

**Quick And Easy 1700**
**Day 1**

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	78	1 egg EGG, CHICKEN, WHOLE, HARD, BOILED 1 serving Whole Grain Instant Oatmeal - 1 Packet 1/2 cups 1/2 cup blueberries 1 cups MILK, COW'S, NONFAT W/ADDED CALCIUM (SKIM)			
		133				
		48				
		86				
<b>Meal Totals:</b>		<b>Calories: 345</b>	<b>Carbs: 51g (60%)</b>	<b>Protein: 18g (21%)</b>	<b>Fat: 7g (19%)</b>	<b>Fluid: 10oz</b>
Snack	10:00 AM	155	11 fl oz PROTEIN SHAKE RTD, PREMIER PROTEIN 1 small BANANA, RAW			
		90				
<b>Meal Totals:</b>		<b>Calories: 245</b>	<b>Carbs: 25g (40%)</b>	<b>Protein: 31g (49%)</b>	<b>Fat: 3g (11%)</b>	<b>Fluid: 3oz</b>
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 3 cookies COOKIE, GRAHAM CRACKERS, PLAIN OR HONEY <b>ORANGE &amp; AVOCADO SALAD (1 Servings)</b> 2 tablespoons Olive Oil, Extra Virgin 3 cups Mixed Greens 1 avocado Avocado, Raw 2 large Orange, All Varieties, Raw			
		89				
		384				
<b>Meal Totals:</b>		<b>Calories: 473</b>	<b>Carbs: 49g (39%)</b>	<b>Protein: 6g (5%)</b>	<b>Fat: 31g (56%)</b>	<b>Fluid: 25oz</b>
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 6 oz Oikos Triple Zero Greek Yogurt Vanilla 1 fruit APPLE, RAW W/SKIN			
		120				
		110				
<b>Meal Totals:</b>		<b>Calories: 230</b>	<b>Carbs: 43g (73%)</b>	<b>Protein: 16g (27%)</b>	<b>Fat: 0g (0%)</b>	<b>Fluid: 23oz</b>
Dinner	6:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED <b>SHRIMP COUSCOUS BOWL (1 Servings)</b> 1/2 cups Couscous, Roasted Garlic & Olive Oil, Pad 1 oz Cheese, Goat, Soft 2 cups Spinach 3 oz Shrimp, Cooked 1 tablespoons Olive Oil, Extra Virgin			
		417				
<b>Meal Totals:</b>		<b>Calories: 417</b>	<b>Carbs: 24g (23%)</b>	<b>Protein: 30g (28%)</b>	<b>Fat: 23g (49%)</b>	<b>Fluid: 11oz</b>
<b>Day 1 Totals:</b>		<b>Calories: 1710</b>	<b>Carbs: 192g (44%)</b>	<b>Protein: 101g (23%)</b>	<b>Fat: 64g (33%)</b>	<b>Fluid: 72oz</b>

**Quick And Easy 1700**
**Day 2**

Day 2						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	86 46 197	1 large ORANGE, ALL VARIETIES, RAW 1 cups COCONUT WATER <b>AVOCADO TOAST WITH EGG (1 Servings)</b> 3 tablespoons Avocados From Mexico 1 slice 100% Whole Grain Bread 1 egg Egg, Chicken W/omega-3			
<b>Meal Totals:</b>		<b>Calories: 329</b>	<b>Carbs: 52g (60%)</b>	<b>Protein: 15g (17%)</b>	<b>Fat: 9g (23%)</b>	<b>Fluid: 15oz</b>
Breakfast	10:00 AM	0 180 70	16 fl oz WATER, DRINKING WATER, PURIFIED 60 grams Quest Nutrition Protein Bar Cookies & Cream (1 Bar) 140 grams Mixed Berries (Strawberry, Blackberries, Blueberries, Red Raspberries) 1 cup			
<b>Meal Totals:</b>		<b>Calories: 250</b>	<b>Carbs: 39g (49%)</b>	<b>Protein: 22g (28%)</b>	<b>Fat: 8g (23%)</b>	<b>Fluid: 16oz</b>
Lunch	12:00 PM	110 0 303	1 fruit APPLE, RAW W/SKIN 8 fl oz WATER, DRINKING WATER, PURIFIED <b>SALAD WITH TUNA (1 Servings)</b> 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			
<b>Meal Totals:</b>		<b>Calories: 413</b>	<b>Carbs: 61g (57%)</b>	<b>Protein: 25g (24%)</b>	<b>Fat: 9g (19%)</b>	<b>Fluid: 19oz</b>
Snack	3:00 PM	170 90	1 oz ALMONDS, DRY ROASTED, NO SALT 1 small BANANA, RAW			
<b>Meal Totals:</b>		<b>Calories: 260</b>	<b>Carbs: 28g (41%)</b>	<b>Protein: 7g (10%)</b>	<b>Fat: 15g (49%)</b>	<b>Fluid: 4oz</b>
Dinner	6:00 PM	25 0 448	1 1/3 cups BROCCOLI FLORETS, FROZEN 16 fl oz WATER, DRINKING WATER, PURIFIED <b>CHICKEN &amp; QUINOA WITH ITALIAN HERBS (1 Servings)</b> 1 teaspoons Italian Herb Chicken Seasoning Mix 1 tablespoons Olive Oil 2 tablespoons Balsamic Vinegar 1/2 breast Chicken Breast, Boneless, Roasted, Meat Only 1/3 cups Quinoa			
<b>Meal Totals:</b>		<b>Calories: 473</b>	<b>Carbs: 40g (34%)</b>	<b>Protein: 35g (30%)</b>	<b>Fat: 19g (36%)</b>	<b>Fluid: 18oz</b>
<b>Day 2 Totals:</b>		<b>Calories: 1725</b>	<b>Carbs: 220g (48%)</b>	<b>Protein: 104g (23%)</b>	<b>Fat: 60g (29%)</b>	<b>Fluid: 72oz</b>

**Quick And Easy 1700**
**Day 3**

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	410	<b>BREAKFAST SMOOTHIE 1 (1 Servings)</b> 3/4 cups Mixed Berries (frozen) 0.99 tablespoons Chia Seeds 1 tablespoons Sunflower Seed Butter, Maranatha 27 grams Biochem Vegan Vanilla Protein Powder (1 Scoop) 118 grams 1 Banana 1 cups Baby Spinach			
<b>Meal Totals:</b>		<b>Calories: 410</b>	<b>Carbs: 47g (46%)</b>	<b>Protein: 29g (28%)</b>	<b>Fat: 12g (26%)</b>	<b>Fluid: 0oz</b>
Snack	10:00 AM	46 210 7	1 cups COCONUT WATER 2 tablespoons PEANUT BUTTER, NATURAL, NO ADDED SALT 3 small-stalk CELERY, RAW			
<b>Meal Totals:</b>		<b>Calories: 263</b>	<b>Carbs: 17g (27%)</b>	<b>Protein: 9g (15%)</b>	<b>Fat: 16g (58%)</b>	<b>Fluid: 11oz</b>
Lunch	12:00 PM	0 159 42 212	16 fl oz WATER, DRINKING WATER, PURIFIED 2 oz Sabra Hummus Single 1/2 cups Baby Carrots raw <b>HONEY SMOKE TURKEY SANDWICH (1 Servings)</b> 2 slice Tomato, Red, Ripe, Raw 1 leaf Iceberg Lettuce, Raw 2 teaspoons Mustard, Prepared, Honey Dijon   French's 1/2 tablespoons Mayonnaise, Light 2 slices 100% Whole Wheat Bread   Sara Lee 3 oz Turkey Breast Lunchmeat, Honey Roasted   Hillshire Farm			
<b>Meal Totals:</b>		<b>Calories: 413</b>	<b>Carbs: 44g (42%)</b>	<b>Protein: 26g (25%)</b>	<b>Fat: 15g (33%)</b>	<b>Fluid: 18oz</b>
Snack	3:00 PM	45 89 86 0	1 cups Fresh strawberries 3 cookies COOKIE, GRAHAM CRACKERS, PLAIN OR HONEY 1 cups MILK, COW'S, NONFAT W/ADDED CALCIUM (SKIM) 8 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 220</b>	<b>Carbs: 39g (70%)</b>	<b>Protein: 10g (18%)</b>	<b>Fat: 3g (12%)</b>	<b>Fluid: 17oz</b>
Dinner	6:00 PM	170 120 26 85 0	142 grams Simply Balanced Alaskan Keta Salmon 1 tablespoons OLIVE OIL, EXTRA VIRGIN 8 spears ASPARAGUS, BOILED 1/2 cups Uncle Ben's Brown Rice (Boil in Bag) Cooked 16 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 401</b>	<b>Carbs: 23g (23%)</b>	<b>Protein: 34g (33%)</b>	<b>Fat: 20g (44%)</b>	<b>Fluid: 20oz</b>
<b>Day 3 Totals:</b>		<b>Calories: 1707</b>	<b>Carbs: 170g (40%)</b>	<b>Protein: 108g (25%)</b>	<b>Fat: 66g (35%)</b>	<b>Fluid: 66oz</b>

**Quick And Easy 1700**
**Day 4**

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	86	1 large ORANGE, ALL VARIETIES, RAW 1 cups COCONUT WATER <b>AVOCADO TOAST WITH EGG (1 Servings)</b> 3 tablespoons Avocados From Mexico 1 slice 100% Whole Grain Bread 1 egg Egg, Chicken W/omega-3			
		46				
		197				
<b>Meal Totals:</b>		<b>Calories: 329</b>	<b>Carbs: 52g (60%)</b>	<b>Protein: 15g (17%)</b>	<b>Fat: 9g (23%)</b>	<b>Fluid: 15oz</b>
Snack	10:00 AM	155	11 fl oz PROTEIN SHAKE RTD, PREMIER PROTEIN 1 small BANANA, RAW			
		90				
<b>Meal Totals:</b>		<b>Calories: 245</b>	<b>Carbs: 25g (40%)</b>	<b>Protein: 31g (49%)</b>	<b>Fat: 3g (11%)</b>	<b>Fluid: 3oz</b>
Lunch	12:00 PM	46	1 cups WATERMELON, RAW 8 fl oz WATER, DRINKING WATER, PURIFIED <b>KALE SALAD WITH CHICKEN (PALEO) (1 Servings)</b> 4 oz Chicken Breast, Boneless, Raw, Meat Only 1 dash Pepper, Black, Ground 1 tablespoons Lemon Juice 1 tablespoons Olive Oil 3 cups Kale, Raw			
		0				
		350				
<b>Meal Totals:</b>		<b>Calories: 396</b>	<b>Carbs: 32g (31%)</b>	<b>Protein: 34g (33%)</b>	<b>Fat: 16g (35%)</b>	<b>Fluid: 22oz</b>
Snack	3:00 PM	120	6 oz Oikos Triple Zero Greek Yogurt Vanilla 16 fl oz WATER, DRINKING WATER, PURIFIED 1 fruit APPLE, RAW W/SKIN			
		0				
		110				
<b>Meal Totals:</b>		<b>Calories: 230</b>	<b>Carbs: 43g (73%)</b>	<b>Protein: 16g (27%)</b>	<b>Fat: 0g (0%)</b>	<b>Fluid: 23oz</b>
Dinner	6:00 PM	170	4 oz TURKEY, GROUND, FREE RANGE 8 fl oz WATER, DRINKING WATER, PURIFIED <b>QUINOA &amp; BLACK BEANS (1 Servings)</b> 1/2 cups Cooked Quinoa 1/2 cups Onion, Raw 1/3 cups Bean, Black, Boiled 1/4 cups Corn, Sweet, Frozen, Kernels On Cob 1/4 teaspoons Pepper, Red Or Cayenne 1/2 teaspoons Cumin, Ground 1/4 cups Vegetable Broth, Nonfat 1/2 clove Garlic, Raw 1 teaspoons Vegetable Oil, Average			
		0				
		343				
<b>Meal Totals:</b>		<b>Calories: 513</b>	<b>Carbs: 59g (44%)</b>	<b>Protein: 34g (25%)</b>	<b>Fat: 18g (30%)</b>	<b>Fluid: 13oz</b>
<b>Day 4 Totals:</b>		<b>Calories: 1713</b>	<b>Carbs: 211g (47%)</b>	<b>Protein: 130g (29%)</b>	<b>Fat: 46g (23%)</b>	<b>Fluid: 76oz</b>

**Quick And Easy 1700**
**Day 5**

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	86	1 cups MILK, COW'S, NONFAT W/ADDED CALCIUM (SKIM) 1 serving Whole Grain Instant Oatmeal - 1 Packet 1 egg EGG, CHICKEN, WHOLE, HARD, BOILED 1/4 cups FRUIT GRANOLA, LOWFAT, RTE			
		133				
		78				
		80				
<b>Meal Totals:</b>		<b>Calories: 377</b>	<b>Carbs: 57g (61%)</b>	<b>Protein: 19g (20%)</b>	<b>Fat: 8g (19%)</b>	<b>Fluid: 11oz</b>
Breakfast	10:00 AM	180	60 grams Quest Nutrition Protein Bar Cookies & Cream (1 Bar) 16 fl oz WATER, DRINKING WATER, PURIFIED 140 grams Mixed Berries (Strawberry, Blackberries, Blueberries, Red Raspberries) 1 cup			
		0				
		70				
<b>Meal Totals:</b>		<b>Calories: 250</b>	<b>Carbs: 39g (49%)</b>	<b>Protein: 22g (28%)</b>	<b>Fat: 8g (23%)</b>	<b>Fluid: 16oz</b>
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED <b>ORANGE &amp; AVOCADO SALAD (1 Servings)</b> 2 tablespoons Olive Oil, Extra Virgin 3 cups Mixed Greens 1 avocado Avocado, Raw 2 large Orange, All Varieties, Raw			
		384				
<b>Meal Totals:</b>		<b>Calories: 384</b>	<b>Carbs: 33g (32%)</b>	<b>Protein: 5g (5%)</b>	<b>Fat: 29g (63%)</b>	<b>Fluid: 24oz</b>
Snack	3:00 PM	210	2 tablespoons PEANUT BUTTER, NATURAL, NO ADDED SALT 1 cups COCONUT WATER 3 small-stalk CELERY, RAW			
		46				
		7				
<b>Meal Totals:</b>		<b>Calories: 263</b>	<b>Carbs: 17g (27%)</b>	<b>Protein: 9g (15%)</b>	<b>Fat: 16g (58%)</b>	<b>Fluid: 11oz</b>
Dinner	6:00 PM	103	1 sweetpotato SWEET POTATO, BAKED IN SKIN 4 oz CHICKEN BREAST, SKINLESS 1/2 tablespoons OLIVE OIL, EXTRA VIRGIN 8 spears ASPARAGUS, BOILED 1/2 cups COUSCOUS, ROASTED GARLIC & OLIVE OIL, PAD 8 fl oz WATER, DRINKING WATER, PURIFIED			
		100				
		60				
		26				
		110				
		0				
<b>Meal Totals:</b>		<b>Calories: 399</b>	<b>Carbs: 51g (49%)</b>	<b>Protein: 27g (26%)</b>	<b>Fat: 12g (26%)</b>	<b>Fluid: 16oz</b>
<b>Day 5 Totals:</b>		<b>Calories: 1673</b>	<b>Carbs: 197g (44%)</b>	<b>Protein: 82g (18%)</b>	<b>Fat: 73g (37%)</b>	<b>Fluid: 78oz</b>

**Quick And Easy 1700**
**Day 6**

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	410	<b>BREAKFAST SMOOTHIE 1 (1 Servings)</b> 3/4 cups Mixed Berries (frozen) 0.99 tablespoons Chia Seeds 1 tablespoons Sunflower Seed Butter, Maranatha 27 grams Biochem Vegan Vanilla Protein Powder (1 Scoop) 118 grams 1 Banana 1 cups Baby Spinach			
<b>Meal Totals:</b>		<b>Calories: 410</b>	<b>Carbs: 47g (46%)</b>	<b>Protein: 29g (28%)</b>	<b>Fat: 12g (26%)</b>	<b>Fluid: 0oz</b>
Snack	10:00 AM	90	1 small BANANA, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 90</b>	<b>Carbs: 23g (96%)</b>	<b>Protein: 1g (4%)</b>	<b>Fat: 0g (0%)</b>	<b>Fluid: 19oz</b>
Lunch	12:00 PM	160 0 110 281	2 slice 100% WHOLE GRAIN BREAD 16 fl oz WATER, DRINKING WATER, PURIFIED 1 fruit APPLE, RAW W/SKIN <b>CHICKEN SALAD (1 Servings)</b> 1 tablespoons Fage 0% Fat Plain Greek Yogurt 1/8 cups Walnut, English, Dried, Raw 1/2 cups Grape, American-type, Raw 1 tablespoons Salad Dressing, Mayo-type, Light 1 stalk Celery, Raw 3 oz Chicken Breast Chunks W/rib Meat			
<b>Meal Totals:</b>		<b>Calories: 551</b>	<b>Carbs: 78g (51%)</b>	<b>Protein: 34g (22%)</b>	<b>Fat: 18g (27%)</b>	<b>Fluid: 26oz</b>
Snack	3:00 PM	170	1 oz ALMONDS, DRY ROASTED, NO SALT 16 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 170</b>	<b>Carbs: 5g (11%)</b>	<b>Protein: 6g (13%)</b>	<b>Fat: 15g (75%)</b>	<b>Fluid: 17oz</b>
Dinner	6:00 PM	110 19 264 80 0	3 oz CHICKEN BREAST STRIP, GRILLED 1 cups BROCCOLI FLORETS, FROZEN 1/3 cups ANGEL HAIR PASTA, WHOLE WHEAT, DRY 1/2 cups PASTA SAUCE, PESTO & TOMATO 8 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 473</b>	<b>Carbs: 67g (54%)</b>	<b>Protein: 35g (28%)</b>	<b>Fat: 10g (18%)</b>	<b>Fluid: 8oz</b>
<b>Day 6 Totals:</b>		<b>Calories: 1694</b>	<b>Carbs: 220g (49%)</b>	<b>Protein: 105g (23%)</b>	<b>Fat: 55g (28%)</b>	<b>Fluid: 70oz</b>

**Quick And Easy 1700**
**Day 7**

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	86 46 197	1 large ORANGE, ALL VARIETIES, RAW 1 cups COCONUT WATER <b>AVOCADO TOAST WITH EGG (1 Servings)</b> 3 tablespoons Avocados From Mexico 1 slice 100% Whole Grain Bread 1 egg Egg, Chicken W/omega-3			
<b>Meal Totals:</b>		<b>Calories: 329</b>	<b>Carbs: 52g (60%)</b>	<b>Protein: 15g (17%)</b>	<b>Fat: 9g (23%)</b>	<b>Fluid: 15oz</b>
Breakfast	10:00 AM	180 0 70	60 grams Quest Nutrition Protein Bar Cookies & Cream (1 Bar) 16 fl oz WATER, DRINKING WATER, PURIFIED 140 grams Mixed Berries (Strawberry, Blackberries, Blueberries, Red Raspberries) 1 cup			
<b>Meal Totals:</b>		<b>Calories: 250</b>	<b>Carbs: 39g (49%)</b>	<b>Protein: 22g (28%)</b>	<b>Fat: 8g (23%)</b>	<b>Fluid: 16oz</b>
Lunch	12:00 PM	46 0 350	1 cups WATERMELON, RAW 8 fl oz WATER, DRINKING WATER, PURIFIED <b>KALE SALAD WITH CHICKEN (PALEO) (1 Servings)</b> 4 oz Chicken Breast, Boneless, Raw, Meat Only 1 dash Pepper, Black, Ground 1 tablespoons Lemon Juice 1 tablespoons Olive Oil 3 cups Kale, Raw			
<b>Meal Totals:</b>		<b>Calories: 396</b>	<b>Carbs: 32g (31%)</b>	<b>Protein: 34g (33%)</b>	<b>Fat: 16g (35%)</b>	<b>Fluid: 22oz</b>
Snack	3:00 PM	0 210 7 110	16 fl oz WATER, DRINKING WATER, PURIFIED 2 tablespoons PEANUT BUTTER, NATURAL, NO ADDED SALT 3 small-stalk CELERY, RAW 1 fruit APPLE, RAW W/SKIN			
<b>Meal Totals:</b>		<b>Calories: 327</b>	<b>Carbs: 37g (46%)</b>	<b>Protein: 8g (10%)</b>	<b>Fat: 16g (44%)</b>	<b>Fluid: 25oz</b>
Dinner	6:00 PM	190 25 0 176	1 bun HAMBURGER BUN, WHEAT 1 1/3 cups BROCCOLI FLORETS, FROZEN 16 fl oz WATER, DRINKING WATER, PURIFIED <b>TURKEY SLOPPY JOES (1 Servings)</b> 1/2 cups Brown Rice, Long Grain, Cooked 1 cups Organic Tomato Sauce 2 teaspoons Sloppy Joe Seasoning Mix 1 pounds 93% Lean Ground Turkey (cooked)			
<b>Meal Totals:</b>		<b>Calories: 391</b>	<b>Carbs: 49g (50%)</b>	<b>Protein: 36g (37%)</b>	<b>Fat: 6g (14%)</b>	<b>Fluid: 17oz</b>
<b>Day 7 Totals:</b>		<b>Calories: 1693</b>	<b>Carbs: 209g (47%)</b>	<b>Protein: 115g (26%)</b>	<b>Fat: 55g (28%)</b>	<b>Fluid: 95oz</b>

**Shopping List**

Category	Quantity	Item
Accompaniments	1/2 cups	Pasta Sauce, Pesto & Tomato   Newman's Own
Beverages	3 cups	Milk, Cow's, Nonfat W/added Calcium (skim)
	5 cups	Coconut Water
	304 fl oz	Water, Drinking Water, Purified
Bread	1 bun	Hamburger Bun, Wheat   Sara Lee
Cereal and Grain Products	1/3 cups	Angel Hair Pasta, Whole Wheat, Dry   Hodgson Mill
	1/2 cups	Uncle Ben's Brown Rice (boil In Bag) Cooked
Cereals, Ready to Eat	1/4 cups	Fruit Granola, Lowfat, Rte   Nature Valley
	2 serving	Whole Grain Instant Oatmeal - 1 Packet
Cookies & Crackers	6 cookies	Cookie, Graham Crackers, Plain Or Honey
Dairy Products	2 egg	Egg, Chicken, Whole, Hard, Boiled
	12 oz	Oikos Triple Zero Greek Yogurt Vanilla
Entrees	3 oz	Chicken Breast Strip, Grilled   Louis Rich
Finfish and Shellfish Products	142 grams	Simply Balanced Alaskan Keta Salmon
Fruits	1/2 cups	1/2 Cup Blueberries
	1 cups	Fresh Strawberries
	2 cups	Watermelon, Raw
	4 small	Banana, Raw
	5 fruit	Apple, Raw W/skin
	7 large	Orange, All Varieties, Raw
	420 grams	Mixed Berries (strawberry, Blackberries, Blueberries, Red Raspberries) 1 Cup
Legumes	6 tablespoons	Peanut Butter, Natural, No Added Salt   Smucker's
Nuts and Seeds	2 oz	Almonds, Dry Roasted, No Salt   Blue Diamond
Poultry	4 oz	Turkey, Ground, Free Range   Shelton's
Sausages and Lunch Meats	4 oz	Chicken Breast, Skinless   Healthy Choice
Sport and Diet Nutritionals	22 fl oz	Protein Shake Rtd, Premier Protein
	180 grams	Quest Nutrition Protein Bar Cookies & Cream (1 Bar)
Vegetables	1/2 cups	Baby Carrots Raw
	1 sweetpotato	Sweet Potato, Baked In Skin
	3 2/3 cups	Broccoli Florets, Frozen   Green Giant
	9 small-stalk	Celery, Raw
	16 spears	Asparagus, Boiled
Vegetarian Products	2 oz	Sabra Hummus Single
Bread	2 slices	100% Whole Wheat Bread   Sara Lee   Sara Lee

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**Shopping List**

Category	Quantity	Item
	5 slice	100% Whole Grain Bread   Healthy Choice
Dairy Products	3 egg	Egg, Chicken W/omega-3   Land O' Lakes
Fruits	1/2 fruit	Tangerine, Mandarin, Raw
	1 avocado	Avocado, Raw
	236 grams	1 Banana
Poultry	1/2 breast	Chicken Breast, Boneless, Roasted, Meat Only
Spices	2 dash	Pepper, Black, Ground
Vegetables	1/2 clove	Garlic, Raw
	1 leaf	Iceberg Lettuce, Raw
	1 stalk	Celery, Raw
	2 slice	Tomato, Red, Ripe, Raw
Vegetarian Products	54 grams	Biochem Vegan Vanilla Protein Powder (1 Scoop)
Accompaniments	1/2 tablespoons	Mayonnaise, Light
	1 tablespoons	Salad Dressing, Mayo-type, Light   Kraft
	2 tablespoons	Sunflower Seed Butter, Maranatha
	2 teaspoons	Mustard, Prepared, Honey Dijon   French's   French's
Beverages	2 tablespoons	Lemon Juice
Cereal and Grain Products	1/3 cups	Quinoa   Arrowhead Mills
	1/2 cups	Brown Rice, Long Grain, Cooked
	1/2 cups	Cooked Quinoa
Dairy Products	1/4 cups	Feta Cheese
	1 oz	Cheese, Goat, Soft
	1 tablespoons	Fage 0% Fat Plain Greek Yogurt
Fats and Oils	1 teaspoons	Vegetable Oil, Average
	2 1/2 tablespoons	Olive Oil, Extra Virgin   Bertolli
	3 tablespoons	Olive Oil
	2 tablespoons	Olive Oil, Extra Virgin   Carapelli
Finfish and Shellfish Products	2 oz	Albacore Tuna In Water, Chunk White, Canned   Bumble Bee
	3 oz	Shrimp, Cooked
Fruits	1/4 cups	Fresh Strawberries (halved)
	1/2 cups	Grape, American-type, Raw
	1 1/2 cups	Mixed Berries (frozen)
Ingredients	1 teaspoons	Italian Herb Chicken Seasoning Mix   Bag 'N Season
	2 tablespoons	Balsamic Vinegar   Progresso
	2 tablespoons	Balsamic Vinegar   Spectrum

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**Shopping List**

Category	Quantity	Item
	2 teaspoons	Sloppy Joe Seasoning Mix   McCormick/Schilling
Legumes	1/3 cups	Bean, Black, Boiled
Nuts and Seeds	1/4 cups	Walnut, English, Dried, Raw
	1.98 tablespoons	Chia Seeds
Poultry	1 pounds	93% Lean Ground Turkey (cooked)
	3 oz	Chicken Breast Chunks W/rib Meat   Tyson
	8 oz	Chicken Breast, Boneless, Raw, Meat Only
Sausages and Lunch Meats	3 oz	Turkey Breast Lunchmeat, Honey Roasted   Hillshire Farm   Hillshire Farm
Side Dishes	1 cups	Couscous, Roasted Garlic & Olive Oil, Pad   Near East
Soup	1/4 cups	Vegetable Broth, Nonfat   Health Valley
Spices	1/4 teaspoons	Pepper, Red Or Cayenne
	1/2 teaspoons	Cumin, Ground   McCormick/Schilling
Vegetables	1/4 cups	Corn, Sweet, Frozen, Kernels On Cob
	1/4 cups	Tomato, Red, Ripe, Raw
	1/2 cups	Onion, Raw
	1 cups	Classic Romaine Salad Mix   Dole
	1 cups	Organic Tomato Sauce
	2 cups	Baby Spinach
	3 oz	Carrots, Shredded (dole)
	4 cups	Spinach   Dole
	6 cups	Kale, Raw
	3 cups	Mixed Greens
	9 tablespoons	Avocados From Mexico