egg White Only
	200 grams	Egg, Organic, Free Range (trader Joe's)

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Shopping List

Category	Quantity	Item
Finfish and Shellfish Products	2 capsule/tablet	Salmon (1 Fillet, 106g)
Fruits	1/2 fruit	Tangerine, Mandarin, Raw
Ingredients	1 capsule/tablet	Fresh Lemon
	1 capsule/tablet	Garlic Clove
	5 piece	Tomato, Sun Dried
	6 grams	Garlic Clove, 1 Fresh
	72 grams	Amazing Meal Vanilla Chai Infusion Vegan Protein Powder
Vegetables	1 large	Zucchini W/skin, Raw
	88 grams	Roma Tomato (medium)
Accompaniments	1/4 cups	Salad Dressing, Balsamic Vinaigrette, Light Newman's Own
	1/2 cups	Marinara Sauce Newman's Own
	1 oz	Pasta Sauce, Pesto & Tomato Newman's Own
	4 1/2 oz	Olive, Black, Pitted Lindsay
Beverages	1/2 cups	Wine, White, Dry
	12 fl oz	Filtered Water
	12 oz	Organic Almond Milk Pacific Natural-unsweetened
Cereal and Grain Products	1/3 cups	Couscous, Whole Wheat, Dry Hodgson Mill
Commercial Ingredients	1/4 cups	Vegetable Broth
Dairy Products	3/4 cups	Fage 0% Fat Plain Greek Yogurt
	1 1/4 cups	Feta Cheese
	3 cups	Cheese, Parmesan, Grated
	2 oz	Romano Cheese, Grated Kraft
Entrees	6 oz	Chicken Breast Strip, Grilled Louis Rich
Fats and Oils	1 tablespoons	Olive Oil, Extra Virgin Bertolli
	1 tablespoons	Olive Oil
	2 1/4 tablespoons	Olive Oil 1 Tbsp
	1 tablespoons	California Olive Ranch Extra Virgin Olive Oil
	2 teaspoons	Olive Oil
	3 tablespoons	Artisana Raw Organic Coconut Oil
	3 tablespoons	Bariani Olive Oil-extra Virgin
	4 tablespoons	Grapeseed Oil
Finfish and Shellfish Products	2 oz	Albacore Tuna In Water, Chunk White, Canned Bumble Bee
Fruits	1/4 cups	Fresh Strawberries (halved)
	3 cups	Pineapple, All Varieties, Raw

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Shopping List

Category	Quantity	Item
Ingredients	1/4 teaspoons	Salt Morton
	1/2 cups	Chopped Mint Leaves
	1/4 teaspoons	Salt, Sea Hain
	1 teaspoons	Italian Herb Chicken Seasoning Mix Bag 'N Season
	3 fl oz	Fresh Lemon Juice
	6 tablespoons	Balsamic Vinegar Progresso
Legumes	1/2 cups	Chickpeas, Canned (garbanzo)
Nuts and Seeds	4 tablespoons	Flaxseed, Ground Spectrum
Poultry	1 pounds	4oz Chicken Breast (skinless/boneless)
	1 pounds	Applegate Chicken Breast Tenders
	16 oz	4 Oz. Chicken Breast
	16 oz	Chicken, Breast W/o Skin, Raw
Soup	1/2 cups	Chicken Broth Swanson
Spices	1/4 teaspoons	Himalayan Pink Salt
	7/8 cups	Basil (whole Leaves)
	1/2 teaspoons	Black Pepper, Ground Durkee
	1 cups	Flat Leaf Parsley Fresh
	1 tablespoons	Fresh Oregano
	1 1/2 teaspoons	Organic Italian Seasoning Blend, Simply Organic
	2 teaspoons	Minced Garlic McCormick
	1 teaspoons	Red Chili Pepper Flakes
	1 teaspoons	Rosemary Spice Islands
	5 teaspoons	Garlic, Minced
Vegetables	1/4 cups	Tomato, Red, Ripe, Raw
	1/2 cups	Red Onion (med)
	1 1/2 cups	Kale
	1 cups	Classic Romaine Salad Mix Dole
	1 cups	Cucumber W/peel, Raw
	1 cups	Diced Red Onions
	1 cups	Italian Parsley, Fresh
	1 tablespoons	Garlic Cloves, Elephant Frieda's
	1 1/2 cups	Cherry Tomatos
	3 1/2 oz	Tomato, Raw
4 cups	Lettuce Romaine	
2 cups	Organic Baby Spinach Leaves Earthbound Farm	

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Shopping List

Category	Quantity	Item
	6 cups	Spinach Dole
	3 tablespoons	Shallot
	6 1/2 oz	Artichoke Hearts, Canned Reese
	9 oz	Carrots, Shredded (dole)
	18 cups	Cauliflower Head Large
	15 oz	15 Oz Can Chickpeas(garbanzo Beans), Drained And Rinsed