

Quick And Easy 2000

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 3/4 cups 1/2 cup blueberries 1 cups MILK, COW'S, NONFAT W/ADDED CALCIUM (SKIM)			
		133				
		72				
		86				
Meal Totals:		Calories: 369	Carbs: 57g (62%)	Protein: 19g (21%)	Fat: 7g (17%)	Fluid: 10oz
Snack	10:00 AM	155	11 fl oz PROTEIN SHAKE RTD, PREMIER PROTEIN 1 small BANANA, RAW			
		90				
Meal Totals:		Calories: 245	Carbs: 25g (40%)	Protein: 31g (49%)	Fat: 3g (11%)	Fluid: 3oz
Lunch	12:00 PM	178	6 cookies COOKIE, GRAHAM CRACKERS, PLAIN OR HONEY 16 fl oz WATER, DRINKING WATER, PURIFIED ORANGE & AVOCADO SALAD (1 Servings) 2 tablespoons Olive Oil, Extra Virgin 3 cups Mixed Greens 1 avocado Avocado, Raw 2 large Orange, All Varieties, Raw			
		0				
		384				
Meal Totals:		Calories: 562	Carbs: 65g (44%)	Protein: 8g (5%)	Fat: 33g (50%)	Fluid: 25oz
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				
Meal Totals:		Calories: 230	Carbs: 43g (73%)	Protein: 16g (27%)	Fat: 0g (0%)	Fluid: 23oz
Dinner	6:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED SHRIMP COUSCOUS BOWL (1.5 Servings) 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			
		626				
Meal Totals:		Calories: 626	Carbs: 36g (23%)	Protein: 45g (28%)	Fat: 35g (49%)	Fluid: 12oz
Day 1 Totals:		Calories: 2032	Carbs: 226g (43%)	Protein: 119g (23%)	Fat: 78g (34%)	Fluid: 73oz

Quick And Easy 2000

Day 2

Day 2					
Meal Label	Meal Time	Calories	Meal Items		
Breakfast	8:00 AM	46	1 cups COCONUT WATER		
		86	1 large ORANGE, ALL VARIETIES, RAW		
		47	1 oz AVOCADO, CALIFORNIA, RAW		
		197	AVOCADO TOAST WITH EGG (1 Servings) 3 tablespoons Avocados From Mexico 1 slice 100% Whole Grain Bread 1 egg Egg, Chicken W/omega-3		
Meal Totals:	Calories: 376	Carbs: 54g (54%)	Protein: 16g (16%)	Fat: 13g (29%)	Fluid: 16oz
Breakfast	10:00 AM	180	60 grams Quest Nutrition Protein Bar Cookies & Cream (1 Bar)		
		0	16 fl oz WATER, DRINKING WATER, PURIFIED		
		70	140 grams Mixed Berries (Strawberry, Blackberries, Blueberries, Red Raspberries) 1 cup		
Meal Totals:	Calories: 250	Carbs: 39g (49%)	Protein: 22g (28%)	Fat: 8g (23%)	Fluid: 16oz
Lunch	12:00 PM	110	1 fruit APPLE, RAW W/SKIN		
		0	8 fl oz WATER, DRINKING WATER, PURIFIED		
		303	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		
Meal Totals:	Calories: 413	Carbs: 61g (57%)	Protein: 25g (24%)	Fat: 9g (19%)	Fluid: 19oz
Snack	3:00 PM	170	1 oz ALMONDS, DRY ROASTED, NO SALT		
		90	1 small BANANA, RAW		
Meal Totals:	Calories: 260	Carbs: 28g (41%)	Protein: 7g (10%)	Fat: 15g (49%)	Fluid: 4oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED		
		25	1 1/3 cups BROCCOLI FLORETS, FROZEN		
		672	CHICKEN & QUINOA WITH ITALIAN HERBS (1.5 Servings) 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		
Meal Totals:	Calories: 697	Carbs: 58g (33%)	Protein: 51g (29%)	Fat: 29g (37%)	Fluid: 19oz
Day 2 Totals:	Calories: 1996	Carbs: 240g (45%)	Protein: 121g (23%)	Fat: 74g (32%)	Fluid: 74oz

Quick And Easy 2000

Day 3

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	616	BREAKFAST SMOOTHIE 1 (1.5 Servings) 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			
Meal Totals:		Calories: 616	Carbs: 71g (46%)	Protein: 44g (28%)	Fat: 18g (26%)	Fluid: 0oz
Snack	10:00 AM	7 46 210 45	3 small-stalk CELERY, RAW 1 cups COCONUT WATER 2 tablespoons PEANUT BUTTER, NATURAL, NO ADDED SALT 1/2 small BANANA, RAW			
Meal Totals:		Calories: 308	Carbs: 29g (39%)	Protein: 10g (13%)	Fat: 16g (48%)	Fluid: 13oz
Lunch	12:00 PM	42 159 0 212	1/2 cups Baby Carrots raw 2 oz Sabra Hummus Single 16 fl oz WATER, DRINKING WATER, PURIFIED HONEY SMOKE TURKEY SANDWICH (1 Servings) 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			
Meal Totals:		Calories: 413	Carbs: 44g (42%)	Protein: 26g (25%)	Fat: 15g (33%)	Fluid: 18oz
Snack	3:00 PM	0 45 89 86	8 fl oz WATER, DRINKING WATER, PURIFIED 1 cups Fresh strawberries 3 cookies COOKIE, GRAHAM CRACKERS, PLAIN OR HONEY 1 cups MILK, COW'S, NONFAT W/ADDED CALCIUM (SKIM)			
Meal Totals:		Calories: 220	Carbs: 39g (70%)	Protein: 10g (18%)	Fat: 3g (12%)	Fluid: 17oz
Dinner	6:00 PM	170 120 26 128 0	5 oz Simply Balanced Alaskan Keta Salmon 1 tablespoons OLIVE OIL, EXTRA VIRGIN 8 spears ASPARAGUS, BOILED 3/4 cups Uncle Ben's Brown Rice (Boil in Bag) Cooked 16 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 444	Carbs: 32g (28%)	Protein: 35g (31%)	Fat: 21g (41%)	Fluid: 20oz
Day 3 Totals:		Calories: 2001	Carbs: 215g (43%)	Protein: 125g (25%)	Fat: 73g (33%)	Fluid: 68oz

Quick And Easy 2000

Day 4

Day 4					
Meal Label	Meal Time	Calories	Meal Items		
Breakfast	8:00 AM	46	1 cups COCONUT WATER		
		86	1 large ORANGE, ALL VARIETIES, RAW		
		47	1 oz AVOCADO, CALIFORNIA, RAW		
		197	AVOCADO TOAST WITH EGG (1 Servings) 3 tablespoons Avocados From Mexico 1 slice 100% Whole Grain Bread 1 egg Egg, Chicken W/omega-3		
Meal Totals:	Calories: 376	Carbs: 54g (54%)	Protein: 16g (16%)	Fat: 13g (29%)	Fluid: 16oz
Snack	10:00 AM	90	1 small BANANA, RAW		
		225	2 cups PROTEIN SHAKE RTD, PREMIER PROTEIN		
Meal Totals:	Calories: 315	Carbs: 26g (33%)	Protein: 45g (56%)	Fat: 4g (11%)	Fluid: 3oz
Lunch	12:00 PM	46	1 cups WATERMELON, RAW		
		0	8 fl oz WATER, DRINKING WATER, PURIFIED		
		350	KALE SALAD WITH CHICKEN (PALEO) (1 Servings) 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		
Meal Totals:	Calories: 396	Carbs: 32g (31%)	Protein: 34g (33%)	Fat: 16g (35%)	Fluid: 22oz
Snack	3:00 PM	120	6 oz Oikos Triple Zero Greek Yogurt Vanilla		
		0	16 fl oz WATER, DRINKING WATER, PURIFIED		
		110	1 fruit APPLE, RAW W/SKIN		
Meal Totals:	Calories: 230	Carbs: 43g (73%)	Protein: 16g (27%)	Fat: 0g (0%)	Fluid: 23oz
Dinner	6:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED		
		170	4 oz TURKEY, GROUND, FREE RANGE		
		515	QUINOA & BLACK BEANS (1.5 Servings) 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		
Meal Totals:	Calories: 685	Carbs: 88g (49%)	Protein: 41g (23%)	Fat: 22g (28%)	Fluid: 16oz
Day 4 Totals:	Calories: 2002	Carbs: 243g (47%)	Protein: 152g (29%)	Fat: 55g (24%)	Fluid: 80oz

Quick And Easy 2000
Day 5

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	155	2 egg EGG, CHICKEN, WHOLE, HARD, BOILED 1 serving Whole Grain Instant Oatmeal - 1 Packet 1 cups MILK, COW'S, NONFAT W/ADDED CALCIUM (SKIM) 1/2 cups FRUIT GRANOLA, LOWFAT, RTE			
		133				
		86				
		159				
Meal Totals:		Calories: 533	Carbs: 73g (55%)	Protein: 27g (20%)	Fat: 15g (25%)	Fluid: 12oz
Breakfast	10:00 AM	59	1/2 cups Mixed Berries (Strawberry, Blackberries, Blueberries, Red Raspberries) 1 cup 16 fl oz WATER, DRINKING WATER, PURIFIED 60 grams Quest Nutrition Protein Bar Cookies & Cream (1 Bar)			
		0				
		180				
Meal Totals:		Calories: 239	Carbs: 36g (49%)	Protein: 22g (30%)	Fat: 7g (21%)	Fluid: 16oz
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED ORANGE & AVOCADO SALAD (1.5 Servings) 2 tablespoons Olive Oil, Extra Virgin 3 cups Mixed Greens 1 avocado Avocado, Raw 2 large Orange, All Varieties, Raw			
		576				
Meal Totals:		Calories: 576	Carbs: 49g (32%)	Protein: 7g (5%)	Fat: 44g (64%)	Fluid: 28oz
Snack	3:00 PM	7	3 small-stalk CELERY, RAW 1 cups COCONUT WATER 1 cups Fresh strawberries			
		46				
		45				
Meal Totals:		Calories: 98	Carbs: 22g (81%)	Protein: 3g (11%)	Fat: 1g (8%)	Fluid: 11oz
Dinner	6:00 PM	103	1 sweetpotato SWEET POTATO, BAKED IN SKIN 6 oz CHICKEN BREAST, SKINLESS 1/2 tablespoons OLIVE OIL, EXTRA VIRGIN 8 spears ASPARAGUS, BOILED 1 cups COUSCOUS, ROASTED GARLIC & OLIVE OIL, PAD 8 fl oz WATER, DRINKING WATER, PURIFIED			
		150				
		60				
		26				
		220				
		0				
Meal Totals:		Calories: 559	Carbs: 71g (49%)	Protein: 40g (28%)	Fat: 15g (23%)	Fluid: 16oz
Day 5 Totals:		Calories: 2005	Carbs: 251g (47%)	Protein: 99g (19%)	Fat: 82g (35%)	Fluid: 83oz

Quick And Easy 2000
Day 6

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	410	BREAKFAST SMOOTHIE 1 (1 Servings) 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			
Meal Totals:		Calories: 410	Carbs: 47g (46%)	Protein: 29g (28%)	Fat: 12g (26%)	Fluid: 0oz
Snack	10:00 AM	0 90	16 fl oz WATER, DRINKING WATER, PURIFIED 1 small BANANA, RAW			
Meal Totals:		Calories: 90	Carbs: 23g (96%)	Protein: 1g (4%)	Fat: 0g (0%)	Fluid: 19oz
Lunch	12:00 PM	160 0 110 422	2 slice 100% WHOLE GRAIN BREAD 16 fl oz WATER, DRINKING WATER, PURIFIED 1 fruit APPLE, RAW W/SKIN CHICKEN SALAD (1.5 Servings) 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			
Meal Totals:		Calories: 692	Carbs: 84g (45%)	Protein: 47g (25%)	Fat: 25g (30%)	Fluid: 27oz
Snack	3:00 PM	0 170 86	16 fl oz WATER, DRINKING WATER, PURIFIED 1 oz ALMONDS, DRY ROASTED, NO SALT 1 large ORANGE, ALL VARIETIES, RAW			
Meal Totals:		Calories: 256	Carbs: 27g (39%)	Protein: 8g (12%)	Fat: 15g (49%)	Fluid: 23oz
Dinner	6:00 PM	183 19 264 107 0	5 oz CHICKEN BREAST STRIP, GRILLED 1 cups BROCCOLI FLORETS, FROZEN 1/3 cups ANGEL HAIR PASTA, WHOLE WHEAT, DRY 2/3 cups PASTA SAUCE, PESTO & TOMATO 8 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 573	Carbs: 71g (48%)	Protein: 49g (33%)	Fat: 13g (20%)	Fluid: 8oz
Day 6 Totals:		Calories: 2021	Carbs: 252g (47%)	Protein: 134g (25%)	Fat: 65g (27%)	Fluid: 77oz

Quick And Easy 2000
Day 7

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	8:00 AM	197	AVOCADO TOAST WITH EGG (1 Servings)			
		46	3 tablespoons Avocados From Mexico			
		86	1 slice 100% Whole Grain Bread 1 egg Egg, Chicken W/omega-3 1 cups COCONUT WATER 1 large ORANGE, ALL VARIETIES, RAW			
Meal Totals:	Calories: 329	Carbs: 52g (60%)	Protein: 15g (17%)	Fat: 9g (23%)	Fluid: 15oz	
Breakfast	10:00 AM	180	60 grams Quest Nutrition Protein Bar Cookies & Cream (1 Bar)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		59	1/2 cups Mixed Berries (Strawberry, Blackberries, Blueberries, Red Raspberries) 1 cup			
Meal Totals:	Calories: 239	Carbs: 36g (49%)	Protein: 22g (30%)	Fat: 7g (21%)	Fluid: 16oz	
Lunch	12:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		46	1 cups WATERMELON, RAW			
		525	KALE SALAD WITH CHICKEN (PALEO) (1.5 Servings) 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			
Meal Totals:	Calories: 571	Carbs: 43g (29%)	Protein: 50g (34%)	Fat: 24g (37%)	Fluid: 27oz	
Snack	3:00 PM	7	3 small-stalk CELERY, RAW			
		210	2 tablespoons PEANUT BUTTER, NATURAL, NO ADDED SALT			
		110	16 fl oz WATER, DRINKING WATER, PURIFIED 1 fruit APPLE, RAW W/SKIN			
Meal Totals:	Calories: 327	Carbs: 37g (46%)	Protein: 8g (10%)	Fat: 16g (44%)	Fluid: 25oz	
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		25	1 1/3 cups BROCCOLI FLORETS, FROZEN			
		352	1 bun HAMBURGER BUN, WHEAT TURKEY SLOPPY JOES (2 Servings) 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)			
Meal Totals:	Calories: 567	Carbs: 57g (40%)	Protein: 62g (44%)	Fat: 10g (16%)	Fluid: 17oz	
Day 7 Totals:	Calories: 2033	Carbs: 225g (42%)	Protein: 157g (30%)	Fat: 66g (28%)	Fluid: 100oz	

Shopping List

Category	Quantity	Item
Accompaniments	2/3 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
	3/4 cups	Uncle Ben's Brown Rice (boil In Bag) Cooked
Cereals, Ready to Eat	1/2 cups	Fruit Granola, Lowfat, Rte Nature Valley
	2 serving	Whole Grain Instant Oatmeal - 1 Packet
Cookies & Crackers	9 cookies	Cookie, Graham Crackers, Plain Or Honey
Dairy Products	3 egg	Egg, Chicken, Whole, Hard, Boiled
	12 oz	Oikos Triple Zero Greek Yogurt Vanilla
Entrees	5 oz	Chicken Breast Strip, Grilled Louis Rich
Finfish and Shellfish Products	5 oz	Simply Balanced Alaskan Keta Salmon
Fruits	3/4 cups	1/2 Cup Blueberries
	2 cups	Fresh Strawberries
	2 cups	Watermelon, Raw
	2 oz	Avocado, California, Raw
	4 1/2 small	Banana, Raw
	5 fruit	Apple, Raw W/skin
	8 large	Orange, All Varieties, Raw
	376 5/8 grams	Mixed Berries (strawberry, Blackberries, Blueberries, Red Raspberries) 1 Cup
Legumes	4 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	6 oz	Chicken Breast, Skinless Healthy Choice
Sport and Diet Nutritionals	27 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

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Shopping List

Category	Quantity	Item
Bread	2 slices	100% Whole Wheat Bread Sara Lee Sara Lee
	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
	354 grams	1 Banana
Poultry	1 breast	Chicken Breast, Boneless, Roasted, Meat Only
Spices	3 dash	Pepper, Black, Ground
Vegetables	1 clove	Garlic, Raw
	1 leaf	Iceberg Lettuce, Raw
	2 slice	Tomato, Red, Ripe, Raw
	2 stalk	Celery, Raw
Vegetarian Products	81 grams	Biochem Vegan Vanilla Protein Powder (1 Scoop)
Accompaniments	1/2 tablespoons	Mayonnaise, Light
	2 tablespoons	Salad Dressing, Mayo-type, Light Kraft
	2 teaspoons	Mustard, Prepared, Honey Dijon French's French's
	3 tablespoons	Sunflower Seed Butter, Maranatha
Beverages	3 tablespoons	Lemon Juice
Cereal and Grain Products	1/2 cups	Brown Rice, Long Grain, Cooked
	2/3 cups	Quinoa Arrowhead Mills
	1 cups	Cooked Quinoa
Dairy Products	1/4 cups	Feta Cheese
	2 oz	Cheese, Goat, Soft
	2 tablespoons	Fage 0% Fat Plain Greek Yogurt
Fats and Oils	2 teaspoons	Vegetable Oil, Average
	3 1/2 tablespoons	Olive Oil, Extra Virgin Bertolli
	2 tablespoons	Olive Oil, Extra Virgin Carapelli
	5 tablespoons	Olive Oil
Finfish and Shellfish Products	2 oz	Albacore Tuna In Water, Chunk White, Canned Bumble Bee
	6 oz	Shrimp, Cooked
Fruits	1/4 cups	Fresh Strawberries (halved)
	1 cups	Grape, American-type, Raw
	2 1/4 cups	Mixed Berries (frozen)
Ingredients	2 tablespoons	Balsamic Vinegar Progresso
	2 teaspoons	Italian Herb Chicken Seasoning Mix Bag 'N Season

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Shopping List

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