

Mediterranean 2000
Day 1

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	133	1 serving Whole Grain Instant Oatmeal - 1 Packet			
		96	1 cups 1/2 cup blueberries			
		46	1 cups COCONUT WATER			
		112	1 tablespoons Pecans (dry roasted without salt).			
Meal Totals:		Calories: 387	Carbs: 60g (62%)	Protein: 8g (8%)	Fat: 13g (30%)	Fluid: 9oz
Snack	10:00 AM	140	1 cups PEACH SLICES, RTE			
		107	1/2 cups CHEESE, COTTAGE 2%			
		0	2 cups WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 247	Carbs: 38g (64%)	Protein: 17g (29%)	Fat: 2g (8%)	Fluid: 20oz
Lunch	12:00 PM	80	1 cups CANTALOUPE, RAW			
		280	1 container TUNA SALAD W/CRACKERS, ORIGINAL, RTE			
		46	1 cups WATERMELON, RAW			
		42	1/2 cups Baby Carrots raw			
		0	2 cups WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 448	Carbs: 57g (48%)	Protein: 14g (12%)	Fat: 21g (40%)	Fluid: 29oz
Snack	3:00 PM	195	2 tablespoons ALMOND BUTTER, NATURAL			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		5	2 small-stalk CELERY, RAW			
Meal Totals:		Calories: 200	Carbs: 7g (13%)	Protein: 8g (15%)	Fat: 17g (72%)	Fluid: 18oz
Dinner	6:00 PM	240	1/2 cups QUINOA			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		490	MEDITERRANEAN CHICKEN (1.5 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					
Meal Totals:		Calories: 730	Carbs: 59g (33%)	Protein: 68g (38%)	Fat: 23g (29%)	Fluid: 10oz
Day 1 Totals:		Calories: 2012	Carbs: 221g (44%)	Protein: 115g (23%)	Fat: 76g (34%)	Fluid: 86oz

Mediterranean 2000

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	48	1/2 cups 1/2 cup blueberries 1/2 cups Berries - Raspberries (frozen) 1 oz ALMONDS, DRY ROASTED, NO SALT 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	16 fl oz WATER, DRINKING WATER, PURIFIED 1 fruit APPLE, RAW W/SKIN 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			
		110				
Meal Totals:		Calories: 591	Carbs: 55g (37%)	Protein: 32g (22%)	Fat: 27g (41%)	Fluid: 24oz
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	0	8 fl oz WATER, DRINKING WATER, PURIFIED 1/2 cups BASMATI RICE, BROWN & WILD RICE BLEND, DRY 6 oz HALIBUT, ATLANTIC & PACIFIC, BAKED OR BROILED 3/4 cups Simply Organic Canned Black Beans			
		300				
Meal Totals:		Calories: 610	Carbs: 100g (63%)	Protein: 46g (29%)	Fat: 6g (8%)	Fluid: 11oz
Day 2 Totals:		Calories: 1989	Carbs: 247g (49%)	Protein: 108g (21%)	Fat: 68g (30%)	Fluid: 85oz

Mediterranean 2000
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			
		160	2 slice 100% WHOLE GRAIN BREAD			
		68	1 oz JAM & PRESERVES, APRICOT			
		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: 584	Carbs: 97g (62%)	Protein: 26g (17%)	Fat: 15g (22%)	Fluid: 10oz	
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	42	1/2 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: 442	Carbs: 41g (36%)	Protein: 26g (23%)	Fat: 21g (41%)	Fluid: 16oz	
Snack	3:00 PM	98	1 tablespoons ALMOND BUTTER, NATURAL			
		44	1 1/2 cookies COOKIE, GRAHAM CRACKERS, PLAIN OR HONEY			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:	Calories: 142	Carbs: 11g (29%)	Protein: 5g (13%)	Fat: 10g (58%)	Fluid: 17oz	
Dinner	6:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		240	1/2 cups QUINOA			
		170	1 oz ALMONDS, SLIVERED			
		26	8 spears ASPARAGUS, BOILED			
		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: 723	Carbs: 58g (30%)	Protein: 44g (23%)	Fat: 40g (47%)	Fluid: 12oz	
Day 3 Totals:	Calories: 2017	Carbs: 237g (44%)	Protein: 104g (19%)	Fat: 86g (36%)	Fluid: 84oz	

Mediterranean 2000

Day 4

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	225	2 tablespoons Pecans (dry roasted without salt). 1 cups COCONUT WATER 1 cups 1/2 cup blueberries 1 serving Whole Grain Instant Oatmeal - 1 Packet			
		46				
		96				
		133				
Meal Totals:		Calories: 500	Carbs: 62g (50%)	Protein: 9g (7%)	Fat: 24g (43%)	Fluid: 9oz
Snack	10:00 AM	0	8 fl oz 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
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 69 grams 1 Kiwi (69 g) 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			
		47				
		481				
Meal Totals:		Calories: 528	Carbs: 36g (28%)	Protein: 32g (25%)	Fat: 27g (47%)	Fluid: 17oz
Snack	3:00 PM	120	6 oz Oikos Triple Zero Greek Yogurt Vanilla 1 cups Fresh strawberries 16 fl oz WATER, DRINKING WATER, PURIFIED			
		45				
		0				
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 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			
		454				
Meal Totals:		Calories: 454	Carbs: 54g (42%)	Protein: 27g (21%)	Fat: 21g (37%)	Fluid: 20oz
Day 4 Totals:		Calories: 2017	Carbs: 220g (42%)	Protein: 97g (19%)	Fat: 91g (39%)	Fluid: 86oz

Mediterranean 2000
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			
		34	1/2 oz JAM & PRESERVES, APRICOT			
		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: 470	Carbs: 70g (57%)	Protein: 22g (18%)	Fat: 14g (26%)	Fluid: 10oz	
Snack	10:00 AM	120	6 oz Oikos Triple Zero Greek Yogurt Vanilla			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		96	1 cups 1/2 cup blueberries			
Meal Totals:	Calories: 216	Carbs: 36g (68%)	Protein: 17g (32%)	Fat: 0g (0%)	Fluid: 16oz	
Lunch	12:00 PM	0	16 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: 22oz	
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		340	2 oz ALMONDS, DRY ROASTED, NO SALT			
Meal Totals:	Calories: 340	Carbs: 10g (11%)	Protein: 12g (13%)	Fat: 30g (75%)	Fluid: 17oz	
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Mediterranean 2000

Day 5

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Dinner	6:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		300	1/2 cups BASMATI RICE, BROWN & WILD RICE BLEND, DRY			
		142	6 oz HALIBUT, ATLANTIC & PACIFIC, BAKED OR BROILED			
		112	1/2 cups Simply Organic Canned Black Beans			
Meal Totals:		Calories: 554	Carbs: 89g (62%)	Protein: 42g (29%)	Fat: 6g (9%)	Fluid: 11oz
Day 5 Totals:		Calories: 1982	Carbs: 232g (45%)	Protein: 123g (24%)	Fat: 69g (30%)	Fluid: 76oz

Mediterranean 2000

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	16 fl oz WATER, DRINKING WATER, PURIFIED 1 serving Naan Bread - 1/2 naan (PC Blue Menu) 2 oz Sabra Hummus Single			
		160 159				
Meal Totals:		Calories: 319	Carbs: 41g (50%)	Protein: 9g (11%)	Fat: 14g (39%)	Fluid: 16oz
Lunch	12:00 PM	46	1 cups COCONUT WATER SALAD WITH TUNA (1.5 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			
		455				
Meal Totals:		Calories: 501	Carbs: 58g (46%)	Protein: 37g (29%)	Fat: 14g (25%)	Fluid: 15oz
Snack	3:00 PM	25	1/2 cups Berries - Raspberries (frozen) 6 oz Oikos Triple Zero Greek Yogurt Vanilla 16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 oz ALMONDS, DRY ROASTED, NO SALT			
		120 0 85				
Meal Totals:		Calories: 230	Carbs: 22g (37%)	Protein: 19g (32%)	Fat: 8g (31%)	Fluid: 17oz
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 (1.5 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			
		0 499				
Meal Totals:		Calories: 617	Carbs: 72g (46%)	Protein: 56g (36%)	Fat: 12g (17%)	Fluid: 18oz
Day 6 Totals:		Calories: 2037	Carbs: 236g (46%)	Protein: 134g (26%)	Fat: 66g (29%)	Fluid: 90oz

Mediterranean 2000
Day 7

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	46	1 cups COCONUT WATER			
		50	1 cups Berries - Raspberries (frozen)			
		133	1 serving Whole Grain Instant Oatmeal - 1 Packet			
		112	1 tablespoons Pecans (dry roasted without salt).			
Meal Totals:		Calories: 341	Carbs: 48g (57%)	Protein: 7g (8%)	Fat: 13g (35%)	Fluid: 9oz
Snack	10:00 AM	46	1 cups WATERMELON, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		80	1 cups CANTALOUPE, RAW			
Meal Totals:		Calories: 126	Carbs: 30g (91%)	Protein: 3g (9%)	Fat: 0g (0%)	Fluid: 29oz
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		80	1 slice 100% WHOLE GRAIN BREAD			
		52	1 fruit TANGERINE, MANDARIN, RAW			
		493	PESTO CHICKEN SALAD (1.5 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: 625	Carbs: 43g (26%)	Protein: 48g (29%)	Fat: 32g (44%)	Fluid: 24oz
Snack	3:00 PM	98	1 tablespoons ALMOND BUTTER, NATURAL			
		86	1 cups MILK, COW'S, NONFAT W/ADDED CALCIUM (SKIM)			
		89	3 cookies COOKIE, GRAHAM CRACKERS, PLAIN OR HONEY			
Meal Totals:		Calories: 273	Carbs: 31g (45%)	Protein: 13g (19%)	Fat: 11g (36%)	Fluid: 9oz
Dinner	6:00 PM	240	1/2 cups QUINOA			
		85	1/2 oz ALMONDS, SLIVERED			
		26	8 spears ASPARAGUS, BOILED			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		287	BAKED SALMON (1 Servings)			
Meal Totals:		Calories: 638	Carbs: 55g (33%)	Protein: 41g (24%)	Fat: 32g (43%)	Fluid: 12oz
Day 7 Totals:		Calories: 2003	Carbs: 207g (40%)	Protein: 112g (22%)	Fat: 88g (38%)	Fluid: 83oz

Shopping List

Category	Quantity	Item
Accompaniments	1 1/2 oz	Jam & Preserves, Apricot
Beverages	2 cups	Milk, Cow's, Nonfat W/added Calcium (skim)
	6 cups	Coconut Water
	372 fl oz	Water, Drinking Water, Purified
Bread	1 serving	Naan Bread - 1/2 Naan (pc Blue Menu)
	4 slice	100% Whole Grain Bread Healthy Choice
Cereal and Grain Products	1 cups	Basmati Rice, Brown & Wild Rice Blend, Dry Lundberg
	1 1/2 cups	Quinoa Arrowhead Mills
Cereals, Ready to Eat	3 serving	Whole Grain Instant Oatmeal - 1 Packet
Cookies & Crackers	7 1/2 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	12 oz	Halibut, Atlantic & Pacific, Baked Or Broiled
Fruits	1 cups	Peach Slices, Rte Del Monte Fruit Naturals
	1 fruit	Apple, Raw W/skin
	2 cups	Berries - Raspberries (frozen)
	3 cups	Cantaloupe, Raw
	3 1/2 cups	1/2 Cup Blueberries
	4 cups	Watermelon, Raw
	5 1/2 cups	Fresh Strawberries
	69 grams	1 Kiwi (69 G)
Legumes	1 1/4 cups	Simply Organic Canned Black Beans
Nuts and Seeds	1 1/2 oz	Almonds, Slivered Planters
	3 1/2 oz	Almonds, Dry Roasted, No Salt Blue Diamond
	4 tablespoons	Almond Butter, Natural MaraNatha
	4 tablespoons	Pecans (dry Roasted Without Salt).
Vegetables	1 cups	Baby Carrots Raw
	2 small-stalk	Celery, Raw
	10 capsule/tablet	10 Medium Spears Asparagus With Olive Oil (baked Or Grilled)
	16 spears	Asparagus, Boiled
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

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Shopping List

Category	Quantity	Item
	4 tortilla	Tortilla, Whole Wheat, Low Carb
Dairy Products	3 serving	1 Egg White Only
	200 grams	Egg, Organic, Free Range (trader Joe's)
Finfish and Shellfish Products	2 capsule/tablet	Salmon (1 Fillet, 106g)
Fruits	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 Vanila 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 1/2 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

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Shopping List

Category	Quantity	Item	
Finfish and Shellfish Products	4 oz	Albacore Tuna In Water, Chunk White, Canned Bumble Bee	
Fruits	1/2 cups	Fresh Strawberries (halved)	
	3 cups	Pineapple, All Varieties, Raw	
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	
	8 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	1/2 cups	Red Onion (med)	
	1/2 cups	Tomato, Red, Ripe, Raw	
	1 1/2 cups	Kale	
	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	
	2 cups	Classic Romaine Salad Mix Dole	

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Shopping List

Category	Quantity	Item
	3 1/2 oz	Tomato, Raw
	4 cups	Lettuce Romaine
	2 cups	Organic Baby Spinach Leaves Earthbound Farm
	3 tablespoons	Shallot
	6 1/2 oz	Artichoke Hearts, Canned Reese
	8 cups	Spinach Dole
	12 oz	Carrots, Shredded (dole)
	18 cups	Cauliflower Head Large
	15 oz	15 Oz Can Chickpeas(garbanzo Beans), Drained And Rinsed